Step 1 4Runner Blitz Front Bumper Install Instructions





Step by step on how to install the 4Runner Blitz Front Bumper. Please read all steps carefully before starting the install.

Questions or Support:
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Step 2 Included Parts



Check that you have all of the parts shown before starting.

Step 3 Included Hardware

046-0027 BOLT PACK

V4R5FB-BP • Bill of materials (per 1 bag)

PIECES / BAG 130

BIN	QTY	PART #	DESCRIPTION
1	6	040-0010	3/8-16 x 1 BUTTON HD SOC CAP SS
2	20	040-0026	3/8-16 SERR FLANGE NUT HARD ZNC
3	4	040-0005	5/16-18 x 3/4 BUTTON HD SOC CAP 18-8 SS
4	4	040-0020	5/16-18 SERR FLANGE NUT HARD ZNC
5	6	040-0014	5/16 USS FLAT WASHER ZNC
6	8	040-0163	M10-1.25 x 30 FLANGED HEX CAP
7	16	040-0178	3/8-16 x 3/4 BUTTON HD SOC CAP 18-8 SS BLK
8	4	040-0004	3/8-16 x 1 HEX CAP GR5 ZNC
9	14	040-0148	1/4-20 x 3/4 BUTTON HD SOC CAP 18-8 SS BLK
10	14	040-0025	1/4-20 SERR FLANGE LOCKNUT GR5 ZNC
11	4	040-0138	5/16 (M8) MIL-SPEC FLAT WASHER 316 SS
12	14	040-0147	1/4 MIL-SPEC FLAT WASHER 18-8 SS BLK
13	16	040-0275	3/8 MIL-SPEC FLAT WASHER 18-8 SS BLK

Set bins out in this order • One bag at a time • Gold = zinc • Black = black finish

Odoo BOM link in description

Check that you have all of the hardware shown before starting (hardware pack 046-0027).

Step 4 Tools Needed



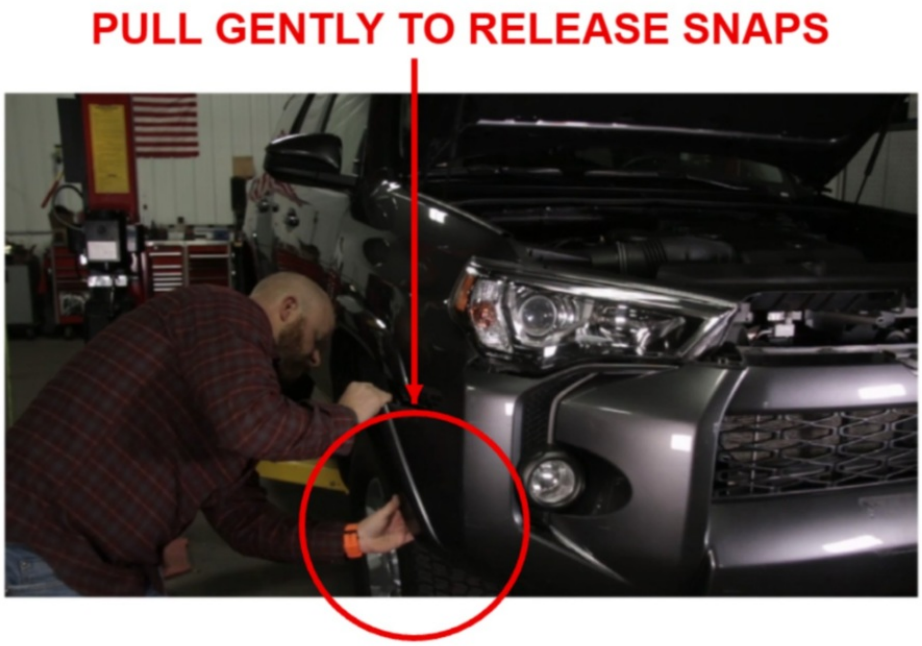
4Runner Blitz front winch bumper. Tools: pry tool, 10 mm and 14 mm sockets, 3/8 drill bit and a cutting tool. Hardware: four 3/8 x 1 button heads with flange nuts, four 5/16-18 x 3/4 button heads with flange nuts, and two 5/16 flat washers. Remove the 4 clips closest to the top of the bumper with a dash tool, lift the cover and remove 1 more clip on each side.

Step 5 Remove Bumper Bolts



Use a 10 mm socket to remove the middle bolt. Remove all the bolts along the bottom holding the bumper cover, plus 3 bolts along the fender liner on both sides. Then pull the top portion of the bumper off.

Step 6 Release Bumper



Gently pull the bumper away from the vehicle to release the snaps, but do not pull it completely off, because the fog lights are still connected. Once one side is loose, disconnect the fog lights and remove the entire bumper.

Step 7 Mark Cut Line



Put tape inside the curve of the bumper to mark the cut line and protect the paint. Tape a line 3/8 inch down from the grill for the front face cut.

Step 8 Cut Bumper



Drill a 3/8 hole in the 2 corners of the front face to make smooth corners. Cut with an air saw and a round fiber cutting disc, or another cutting tool you prefer, then sand the edges smooth and remove the tape.

