



TOYOTA 4RUNNER 2025+ FRONT BUMPER



PLEASE READ ENTIRE GUIDE BEFORE INSTALLATION

Recommended that you read this entire install guide before installation. Check that all hardware is present before starting or scheduling an install. This guide is supplemental to mechanical knowledge and ability. Anyone not familiar with automotive installation should seek professional installation.

IMPORTANT INFO/FAQ

INSTALLATION HELP

Please review terms and conditions for details

Recommended purchaser review Welcome Guide at time of purchase for details

Care & Maintenance and Install Guides available at www.exp-one.com/resources

We do our best to offer timely assistance with your installation questions however as most of our team members are primarily engaged in the manufacturing process and packaging processes, we do not currently offer a tech for on-demand calls and inquiries. For the more technical installs or installs that are time-sensitive in nature, we would recommend our customers seek out the services of professional shops with experience specific to aftermarket bumpers.. We are happy to make recommendations to you on shops familiar with our products in your area. We do our best to respond to installation questions within 24-48 hours of contact as much as possible. Long-distance problem assessment can be difficult, so photos and videos are often required for us to best assist you. We highly recommend your initial contact regarding installation questions include both close-up and full photos, detailed descriptions using our part descriptions as much as possible, and video. This enables us to better assist without having the ability to see the install difficulties directly and assist you as quickly as possible.

NOTE

Expedition One does not guarantee fitment with other aftermarket products, or reinstallation of take off OEM parts.

Expedition One is NOT RESPONSIBLE for damage to paint or powder coating, items assembled in error during installation or costs associated with install, and injury.

OEM manufacture model refreshes/updates, factory build location and suppliers may cause variations in fitment or installation and can not be verified, vehicle to vehicle .

EXPEDITION ONE
113 N. 700 W. BUILDING 5C BAY 1
OGDEN, UT 84404
INFO@EXPEDITIONONE.BIZ
801-627-2921 MON-FRI 0900-1700 MST

INSTALL LEVEL



- | | | |
|---------|-------|--|
| 1 STAR | ★ | EASY - No tools required |
| 2 STARS | ★★ | BASIC - Requires standard tools, basic mechanical knowledge and understanding |
| 3 STARS | ★★★ | MODERATE - Requires standard tools. Some drilling and/or cutting. |
| 4 STARS | ★★★★ | ADVANCED - Requires speciality tools. Drilling, cutting, and grinding required |
| 5 STARS | ★★★★★ | EXPERT - Professional installation recommended. |

We always recommend professional assistance when installing our vehicle products. Always follow safety precautions including the use of safety gear and devices.

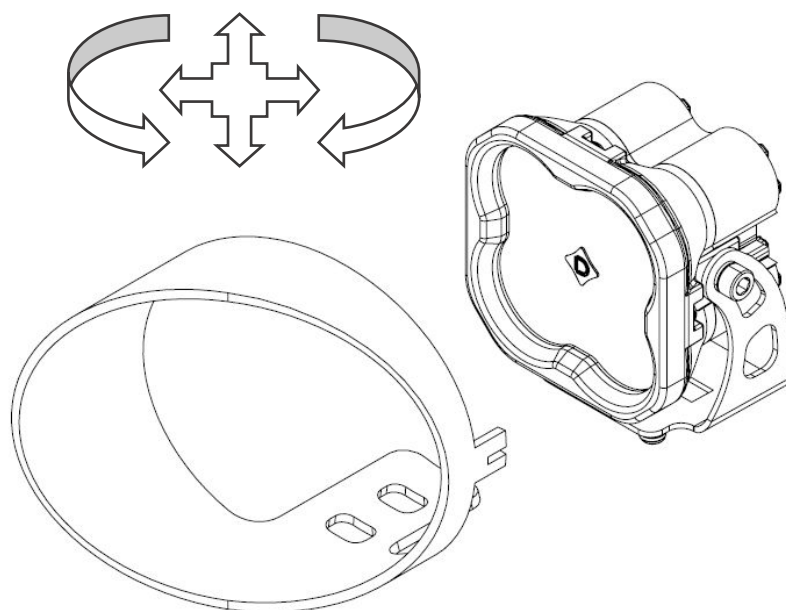
IMPORTANT INFO/FAQ

WINCHES

We use the most common bolt patterning but cannot guarantee your particular winch will fit. Because there are so many different brands on the market for winches, we typically recommend you wait until you have your bumper in-hand and ideally even installed to have specific measurements for best fit for your particular application. Integrated and Non-Integrated solenoid fitment varies by vehicle, model, and engine. Non-integrated solenoids will need to be relocated to an open location within the bumper, engine bay, or other open location. We DO NOT provide mounts or instruction for relocation of the solenoid. Most bumpers use a foot forward mount and will require the winch to be clocked (see winch manufacture for details). Winch plates or direct mounting locations will be provided with the bumper, see install guide for details. See winch manufacture for hardware, associated parts, or fairleads. . We DO NOT manufacture the winch, provided wiring, or instructions on how to connect to the vehicles power. Seek professional installation on hybrid or electric vehicles

LIGHT PORTS + LIGHT BARS

To give you a wide range of options from various brands and designs, the light ports were designed to be as universal as possible. Not all mounts or designs will fit exactly and may require the use of shims, spacers, removal of housings or covers, different light manufacture mounts or hardware to mount. Reuse of OEM light is limited to select bumpers and will come with provided hardware to reinstall. Specific mounts or options if available will be listed at time of purchase and provided with hardware. Bolt-on light ports or mounts will mount as per the instructions. It is recommended that lights be purchased with the bumper in hand to gain the best fitment. We DO NOT manufacture the lights, provided wiring, or instructions on how to connect to the OEM harness. Seek professional installation on hybrid or electric vehicles\



EXAMPLE SHOWN - LIGHT PORTS WILL VARY

AFTERMARKET or OEM PRODUCTS

We DO NOT guarantee fitment or installation of any aftermarket, third party or OEM parts, accessories, or hardware. This includes items such as lighting, winches, skids, lifts, suspension, and accessory mounts. Access to all brands, manufactures and country of origin specific parts is limited or impossible during the product development stage and subsequent new or modified revisions of said products including OEM design changes or refreshes. It is recommended you have the product in hand and installed before modifying with other aftermarket parts. Consult other sources to gain any first hand knowledge of other products others have installed.

IMPORTANT INFO/FAQ

HARDWARE

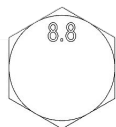
Please review for details and installation. Figures or data may vary. Leave all accessible hardware loose for installation and tighten all hardware after everything is installed on the vehicle. Check and tighten all hardware after the first 100 miles and/or after off roading.

Some hardware locations do not require being tightened to spec due to there design, location or material attachment (including rubber, plastic, and aluminum). Over tightening may break or damage parts. Torque spec may vary, amounts listed are generic.

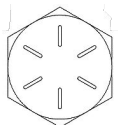
| HARDWARE | | TORQUE SPEC | |
|----------|--------|-------------|------------|
| SIZE | SOCKET | GR5 / 8.8 | GR8 / 10.9 |
| #8 | 1/4" | X | |
| #10 | 5/16" | | |
| 1/4" | 7/16" | 6-8 | 9-10 |
| 5/16" | 1/2" | 13-14 | 18-20 |
| 3/8" | 9/16" | 23-26 | 33-37 |
| 7/16" | 5/8" | 37-41 | 52-58 |
| 1/2" | 3/4" | 57-64 | 80-90 |
| 9/16" | 13/16" | 82-91 | 115-129 |
| 5/8" | 15/16" | 112-118 | 159-180 |
| 3/4" | 1-1/8" | 200-223 | 282-315 |
| 1" | 36MM | X | |
| M6 | 10MM | 9-10 | 13-15 |
| M8 | 13MM | 22-24 | 32-35 |
| M10 | 15MM | 44-49 | 64-72 |
| M12 | 18MM | 76-83 | 112-123 |
| M14 | 21MM | 102-112 | 165 |



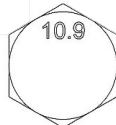
GRADE 5

















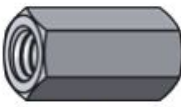
CLASS 8.8



GRADE 8



CLASS 10.9

| TYPES OF HARDWARE | | |
|--|---|---|
|  |  |  |
| HEX CAP BOLT | WASHER | NYLOC NUT |
|  |  |  |
| BUTTON HEAD BOLT | FENDER WASHER | HEX NUT |
|  |  |  |
| CARRIAGE BOLT | INTERNAL TOOTH | JAM NUT |
|  |  |  |
| SOCKET CAP BOLT | CLIP NUT | ACORN NUT |
|  |  |  |
| FLAT HEAD SCREW | RIVET NUT | COUPLING |

NOTE

Extra hardware may be left over due to model or option specific items that may not be required for the install. OEM hardware may vary in style or socket size from shown.

