



# GUARDIAN FRONT BUMPER

PART NO. IB-FCS1-07

**FITS:**

2018-2020 Ford F150  
(Exclude 2020 Diesel Models & Raptor Models)



90-180 min



Cutting May  
Required



Drilling Not  
Required

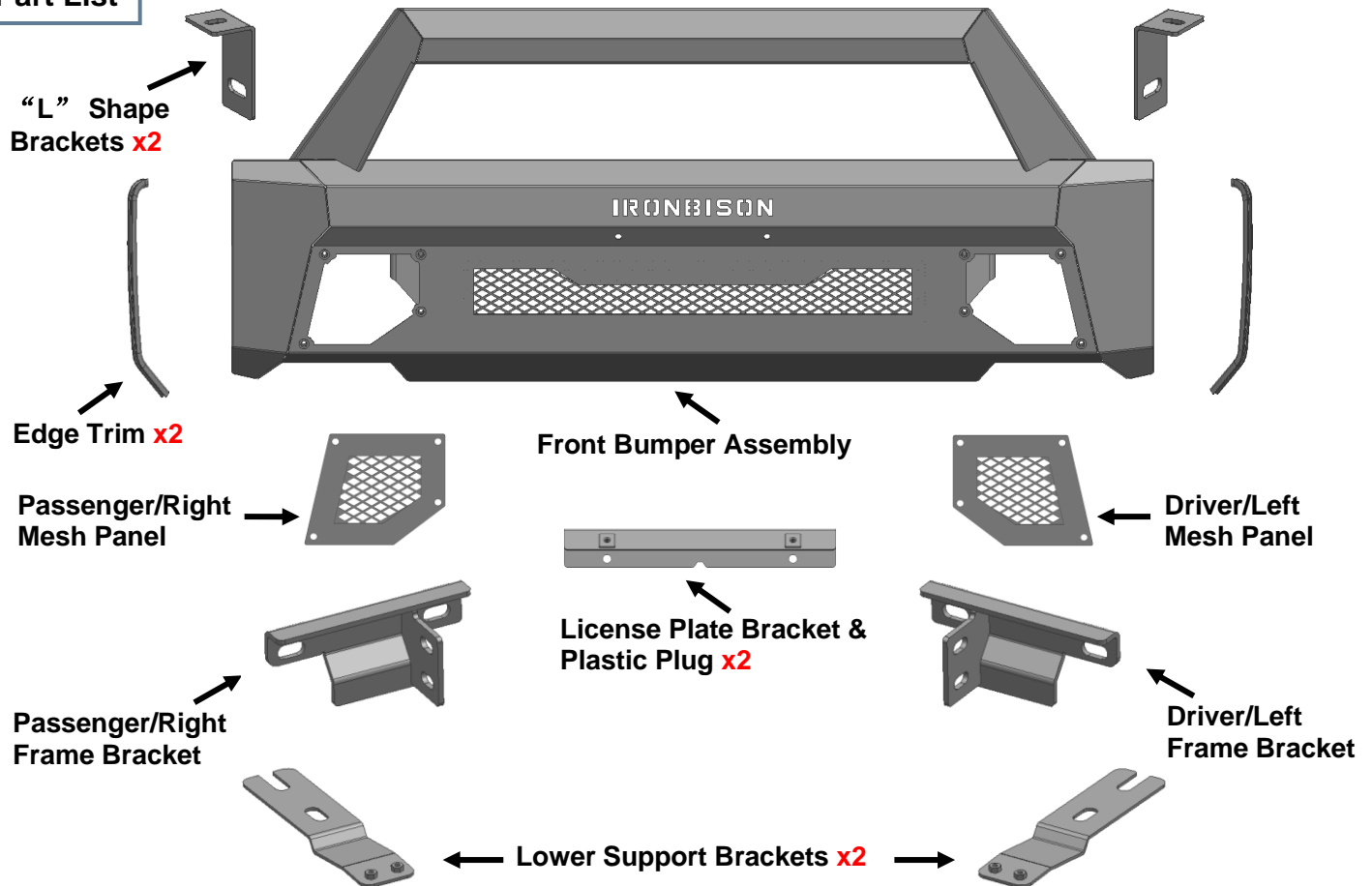
## Torque & Tools

Fastener Size	Tightening Torque (ft-lbs)	Wrench Required		Allen Wrench Required	
■ 6mm	■ 7-8.5		<input type="checkbox"/> 10mm		■ 4mm
■ 8mm	■ 18-20		■ 13mm		<input type="checkbox"/> 5mm
■ 10mm	■ 35-40		■ 16mm		<input type="checkbox"/> 6mm
■ 12mm	■ 60-70		■ 18mm		<input type="checkbox"/> 8mm

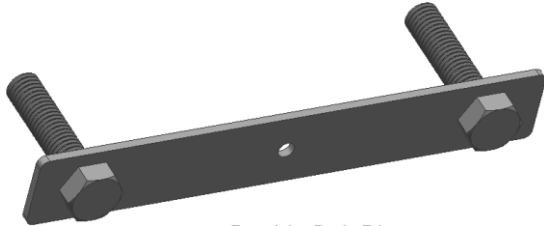
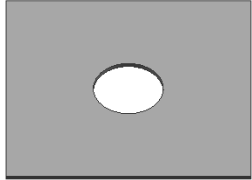