Step 9 4th Gen Cut



For a 4th gen (03 to 09) Blitz, cut along the red lines and remove the lower portion of the factory bumper. For a 5th gen (10 to 13) Blitz, cut along the red lines and remove the center portion and lower plastic grill. The rest of the install is the same.

Step 10 Remove Skid Bolts



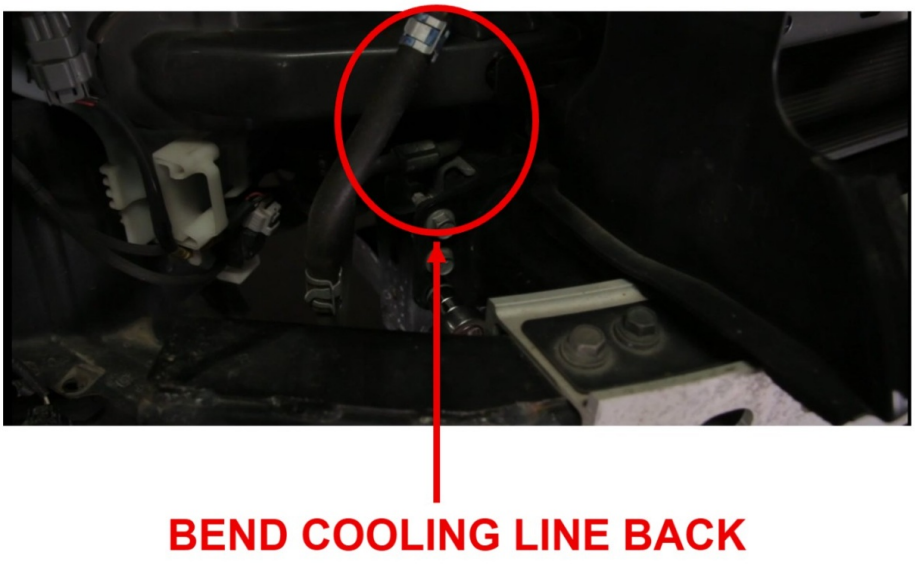
With a 10 mm socket remove the 2 bolts on the bottom skid and the bolts connecting the inner fender to the bumper bracket. With a 14 mm socket remove the bumper mounting bolts: 3 outside the frame rail and 1 inside, on both sides. Remove the factory bumper and reinstall the factory plastic cover.

Step 11 Assemble Bumper



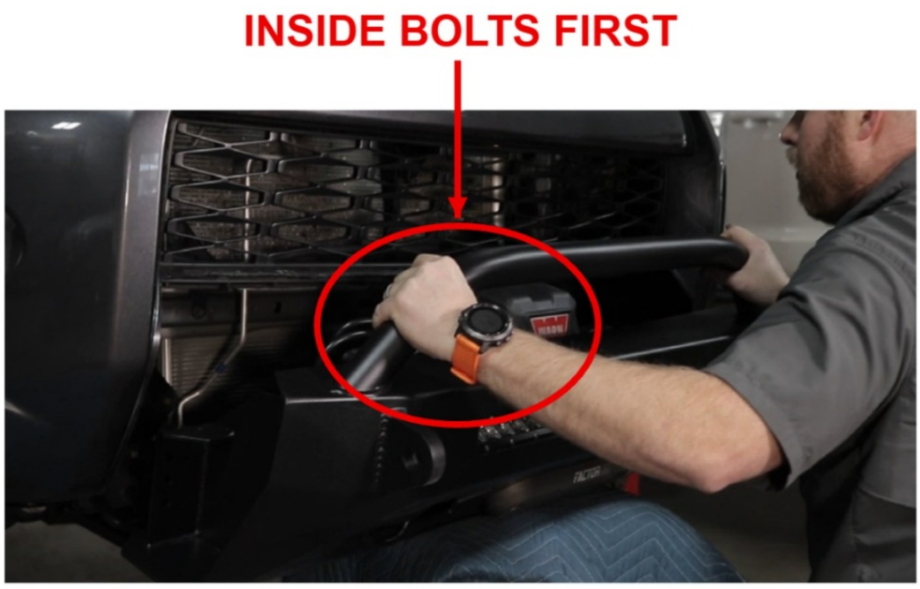
Assemble the Blitz bumper. Install a light bar (at least 20 inches with a 22 inch mounting width) or the aluminum panel. Loosely install the winch's four mounting bolts under the bumper, flip it over and tighten, install the fairlead, then tip the bumper forward and install the valance skid with the button heads provided. The kit shows a WARN VR 8-S.

Step 12 Bend Cooling Line



Loosen the bolts holding the cooling line and carefully bend the line toward the vehicle for winch clearance. Loosen the bracket bolts with a 10 mm socket. You do not need to remove them.

Step 13 Mount Bumper



Mount the bumper with a friend or a jack. Loosely tighten the two inside bolts first, then the three outside bolts on both sides. With everything loosely installed, tighten them all down.

Step 14 Install End Brackets



Install the small brackets that connect the factory bumper ends to the new bumper. Loosely install the hardware, pull the factory bumper end toward the new bumper and tighten the bolts. This sets the gap between the Blitz bumper and the factory plastic.

Step 15 Installation Complete



Confirm all hardware is tightened. Congrats! Your installation of the 4Runner Blitz Front Bumper is now complete. Enjoy!