TIGHTEN ALL HARDWARE AFTER EVERYTHING IS INSTALLED ON THE VEHICLE. CHECK AND TIGHTEN ALL HARDWARE AFTER THE FIRST 100 MILES AND AFTER OFF ROADING. CHECK REGULARLY

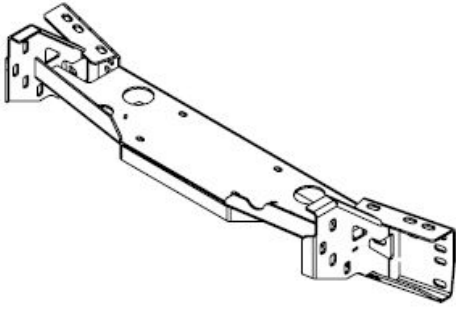
HARDWARE

| | |
|------------------------------|----|
| 1/4" – 20 X 3/4" BUTTON HEAD | 3 |
| 1/4" – 20 X 3/4" HEX CAP | 16 |
| 1/4" – 20 NYLOC NUT | 19 |
| 1/4" WASHER | 35 |
| 5/16" - 18 X 3/4" HEX CAP | 8 |
| 5/16" - 18 X 1" CARRIAGE | 9 |
| 5/16" - 18 NYLOC NUT | 9 |
| 5/16" - 18 CLIP NUT | 8 |
| 5/16" WASHER | 17 |
| 3/8" - 16 X 3/4" BUTTON HEAD | 2 |
| 3/8" - 16 X 1-1/4" HEX CAP | 16 |
| 3/8" - 16 NYLOC NUT | 16 |
| 3/8" - 16 CLIP NUT | 2 |
| 3/8" WASHER | 32 |
| 1/2" - 13 X 1-1/4" HEX CAP | 2 |
| 1/2" - 13 X 4" HEX CAP | 2 |
| 1/2" - 13 X 1" CARRIAGE | 6 |
| 1/2" - 13 NYLOC NUT | 10 |
| 1/2" WASHER | 14 |
| 8 x 1/2 " SCREW | 2 |
| M6 x 1.0 - 25 HEX CAP BOLT | 4 |

HARDWARE

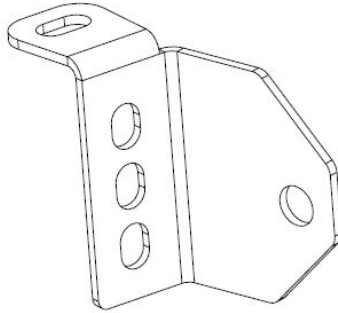
WINCH MOUNT

1



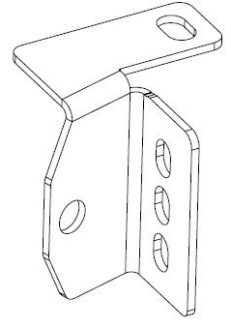
FRAME MOUNT INNER

2



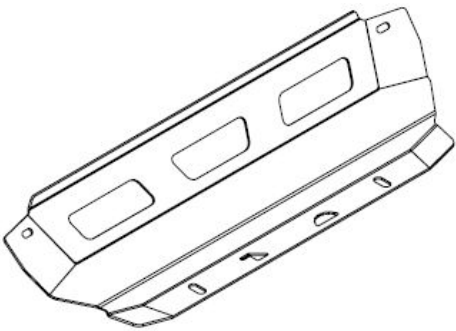
FRAME MOUNT OUTER

2



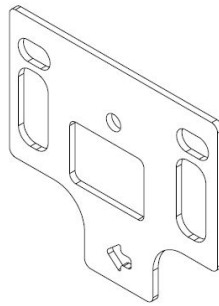
FILLER PLATE

1



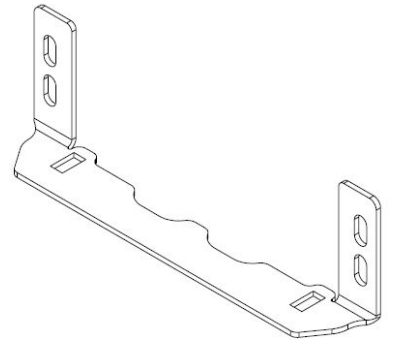
FRAME SPACER

2



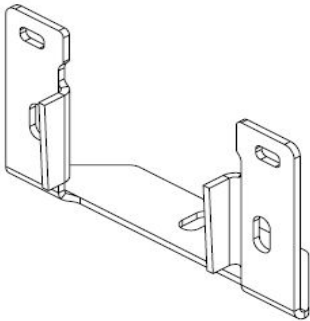
OEM FOG BRACKET

2



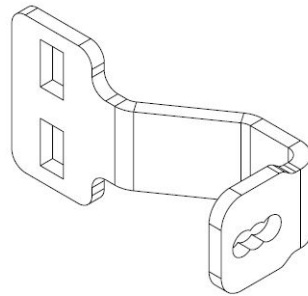
ACC SENSOR BRACKET

2



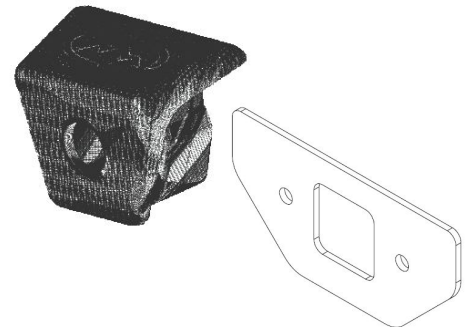
LIGHT BAR BRACKET

2

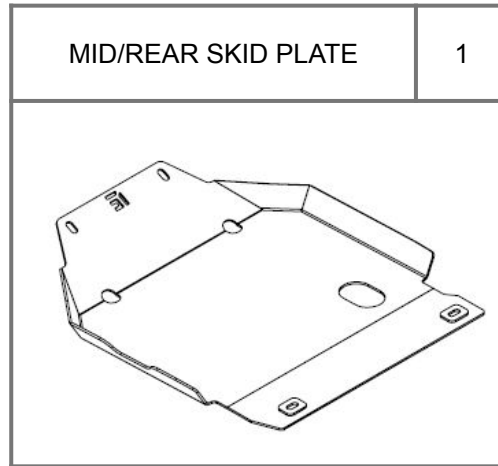
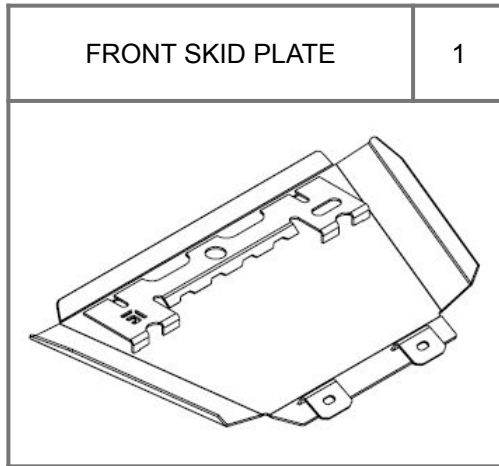