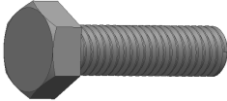

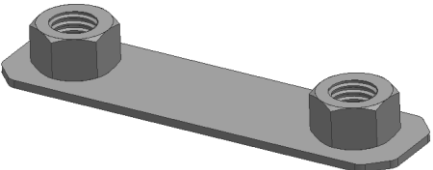
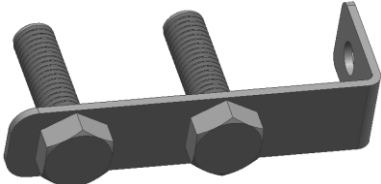



### BEFORE INSTALLATION

REMOVE CONTENTS FROM BOX. VERIFY ALL PARTS ARE PRESENT DEPEND ON THE PARTS LIST. READ INSTRUCTIONS CAREFULLY. BUMPER IS HEAVY, ASSISTANCE IS HIGHLY RECOMMENDED TO AVOID POSSIBLE INJURY OR DAMAGE TO THE VEHICLE.

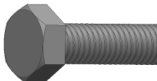
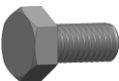



### Part List



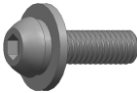




**Use to attach the Bumper and Brackets to the frame:**

	<b>x2</b>		<b>x4</b>
12mm Double Bolt Plate		12mm Plastic Retainer	
	<b>x4</b>		<b>x4</b>
Bracket Spacer		12mm x 24mm x 2.5mm Flat Washer	
	<b>x8</b>		<b>x4</b>
12mm Lock Washer		12mm Hex Nut	
	<b>x4</b>		<b>x4</b>
12mm x 40mm Hex Bolt		12mm x 32mm x 3mm Flat Washer	
	<b>x2</b>		
12mm Double Nut Plate			
	<b>x2</b>		<b>x4</b>
10mm Double Bolt Plate		10mm x 20mm Flat Washer	
	<b>x4</b>		<b>x4</b>
10mm Lock Washer		10mm Hex Nut	

**Use to attach LED Light Bar to the Bumper:**

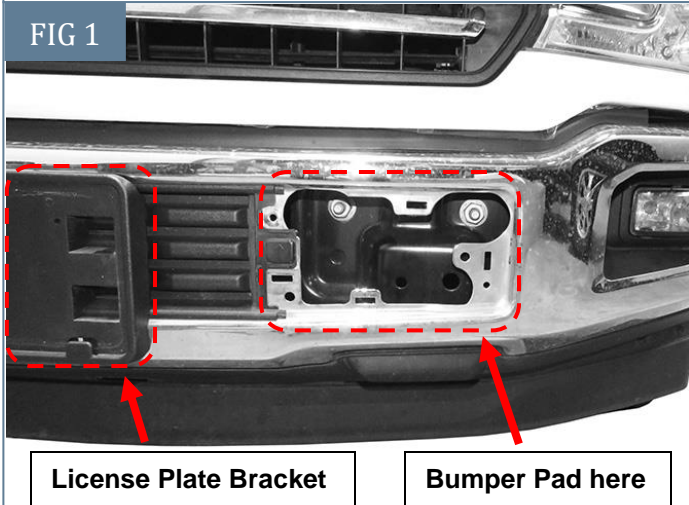
	<b>x2</b>		<b>x2</b>		<b>x6</b>		<b>x4</b>		<b>x2</b>
8mm x 25mm Hex Bolt		8mm x 16mm Hex Bolt		8mm x 24mm x 2mm Flat Washer		8mm Lock Washer		8mm Hex Nut	

**Use to attach Support Bracket & Mesh Fill Panels & License Plate Bracket to the Bumper:**

	<b>x12</b>		<b>x2</b>		<b>x4</b>		<b>x2</b>		<b>x1</b>
6mm x 20mm Combo Bolt		6mm x 20mm Button Head Bolt		6mm x 18mm Flat Washer		6mm Nylon Lock Nut		4mm Allen Wrench	

## STEP 1

Remove the license plate and bracket. Next, remove the plastic bumper pads from the bumper, **(Fig 1)**. **NOTE:** Pull bumper pads straight out to release metal clips. Unplug and remove the adaptive cruise control sensor, if equipped.

