

FREELAND INDUSTRIES

Instruction for Freeland Low profile Bumper 5th gen 4runner



Install video (French version only)

Overview

This document provides step-by-step instructions for installing the Freeland front bumper on a 5th gen 4runner. Please read all instructions thoroughly before beginning installation. Ensure you have all necessary tools and hardware. For safety, installation should be performed by a qualified individual or professional.

Tools and Materials Required

- Socket set (metric and imperial sizes as needed)
- Ratchet and extensions
- Protective gloves and eyewear
- Jack and jack stands (optional)
- Freeland low profile bumper and hardware kit
- Owner's manual (for reference)

Preparation

1. Park the 4runner on a flat, stable surface and engage the parking brake.
2. Lift the front of the truck using a jack and secure it with jack stands or ramps for additional clearance. Optional
3. If any accessories are to be installed in the bumper, do this prior to installing the bumper on the truck.

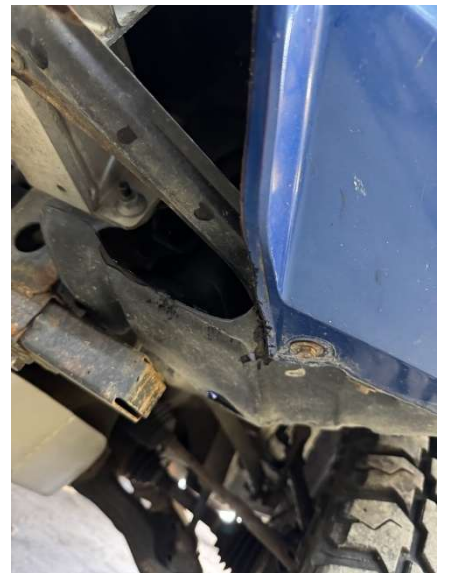
Tracing and removing the front valence

1. Before cutting anything, trace a mark along the junction between the front valence and plastic bumper.
2. Using a reciprocating cutting tool or an angle grinder, make a rough cut on the valence approximately 1 in from the top.
3. Once cut all around, remove it. The clips holding it in place should be disabled. If some are not, cut them.
4. Remove the remaining of the top of the valence to reveal the front plastic bumper.
5. Remove the foam impact absorber.



Front bumper trimming

1. Now is time to do the final clean cut.
2. Place a piece of tape the mark that was traced prior to removing the front plastic valence.
3. Using a marker, trace a line along the crease of lip on both sides of the opening of the bumper
4. Clean up and bures with a knife or razor blade
5. Remove the plastic lower protection



Installation preparation

1. Using a 14mm long socket, remove the 6 nuts holding the crash bar.
2. Remove the side steel crash protections.
3. Remove the steel crash bar brackets.
4. Keep 8 of the nuts, as these will be reused for the bumper installation.
5. Trim the plastic air guides on both sides up to the bumper opening cut. Optionally, they can be removed entirely.
6. Trim the remaining plastic tabs present along the bumper opening cut.
7. Using zip ties, relocate the fog light wiring behind the top of the cut.



Cooling line relocation and trim install

1. Install the provided trim, cutting it to length.



Preparing the bumper for installation and final installation

1. In a winch or a led bar are to be installed, these should be installed prior to mounting the bumper on the truck.
2. Make sure Loctite and proper torque specs are used.
3. Using a jack or a helper, slide the bumper on the front of the frame, using the nuts to hold it in place.
4. NOTE: if a TRD PRO skid plate is on the truck, lower the front of it to allow proper installation clearance. Once done, the skid plate can be re bolted in place.
5. Make sure the bumper is straight with consistent 1/8 to 1/4 inch gap all around.
6. Tighten every bolt to 40 Nm.



FOR ANY QUESTION

- Send us an email on Info@freelandco.ca

Thank you for your purchase, your 4runner will thank you. Feel free to send us pictures or tag us on Instagram @freeland_industries