CAMERA BEZEL/PLATE

1 ea



OPTIONAL PURCHASE PARTS



1 – BUMPER REMOVAL

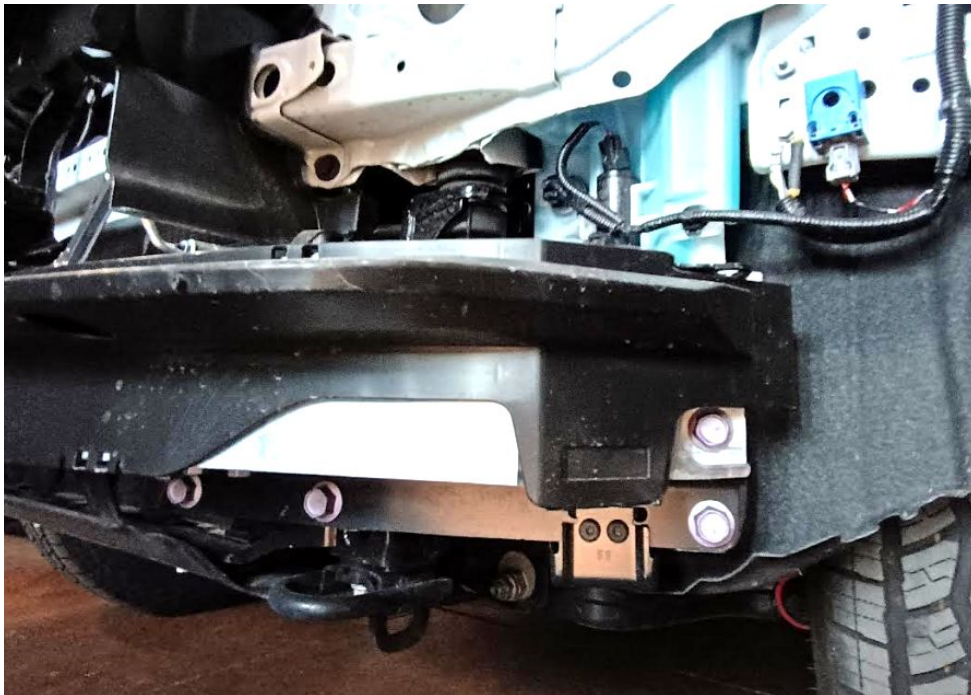
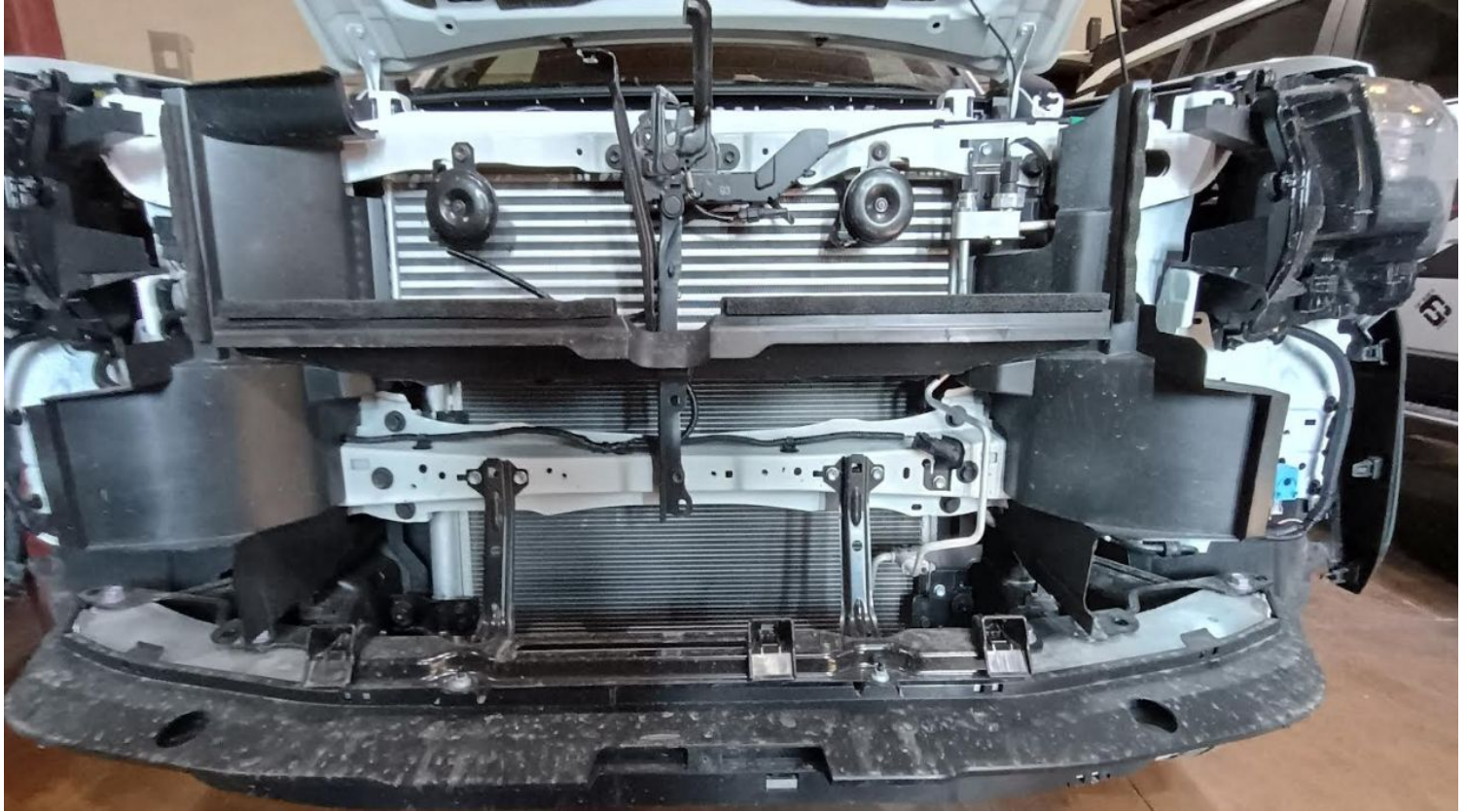
Remove the entire front fascia as shown from fenders, under the hood, and underneath.

Disconnect all wiring, lights and sensors. Check for any other connections or hardware before removing the bumper. Save hardware for reinstallation.



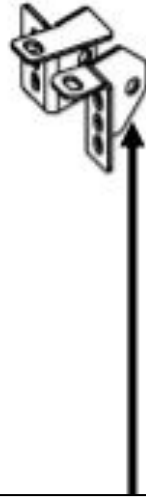
2 – BUMPER REMOVAL

Remove the grille brace. Undo the clips hold the bumper to the shroud as shown. Remove the cross frame by unbolting the assembly at the frame and bumper side wings (located behind the arrow below). Save hardware for reuse.

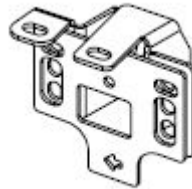


3 – REINFORCEMENT BRACKET INSTALLATION

Attach the provided reinforcement brackets using 1/2" hardware tab Leave hardware loose for adjustment.



| | |
|------------------------|---|
| 1/2" - 13 X 4" HEX CAP | 2 |
| 1/2" - 13 NYLOC NUT | 2 |
| 1/2" WASHER | 4 |

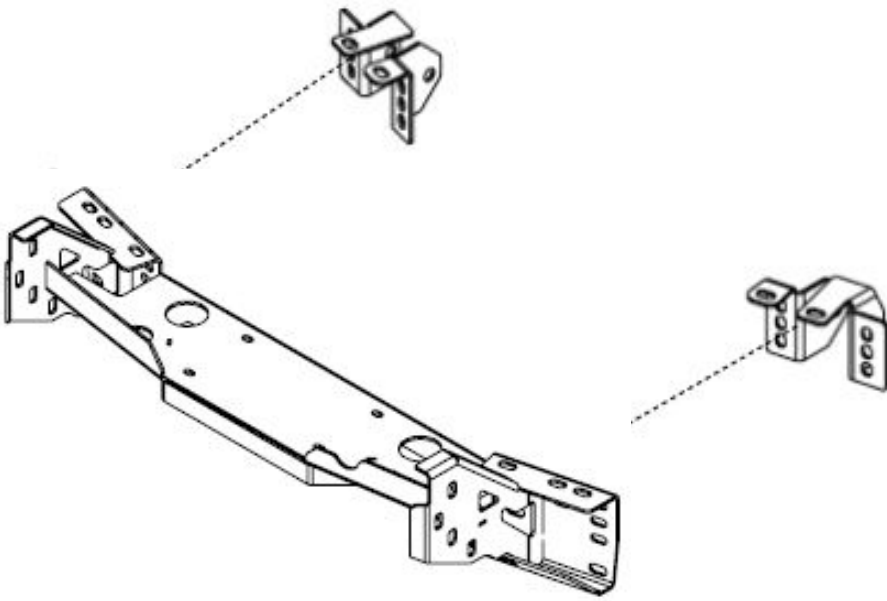


Place the provided space mount into the frame end as shown. Use the provided spacers on the outside edges when mounting the winch mount in the next step.