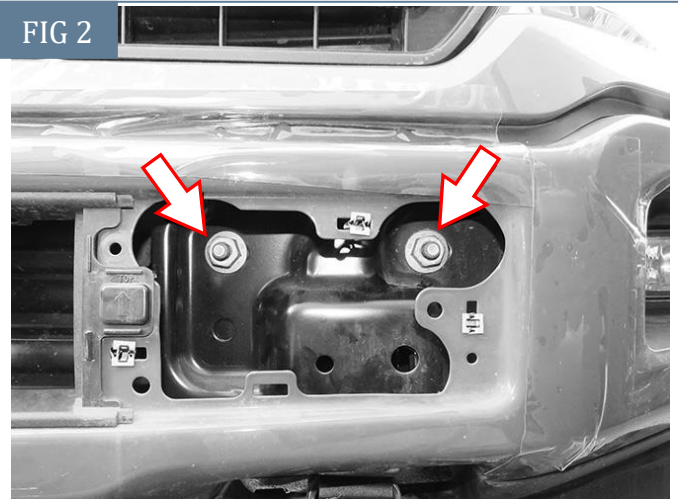


**(Fig 1)** Remove license plate and bracket. Carefully pull plastic bumper pad off of bumper

## STEP 2

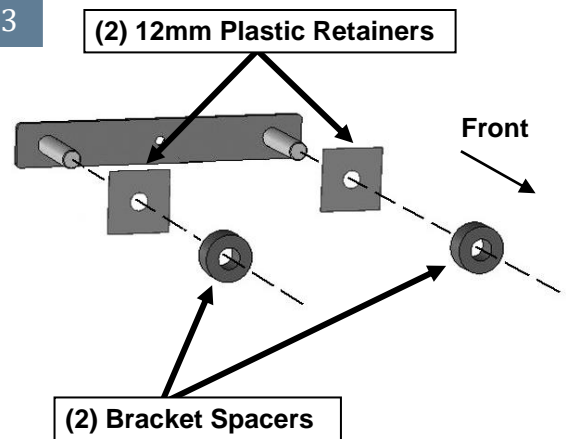
Remove the (2) factory hex nuts attaching the driver/left side of the bumper to the end of the frame, **(Fig 2)**. Remove the factory double bolt plate from the back of the bumper. **NOTE:** Use a small flat blade screwdriver to pry up the metal clips to remove the bolt plate. Select the included **12mm Double Bolt Plate**, **(Fig 3)**. Insert the Bolt Plate back through the bumper bracket and bumper, **(Fig 4)**. From the front, thread (2) 12mm Plastic Retainers onto the Bolt Plate to help hold it in place, **(Fig 5)**. Slide (2) Bracket Spacers onto the threaded bolts on the Bolt Plate, **(Figs 3 & 6)**.

**FIG 2**



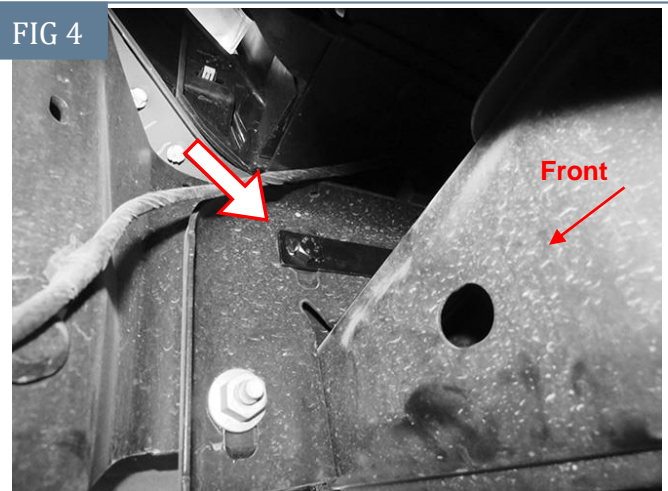
**(Fig 2)** Remove (2) factory hex nuts (arrows) and remove bolt plate from behind bumper

**FIG 3**



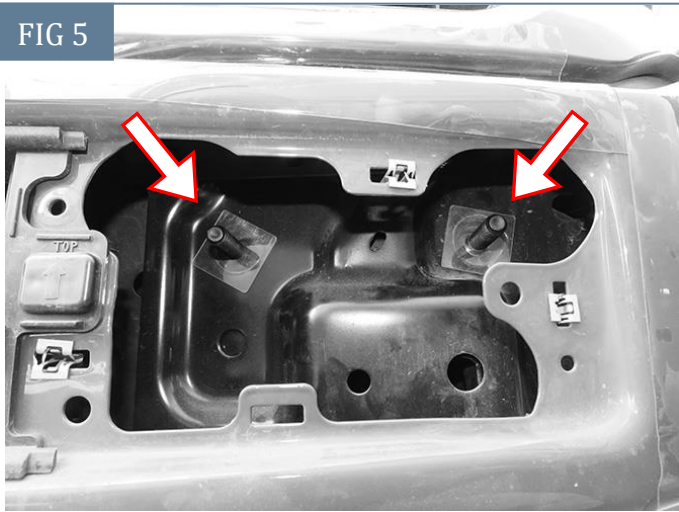
**(Fig 3)** Insert Double Bolt Plate back through bumper. Thread (2) Plastic Retainers onto Bolt Plate to hold in place. Slide Bracket Spacers onto threaded end of Bolt Plate

**FIG 4**



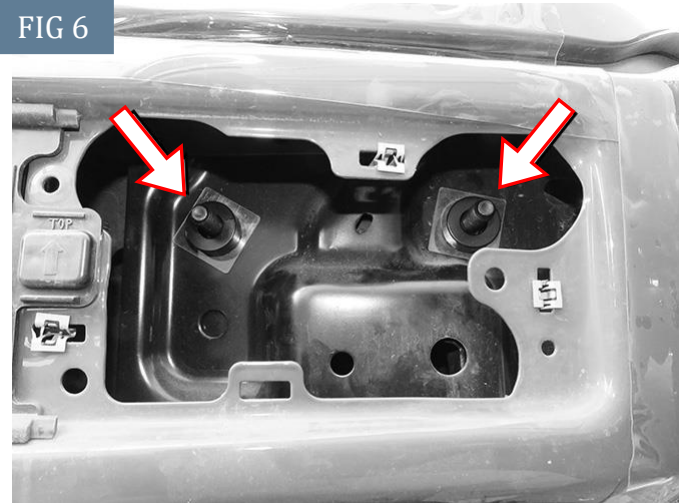
**(Fig 4)** Driver/left Double Bolt Plate installed (pictured from back of bumper)

