Addictive Desert Designs

2009 – 2014 Ford F150 & Raptor Dimple R Rear Bumper
Installation Instructions

PREPARATION

1. Disconnect the negative terminal on the battery. Park the vehicle on level ground and set the emergency brake.
2. We recommend reading through the installation instructions in whole before performing the work.
3. You will need the following tools:
    a. 3/4" Socket & Wrench
    b. 10mm Socket
    c. Ratchet
    d. 1/2" Drill Bit
    e. Drill
    f. Side Cutting Pliers
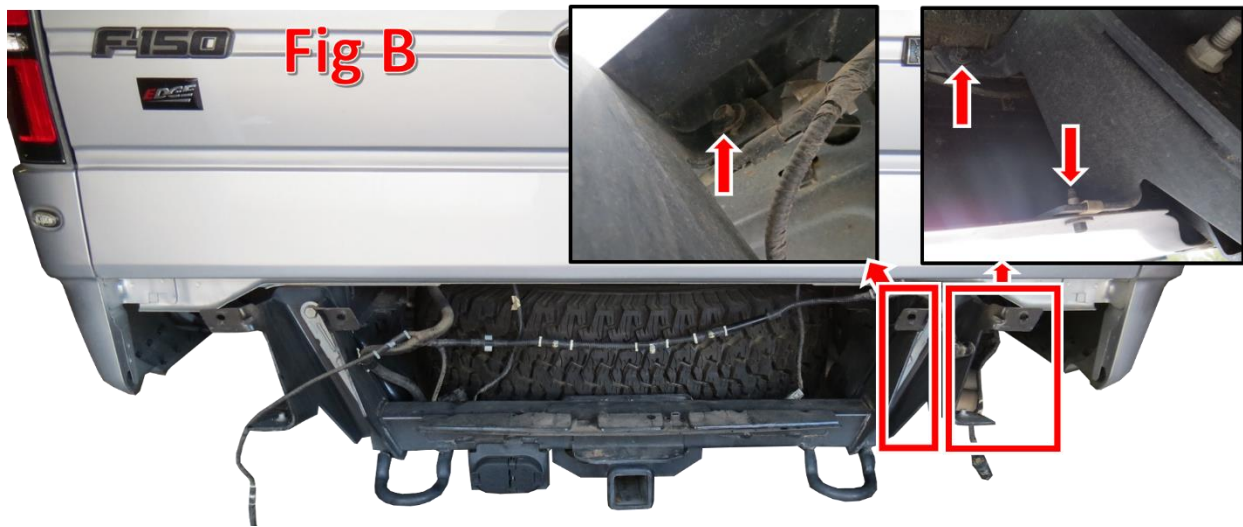   *Note: this installation requires 2 people for best results*
4. Included in Kit:
    4 – Hex Head Bolts – 1/2"-13 x 1 1/2"
    8 – Flat Washers – 1/2"
    4 – Nylon Locking Nuts – 1/2"-13

REMOVAL

1. From the bottom of the truck, remove the license plate lights from their housings.
2. Remove the parking sensors from their outer mounting rings. To do this, push the two tabs referenced in Fig A outwards, then push the sensor out the back of the bumper.
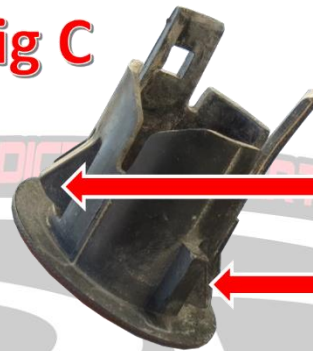

Fig A

Push these two tabs outward

3. Remove the six mounting bolts holding the OEM bumper to the frame. Refer to Fig B. Keep two of these bolts for reuse.
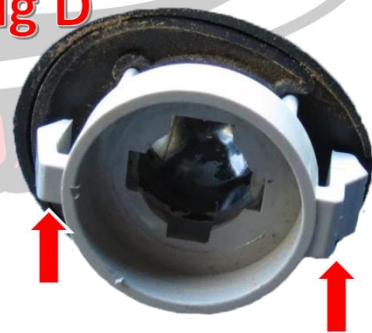
Fig B

4. Remove the OEM bumper from your truck.

5. Remove the outer parking sensor mounting rings from the OEM bumper by pressing in the two tabs referenced in Fig C and pushing the rings out the front of the bumper.

6. Remove the license plate light housings by pressing in the two tabs and pushing them out the front of the bumper. (Fig D)

7. Remove your spare tire access lock by moving the key to the unlocked position, then pulling it out of its mounting hole.