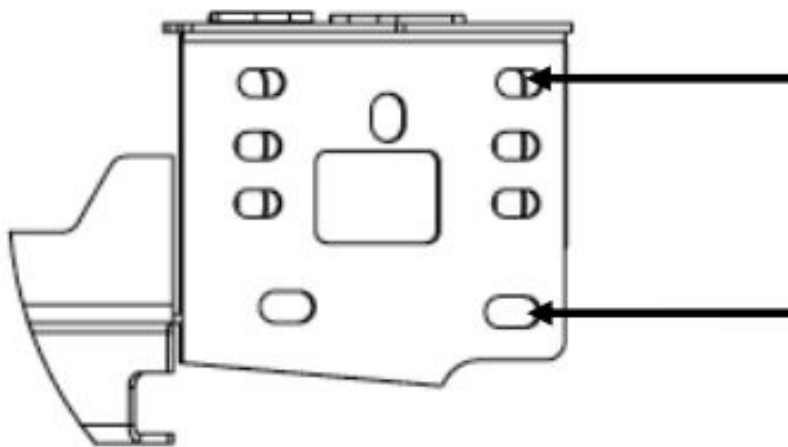


4 – REINFORCEMENT BRACKET INSTALLATION

Attach the provided reinforcement brackets using 3/8" hardware tab Leave hardware loose for adjustment.

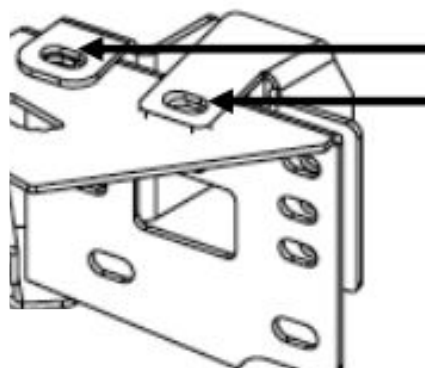


EXAMPLE SHOWN



| | |
|----------------------------|----|
| 3/8" - 16 X 1-1/4" HEX CAP | 12 |
| 3/8" - 16 NYLOC NUT | 12 |
| 3/8" WASHER | 24 |

| | |
|--------------|---|
| OEM HARDWARE | 4 |
|--------------|---|



| | |
|----------------------------|---|
| 3/8" - 16 X 1-1/4" HEX CAP | 4 |
| 3/8" - 16 NYLOC NUT | 4 |
| 3/8" WASHER | 8 |

EXAMPLE SHOWN

5 – WINCH INSTALLATION

Mount the winch at this time using the winch manufacture provided hardware. This will mount directly to the winch mount. Adjust as needed. see winch section for details. Skip if no winch is to be installed. Some trimming or removal of cross frame tabs or mounts may be required. Check fitment again once OEM bumper trimming and grille shutter are relocated before mounting the bumper

6 – WIRE LOOM REMOVAL

Unclip the wiring loom from the grille. Disconnect the parking sensors from the bezels. Be care to not break any clips or parts of the bezel as they will be reused in the new bumper. Remove the front fog trim cover and fascia skid by prying and unclipping. Unbolt and remove the fog lights grille shutter assembly and ACC at this time. Note the position of sensors and plug locations for correct reinstallation position later.