FIG 5



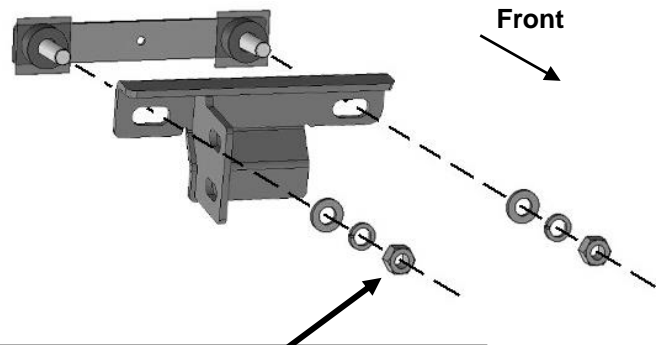
(Fig 5) Thread (2) Plastic Retainers onto Bolt Plate to hold in place (arrows)

FIG 6



(Fig 6) Slide (2) Bracket Spacers onto threaded end of Bolt Plate (arrows)

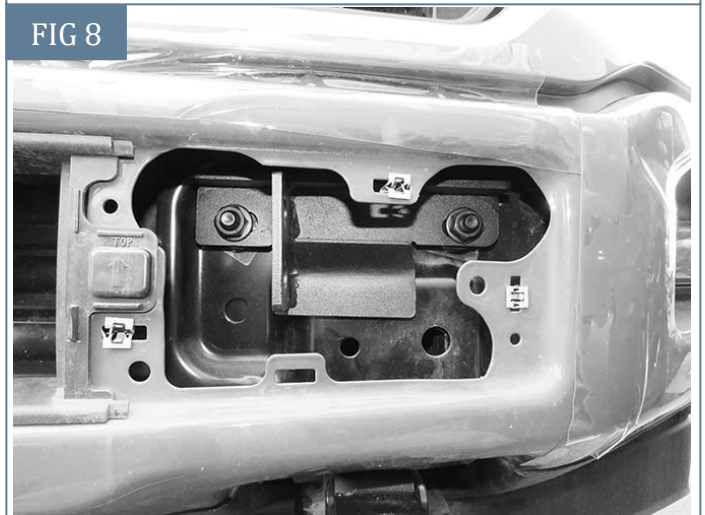
FIG 7



- (2) 12mm x 24mm STD Flat Washers
- (2) 12mm Lock Washers
- (2) 12mm Hex Nuts

(Fig 7) Attach driver/left Frame Bracket over Spacers to Double Bolt Plate

FIG 8



(Fig 8) Driver/left Frame Bracket installed

### STEP 3

Select the driver/left Frame Bracket, (Fig 7). Attach the Frame Bracket to the Bolt Plate with (2) 12mm x 24mm STD Flat Washers, (2) 12mm Lock Washers and (2) 12mm Hex Nuts, (Fig 8). Do not fully tighten hardware at this time.

### STEP 4

Repeat Steps 2 & 3 to install the passenger/right Frame Bracket.

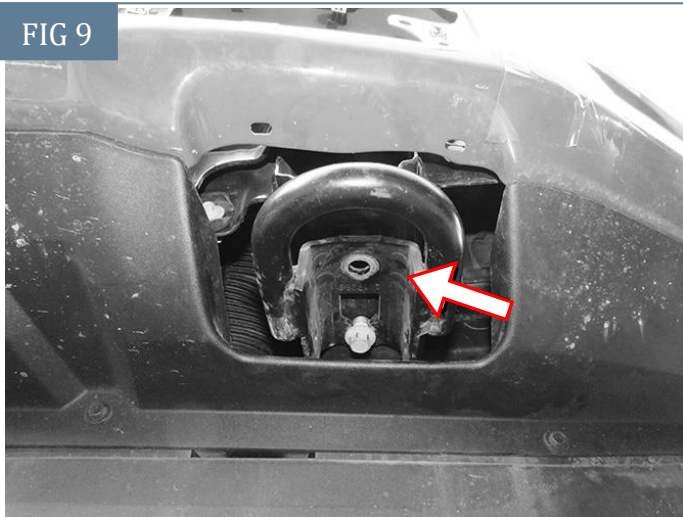
## STEP 5.1

Determine if vehicle is equipped with tow hooks to install lower Support Brackets.

### Models with hooks:

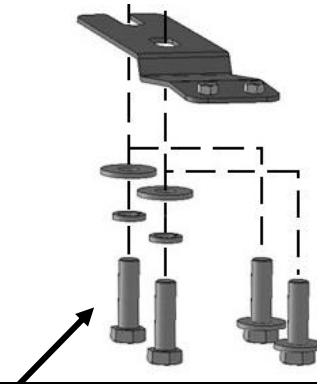
- Remove the rubber seal around the tow hook. Remove the front bolt but only loosen the rear mounting bolt, **(Fig 9)**. Leave tow hook in place.
- Select (1) Support Bracket. Slide the Support Bracket between tow hook and the bottom of the frame. Reinstall the front factory tow hook bolt. Do not fully tighten hardware at this time, **(Figs 10 & 14)**.  
**NOTE:** Cut the rubber seal to reinstall over Bracket.
- Repeat the previous Steps to install the passenger/right Support Bracket.