8. Prepare to install your new A.D.D. Dimple R Rear Bumper.
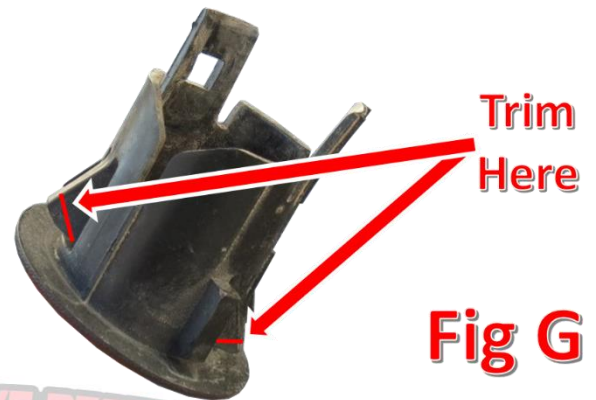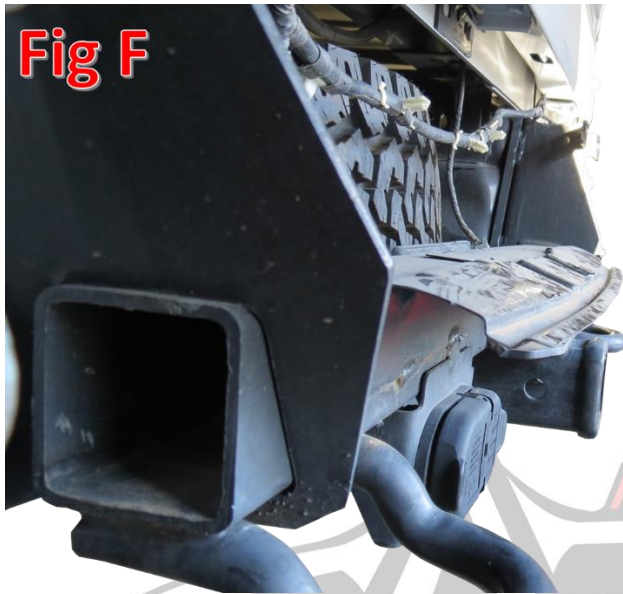

Fig C
Push these two tabs in

Fig D

INSTALLATION

1. Drill the top two mounting holes on each side out to 1/2". Make sure to paint the holes after you drill them. Be sure to guard your tailgate so that no overspray gets on it. Also, make sure every bit of raw metal is covered with paint. Fig E

Fig E

2. Bend down the metal structure that sat behind the license plate so that it does not get in your way when mounting your new rear bumper. Fig F
3. Install the parking sensor outer rings on your new rear bumper by simply pressing them into their mounting holes. Sometimes, they will not seat all the way due to the thickness of your new bumper. If you experience this problem, take a pair of side cutters and trim a little off the tab that locks them in place. Refer to Fig G.
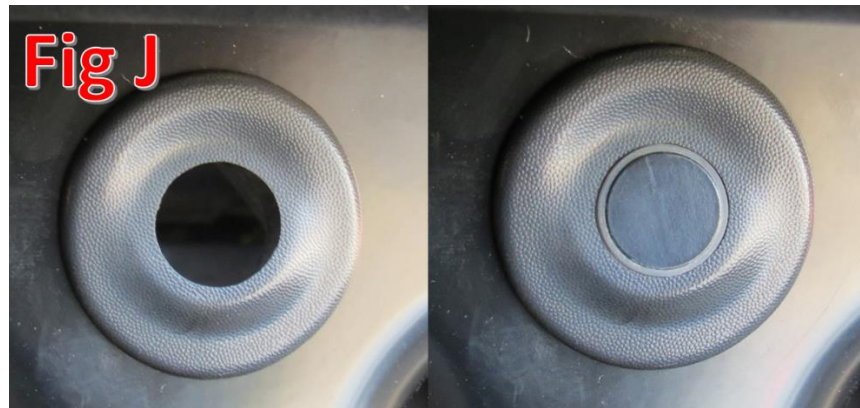

Fig F

Trim Here

Fig G

4. Install the license plate light housings on your new bumper by simply pressing them into their mounting holes. (Fig H)
5. Install your spare tire access lock by moving the key to the unlocked position, pressing it into its mounting hole, returning the key to the locked position, then removing the key. (Fig I)

Fig H

Fig I

6. If you have any lights to install on your bumper, now would be a good time to do so. Please follow the light manufacturer's instructions for mounting and wiring information.
7. Hold the bumper in place, then secure it to the vehicle by using the supplied 1/2" Bolts (x4), 1/2" Washers (x8), and 1/2" Lock Nuts (x4) in the upper mounting holes. Leave these bolts loose for now.
8. Install the OEM 10mm Bolts (x2) that you held back in Removal Step 3 into the lower mounting holes.
9. Align the bumper so that it is centered left to right and sits straight in relation to the bottom of the tailgate.
10. Tighten the upper mounting bolts (x4) to 70 foot pounds. Tighten the lower mounting bolts (x2) to OEM manufacturer's specification.

11. Reinstall your license plate lights back into their housings.
12. Install the parking sensors into their outer mounting rings by simply pressing them into the rings from the back side. (Fig J)

Fig J

13. Stand back and enjoy your A.D.D. Dimple R Rear Bumper.
14. Check and re-tighten if needed, all mounting bolts after 100 miles and periodically thereafter.

For Additional Support or Technical Questions,
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