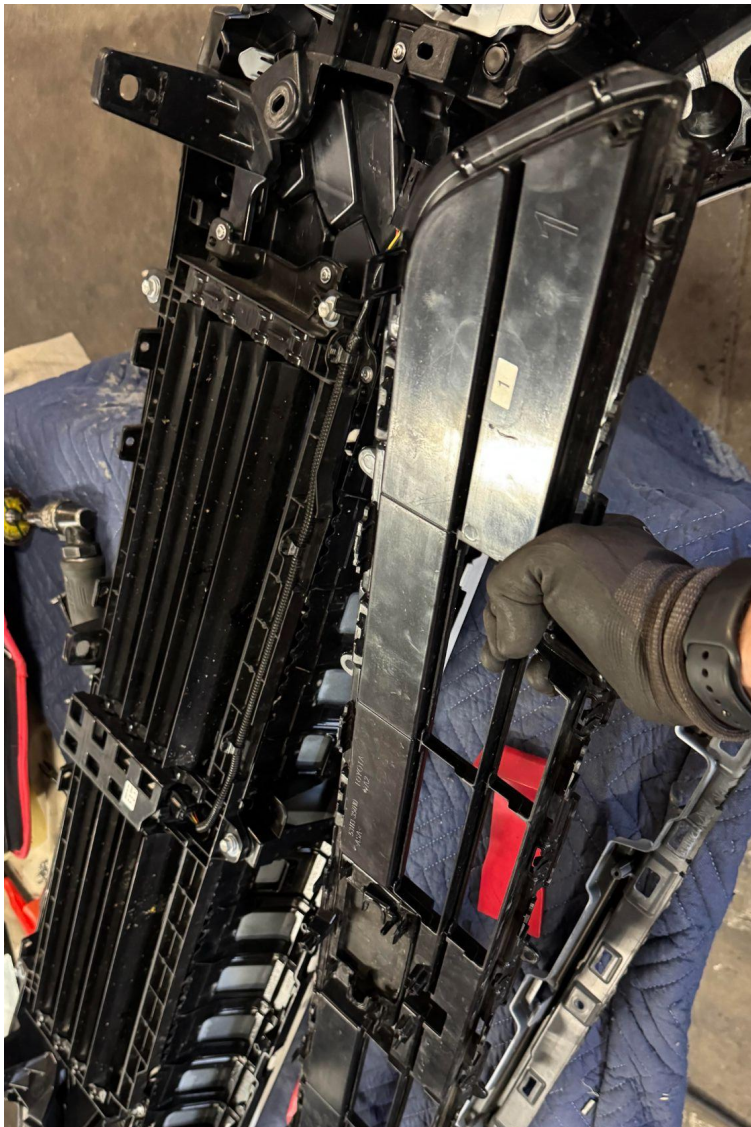


7 – BUMPER TRIMMING

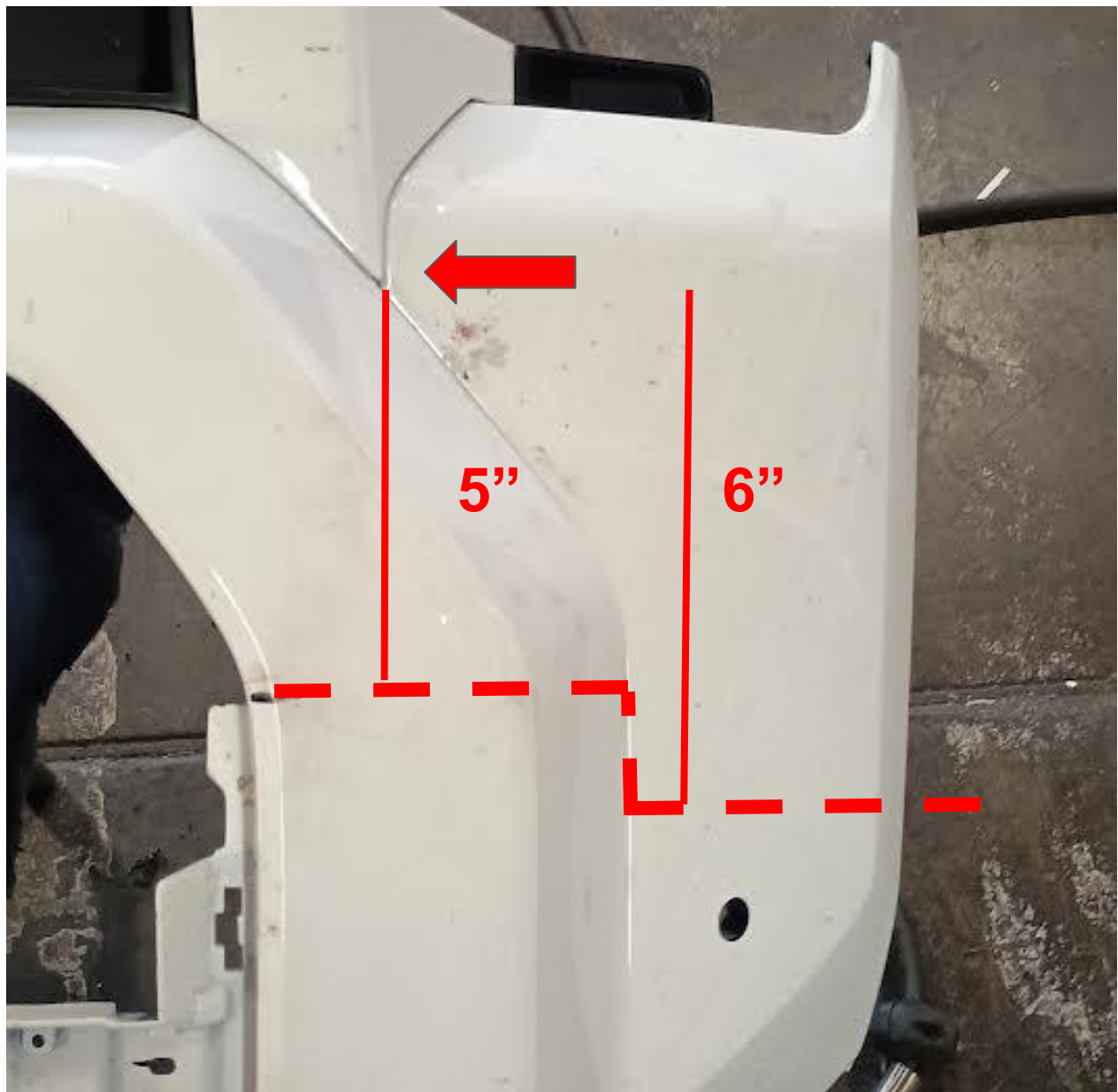
Trim or remove parts of the bumper as shown in the following pages, make minimum cuts and fit check if needed. Extra may be required once the bumper is fitted to allow for body and frame flex or variations in OEM product and manufacturing. Mask the cutting line with tape for a guide line and to protect the edge during cutting.



Unclip and unbolt the center section from the bumper. Only the lower sides of the fascia plastic and the top bridge piece should remain. These will be cut off with the rest of the lower bumper.



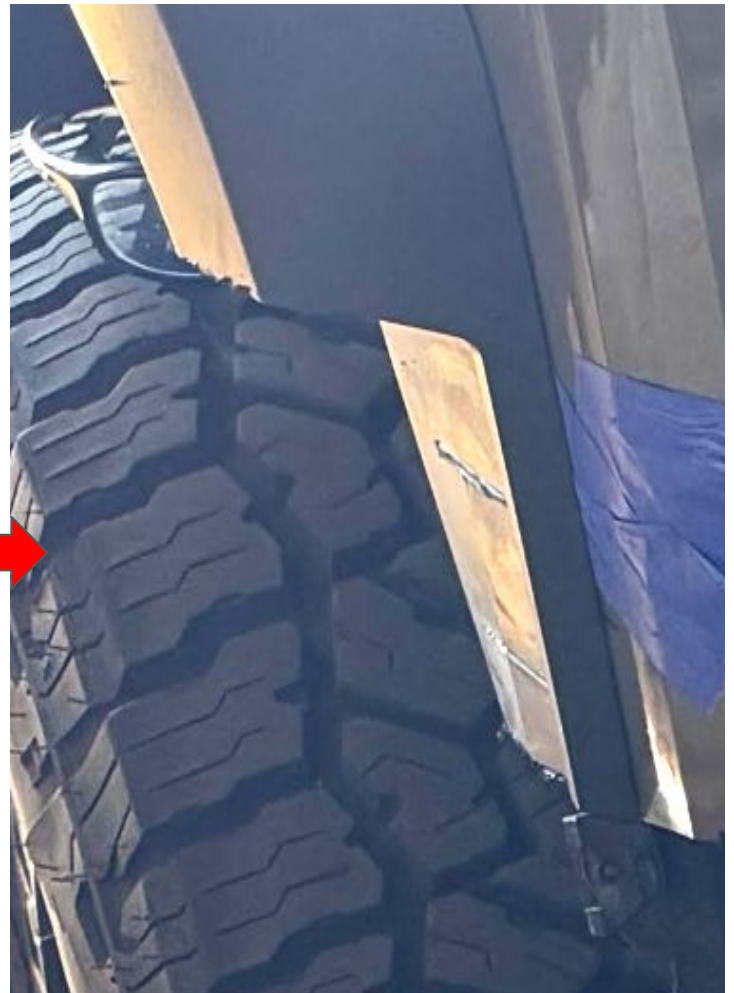
Measure down 5" from the point where all 3 front panels meet and mark a straight horizontal line that ends at the side panel. Then drop down 1" (6" total from the same corner) for the side panel cut line.



Angle the cut once past the vent area to encompass the clip to help hold the outer fender.



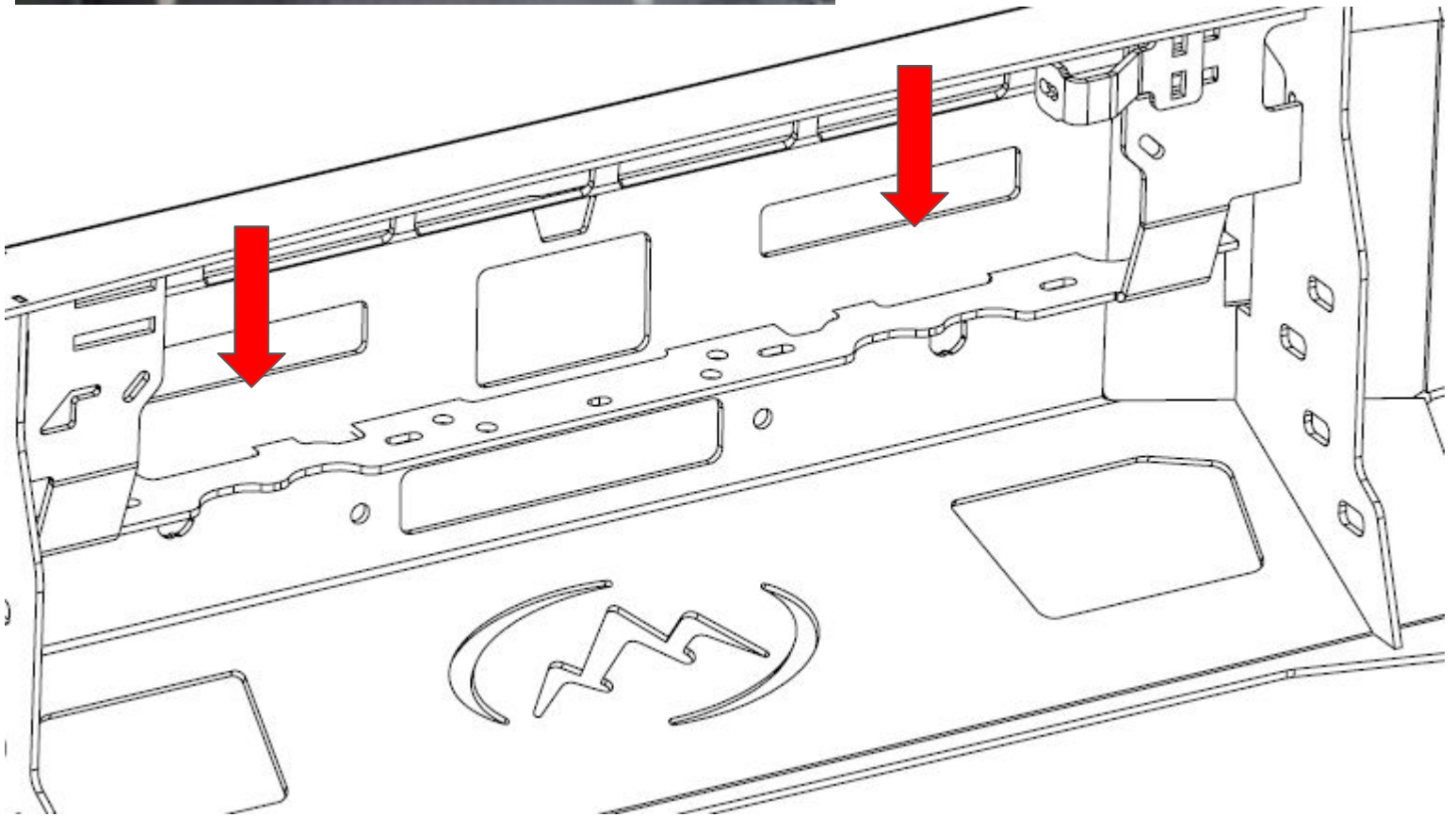
Trim the vent section to remove the outer edge and fins. Cut remaining fender trim to match the bumper cut line on the bottom.