FIG 9



**(Fig 9) Models with tow hooks, remove forward bolt and loosen but do not remove rear bolt to hold factory double nut plate in place in frame**

FIG 10



Models **with tow hooks**, reuse factory hex bolts **or:**

- (2) 12mm x 40mm Hex Bolts
- (2) 12mm Lock Washers
- (2) 12mm x **32mm** Large Flat Washers

**(Fig 10) Models with tow hooks, insert Support Bracket between bottom of frame and tow hook**

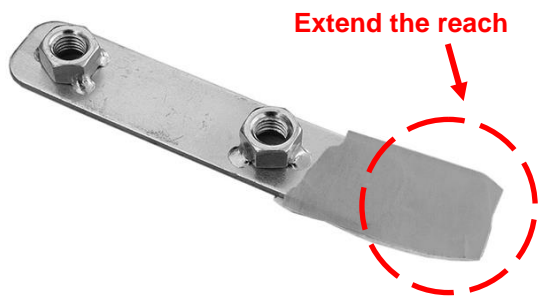
## STEP 5.2

### Models without tow hooks:

- Select the included (1) 12mm Double Nut Plate. Apply a short piece of tape, (duct or masking tape for example) to the end of the Nut Plate to act as a temporary handle, **(Fig 11)**.
- Slide the Nut Plate into the open end of the frame and over the holes in the bottom of the frame, **(Fig 12)**. Thread (1) 12mm x 40mm Hex Bolt, (1) 12mm Lock Washer and (1) 12mm x **32mm** Large Flat Washer into the rear mounting hole to hold the Nut Plate in the correct position, **(Fig 15)**. **NOTE:** On some models, it may be necessary to loosen or remove the large hex nuts, (1 per side), attaching the back of the bumper to the bottom of the bumper bracket, **(Fig 13)**. Tilt the bumper forward for more room to insert the Double Nut Plates into the frame, **(Fig 12)**.
- Select (1) Support Bracket. Use a sharp knife or hacksaw blade to cut a slot out of the lower plastic cover to clear the Support Bracket, **(Fig 14)**. Remove the plastic cover from the bottom of the bumper if necessary. Reinstall after cutting slots

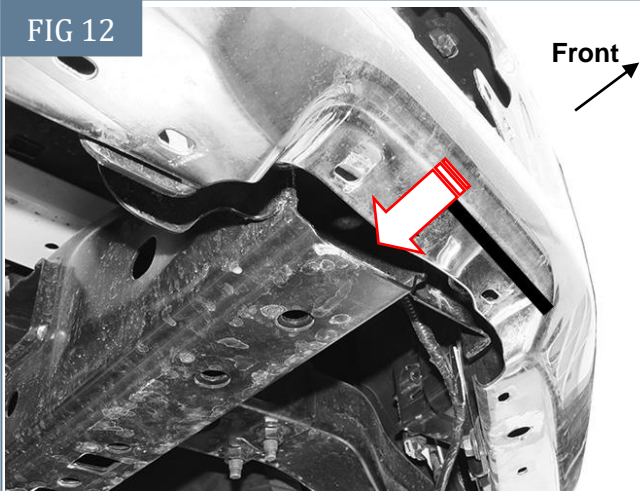
- d. Slide the Support Bracket through the opening and under the previously hardware Hex Bolt. Attach the front of the Support Bracket to the bottom of the frame and Double Nut Plate with the included (1) 12mm x 40mm Hex Bolt, (1) 12mm Lock Washer and (1) 12mm x 32mm Large Flat Washer, (Figs 15 & 16). Do not tighten.
- e. Repeat the previous Steps to install the passenger/right Support Bracket.

FIG 11



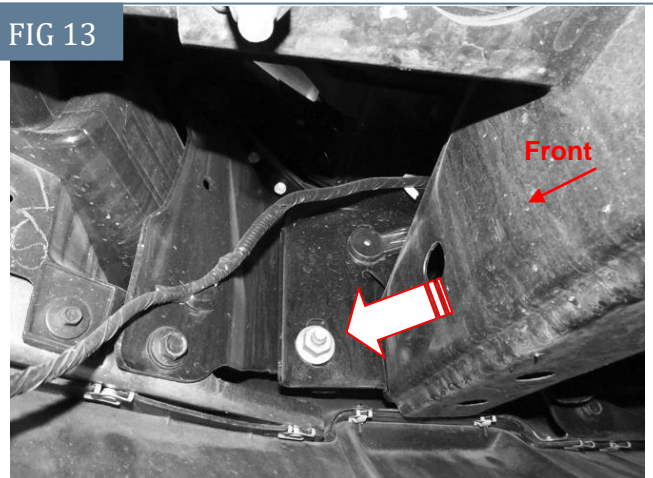
(Fig 11) If necessary, apply tape (masking, duct tape for example) to extend the reach to line up the Double Nut Plate with holes in the frame

FIG 12



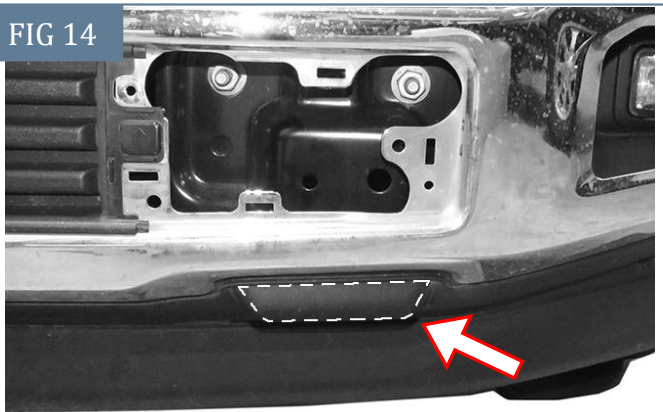
(Fig 12) Insert the Double Nut Plates into the end of the frame (arrow).

FIG 13



(Fig 13) loosen or remove lower factory hex nut (arrow) from back of bumper bracket and tilt the bottom of the bumper out enough for more room to insert the Double Nut Plates (driver/left side pictured)

FIG 14



(Fig 14) Models without tow hooks, Cut slot through plastic splash guard to clear Support Bracket

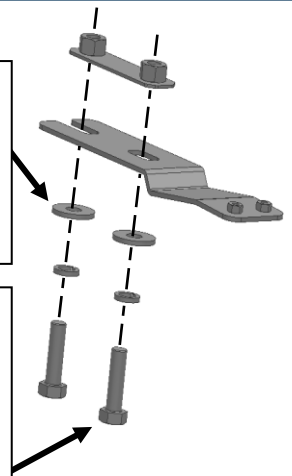
FIG 15

Thread below hardware to hold the Nut Plate in position **before** the Support Bracket mounting:

- (1) 12mm x 40mm Hex Bolts
- (1) 12mm Lock Washers
- (1) 12mm x 32mm Flat Washers

**After** insert the Support Bracket, Use the below hardware to mount it on the front hole of the Nut Plate:

- (1) 12mm x 40mm Hex Bolts
- (1) 12mm Lock Washers
- (1) 12mm x 32mm Flat Washers



(Fig 15) Models **without tow hooks**, Attach Support Bracket to Double Nut Plate in frame

FIG 16

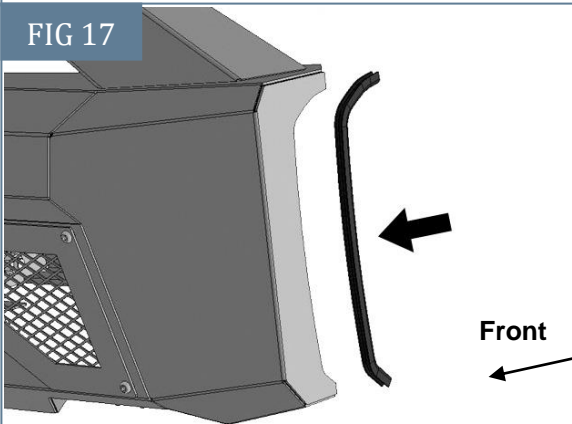


(Fig 16) Support Bracket installed between tow hook and bottom of frame

## STEP 6

Carefully unwrap the Bumper. Attach the included Edge Trim to both ends of the Bumper, (Fig 17).

FIG 17

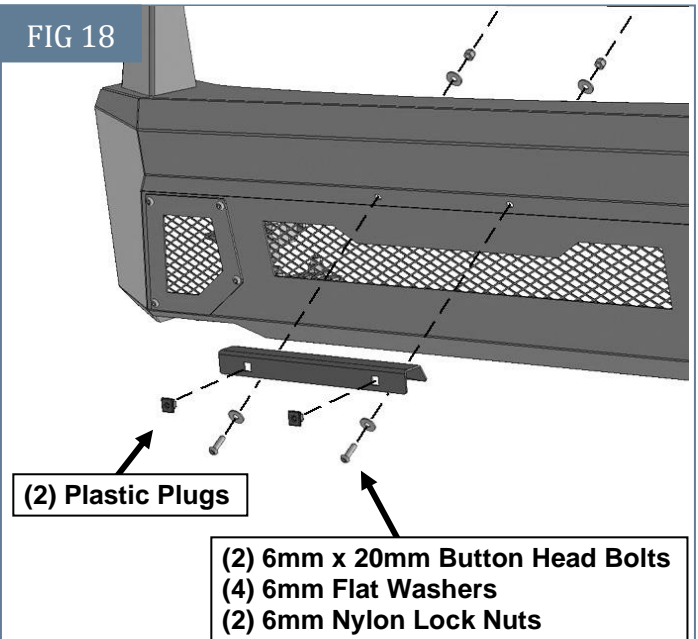


(Fig 17) Push Edge Trim onto both ends of Bumper

## STEP 7

On vehicles requiring front license plate, select the License Plate Bracket. Attach the Bracket to the front of the Bumper with the included (2) 6mm x 20mm Button Head Bolts, (4) 6mm Flat Washers and (2) 6mm Nylon Lock Nuts, (Fig 18). Push the included (2) push-in Plastic Plugs into the square holes in the Bracket. Reuse the factory hardware to attach the license plate to the Plastic Plugs.