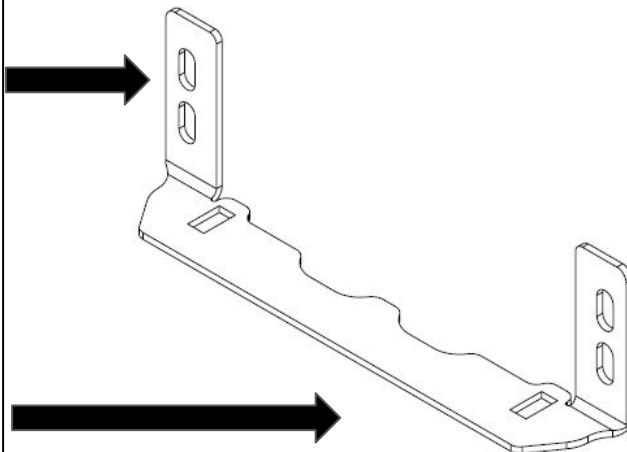
EXAMPLE SHOWN

8 – OEM LIGHTS INSTALLATION

Mount the OEM lights to the brackets as shown using the provided 1/4" hardware . Attach the bracket using 5/16" hardware. Adjust as needed once on the vehicle.

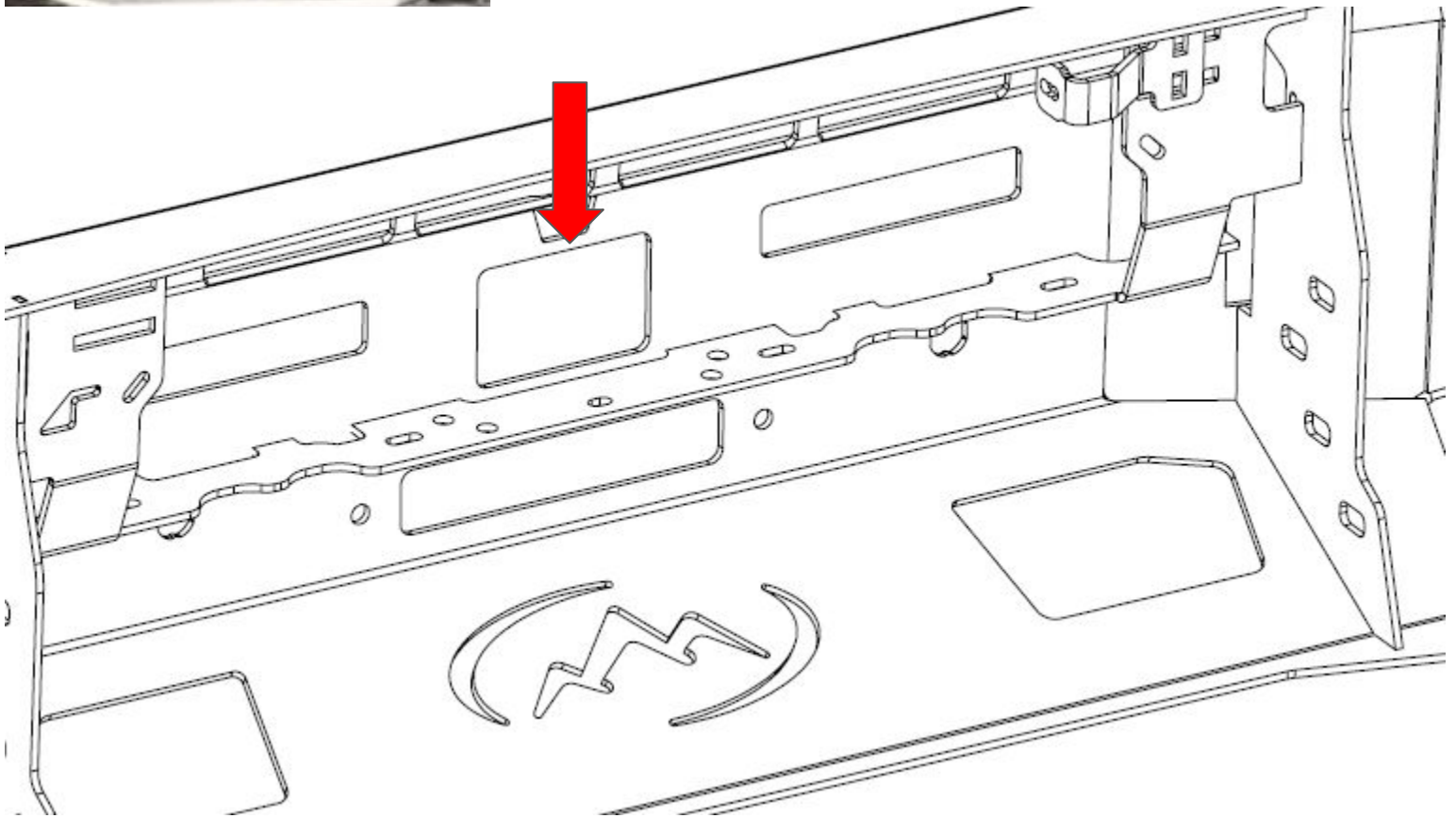


| | |
|--------------------------|----|
| 1/4" - 20 X 3/4" HEX CAP | 8 |
| 1/4" - 20 NYLOC NUT | 8 |
| 1/4" WASHER | 16 |
| 5/16" - 18 X 1" CARRIAGE | 4 |
| 5/16" - 18 NYLOC NUT | 4 |
| 5/16" WASHER | 4 |

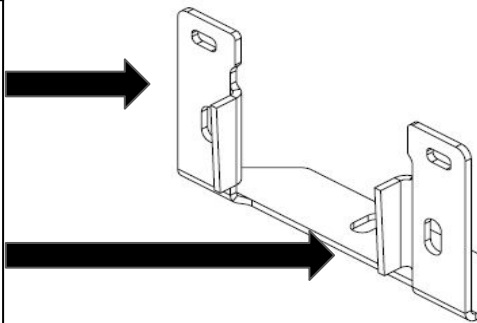


9 – ACC INSTALLATION

Mount the ACC Sensor to the bracket as shown using the provided 1/4" hardware . Place the sensor cover in the bumper and secure in place by attaching the bracket using 5/16" hardware. Adjust as needed once on the vehicle.

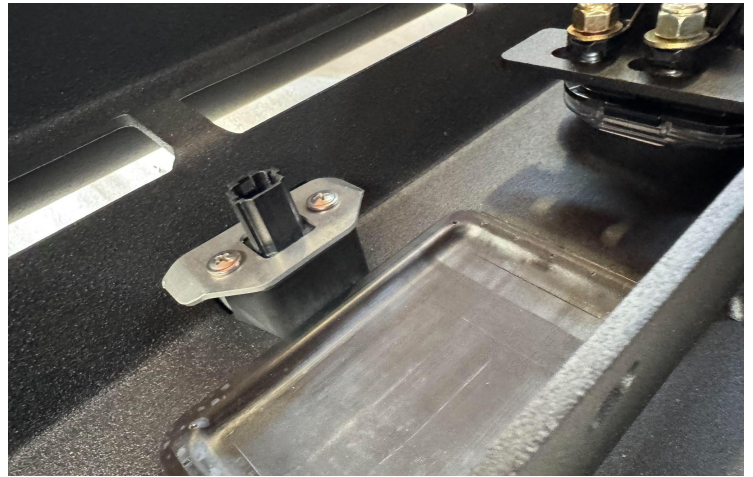
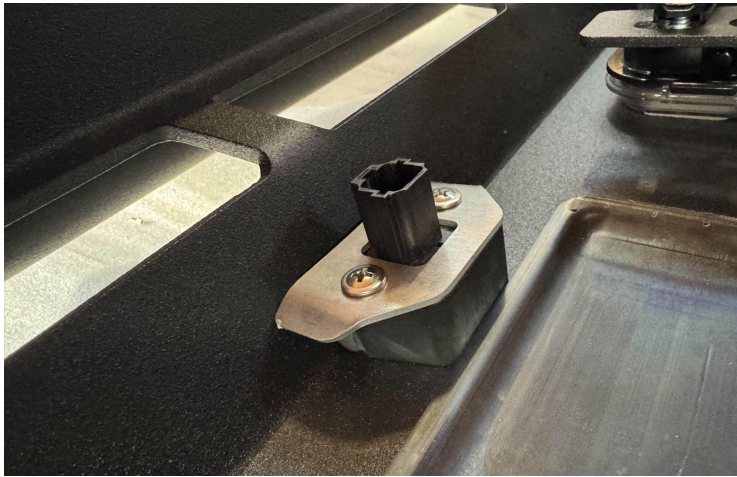


| | |
|--------------------------|---|
| 1/4" - 20 X 3/4" HEX CAP | 2 |
| 1/4" - 20 NYLOC NUT | 2 |
| 1/4" WASHER | 4 |
| 5/16" - 18 X 1" CARRIAGE | 1 |
| 5/16" - 18 NYLOC NUT | 1 |
| 5/16" WASHER | 1 |



10 – CAMERA INSTALLATION

Place the camera in the bezel and insert into the bumper. Mount camera plate to the bezel using the provided screws. Bend the outer edges down to help secure in place.



11 – WIRING HARNESS REINSTALLATION

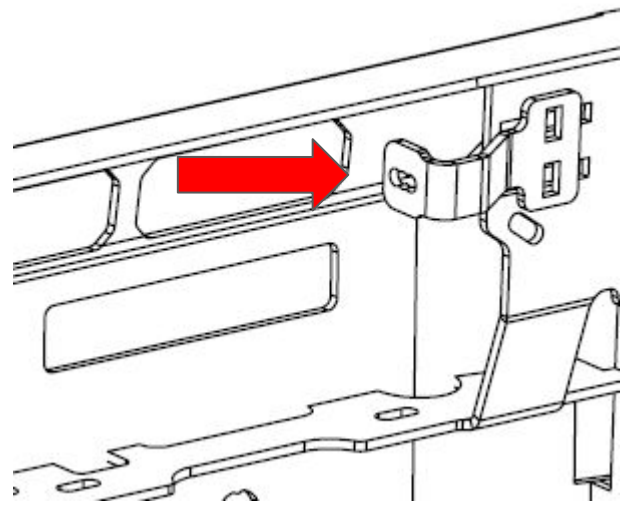
Reconnect the wiring harness into the new bumper. Place all wiring out of the way of mounting points and hardware locations. Check that the wiring loom connectors match their original points of connection per each side of the vehicle. Install the new bezels and connect the sensors. When using the provided replacement rubber bezels use WD40 and align the fat edge directional to the pointed surface when fitting. Secure the wiring loom.



12 – LIGHT BAR MOUNTING (OPTIONAL)

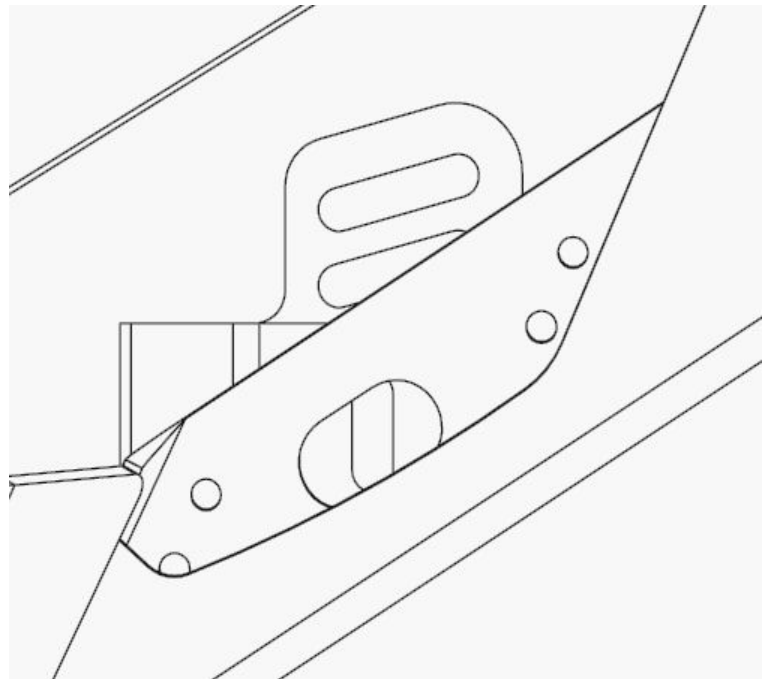
Attach the light bar to the brackets using the light bar manufactured supplied hardware. Mount to the bumper using the provided 5/16" hardware.

| | |
|--------------------------|---|
| 5/16" - 18 X 1" CARRIAGE | 4 |
| 5/16" - 18 NYLOC NUT | 4 |
| 5/16" WASHER | 4 |



LIGHT MOUNT NOTE

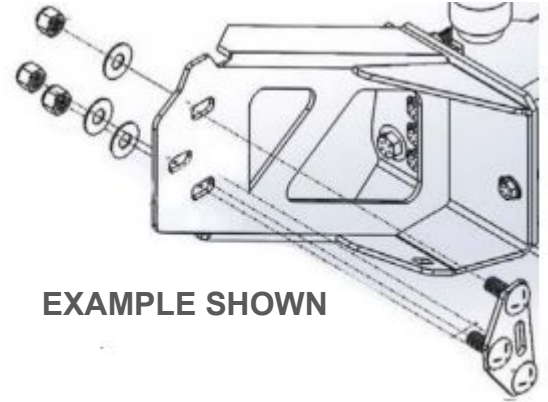
Certain lights may require rotating the bracket and mounting from above. A slot is provided for space or carriage bolt use if this option is required. See Lightport section in info/FAQ