FIG 18



(Fig 18) Attach License Plate Bracket to Bumper

## STEP 8

With assistance, position the mounting tabs on the back of the Bumper up to the inside of the Frame Brackets. Temporarily support Bumper. **WARNING:** To avoid possible injury or damage to the vehicle, do not proceed until the bumper is fully and safely supported.



**WARNING!** Do not crawl under bumper unless it is properly supported on blocks or stands or the bumper may fall.

## STEP 9

Select (1) 10mm Double Bolt Plate, (Fig 19). Insert the Bolt Plate through the outer opening in the Bumper. Guide the Bolt Plate into, up and through the back of the Brackets. Attach the Bumper to the Bolt Plate with (2) 10mm Flat Washers, (2) 10mm Lock Washers and (2) 10mm Hex Nuts, (Figs 20 & 21). Do not tighten hardware. Repeat this **Step** to attach the passenger/right side of the Bumper to the Mounting Bracket.

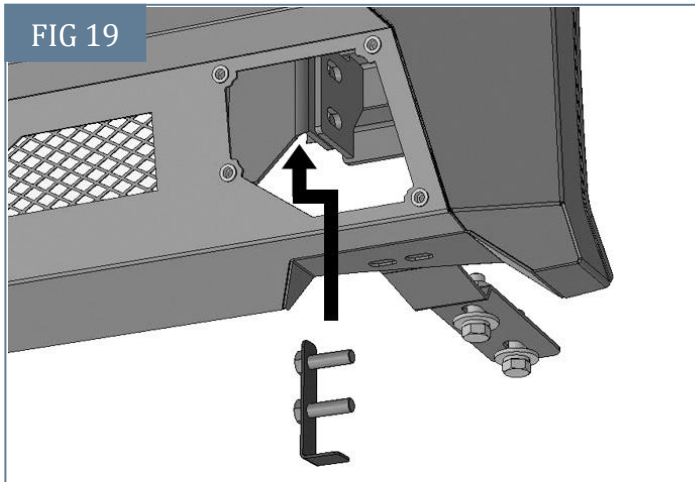


FIG 19

(Fig 19) Insert 10mm Double Bolt up and through back of tab on Bumper and Frame Bracket

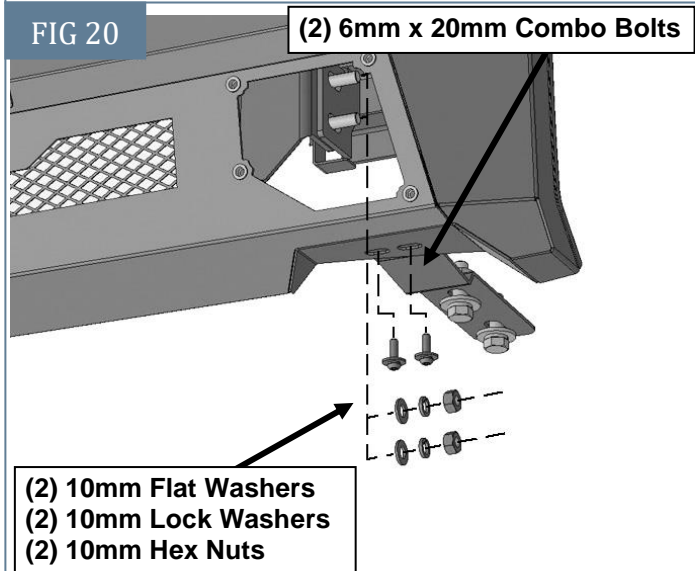


FIG 20

(2) 6mm x 20mm Combo Bolts

(2) 10mm Flat Washers  
(2) 10mm Lock Washers  
(2) 10mm Hex Nuts

(Fig 20) Attach driver/left side of Bumper to 10mm Double Bolt Plate. Attach bottom of Bumper to Support Bracket



FIG 21

(Fig 21) Driver/left side of Bumper attached to 10mm Double Bolt Plate and Bracket

## STEP 10

Line up the mounting holes in the driver/left Support Bracket with the holes in the bottom of the Bumper. Attach the Support Bracket to the inside of the Bumper with the included (2) 6mm Button Head Combo Bolts, (Figs 20 & 22). Do not fully tighten hardware. Repeat this Step to attach the passenger/right Support Bracket.