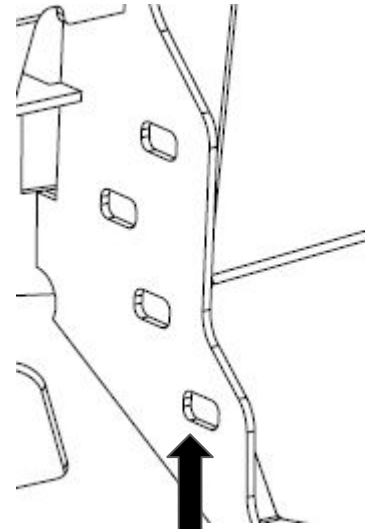
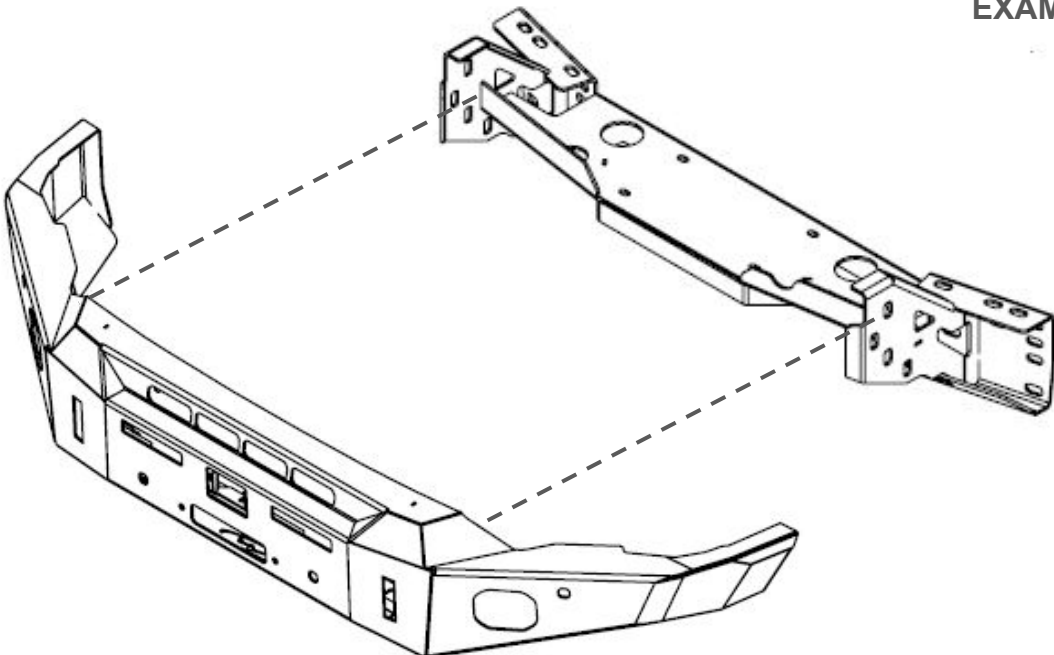
13 – BUMPER MOUNTING

Mount the bumper as shown using the provided 1/2" hardware. Center the bumper with the vehicle and align gaps between the body and bumper to your preference before mounting. Mount the front bumper using the OEM hardware as shown below. Leave all hardware loose for adjustment.

| | |
|---------------------|---|
| 1/2" - 13 CARRIAGE | 6 |
| 1/2" - 13 NYLOC NUT | 6 |
| 1/2" WASHER | 6 |



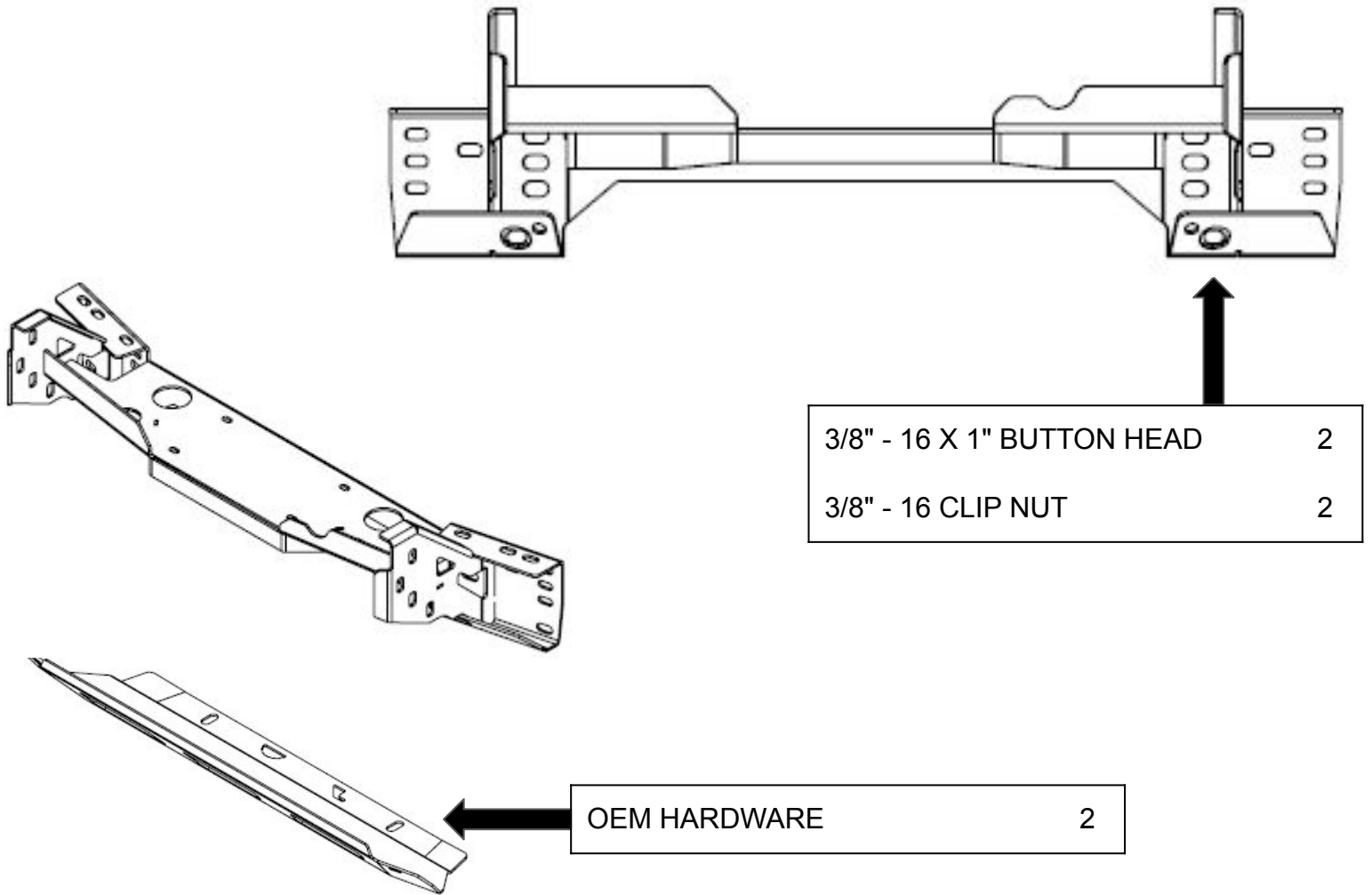
EXAMPLE SHOWN



| | |
|----------------------------|---|
| 1/2" - 13 X 1-1/4" HEX CAP | 2 |
| 1/2" - 13 NYLOC NUT | 2 |
| 1/2" WASHER | 4 |

14 – FILLER PLATE MOUNTING

Attach the provided 3/8" clip nuts to the winch mount as shown. Mount the filler plate to the winch mount using 3/8" hardware on top and OEM hardware to the bottom crossmember.



15 – TIGHTEN HARDWARE

Check that all hardware is tightened including all brackets and mounting locations. Reconnect the parking sensor wiring harness and other connections to the vehicles electronics and secure all loose wiring. Check that everything is working and adjust if needed before driving on the road.

TIGHTEN ALL HARDWARE AFTER EVERYTHING IS INSTALLED ON THE VEHICLE. CHECK AND RETIGHTEN ALL HARDWARE AFTER THE FIRST 100 MILES AND AFTER OFF ROADING. CHECK REGULARLY AFTER EXTENDED OFFROAD USE

OPTIONAL PURCHASE PARTS - SKID PLATE

SKID PLATE MOUNTING

Remove any OEM cladding or skids and mount the the under side using the OEM hardware