FIG 22

(Fig 22) Driver/left Support Bracket attached to inside of Bumper (model with tow hook)

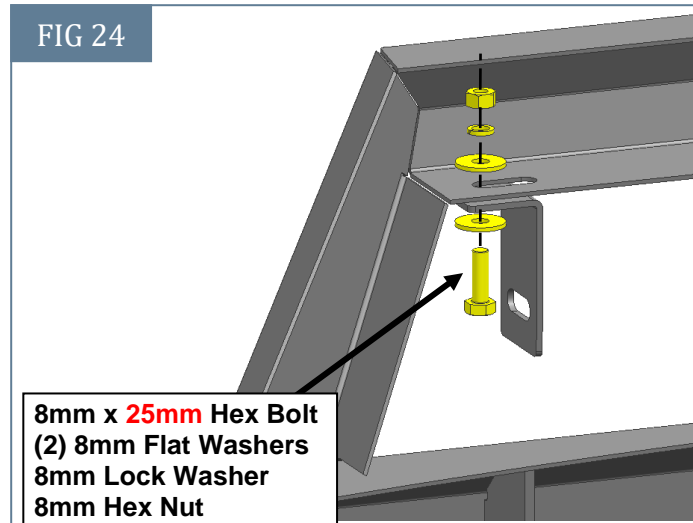
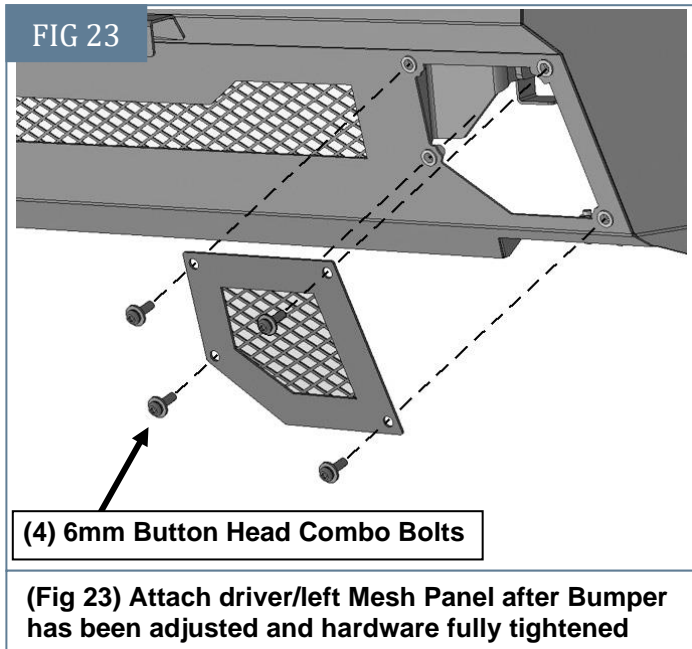
## STEP 11

Check the Bumper for level and centered on the vehicle. Adjust the Bumper as necessary and fully tighten all Mounting Bracket hardware. **NOTE:** If additional left-right adjustment is required, temporarily loosen the Frame Bracket hardware and slide the Brackets left or right as necessary and fully tighten Frame Bracket hardware.

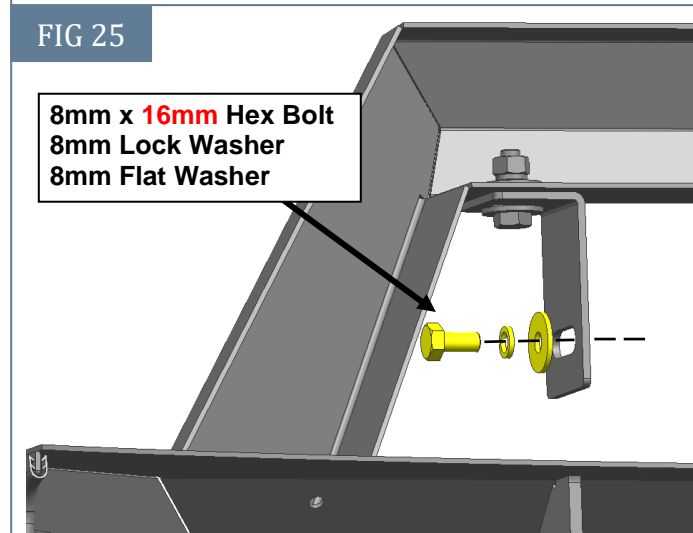
## STEP 12

Once hardware has been fully tightened, attach Mesh Panels to Bumper with the included (8) 6mm x 20mm Button Head Combo Bolts, (Fig 23)





**(Fig 24) Attach "L" Shape Brackets to bottom of loop.**



**(Fig 25) Attach light bar to "L" Shape Brackets with the hardware. NOTE: Top Light bracket mounting location is designed for 20-24" single or double row bar style light. Flip Brackets around if necessary**

## STEP 13

Top mounted LED light installation (optional-light not included).

- a. Select (1) "L" Shape Bracket. Attach the Bracket to the bottom of the top hoop with (1) 8mm x **25mm** Hex Bolt, (2) 8mm Flat Washers, (1) 8mm Lock Washer and (1) 8mm Hex Nut, **(Fig 24)**. Do not tighten hardware at this time.
- b. Repeat previous Step to attach the remaining "L" Shape Bracket.
- c. Attach light bar to "L" Shape Brackets with the hardware included (2) 8mm x **16mm** Hex Bolts, (2) 8mm Lock Washers and (2) 8mm Flat Washers. Adjust the width of the Brackets to the light. **IMPORTANT:** Top Light Brackets are designed to install most 20" to 24" single and double row bar style LED lights, **(Fig 25)**.
- d. "L" Shape Bracket installed to the **inside** will accommodate a light 21-3/8" to 23-3/16" wide.
- e. "L" Shape Bracket installed to the **outside** will accommodate a light 24-9/16" to 26-5/16" wide.
- f. Fully tighten top light hardware once adjusted.

## STEP 14

Do periodic inspections to the installation to make sure that all hardware is secure and tight.