



FRONT BUMPER

2022+ NISSAN FRONTIER



INSTALL GUIDE

EXP622

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.

LAST UPDATE 3/24/23 v1



INSTALL GUIDE

IMPORTANT INFO/FAQ

INSTALL GUIDE

ALL

INSTALLATION HELP

Please review terms and conditions for details

Recommended purchaser review Welcome Guide at time of purchase for details

Care and Maintenance 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 that can better meet your needs. 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

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 .

This product contains chemicals known to the state of California to cause birth defects or other reproductive harm. For more information go to www.p65warnings.gov

GSA# GS-30F-013CA

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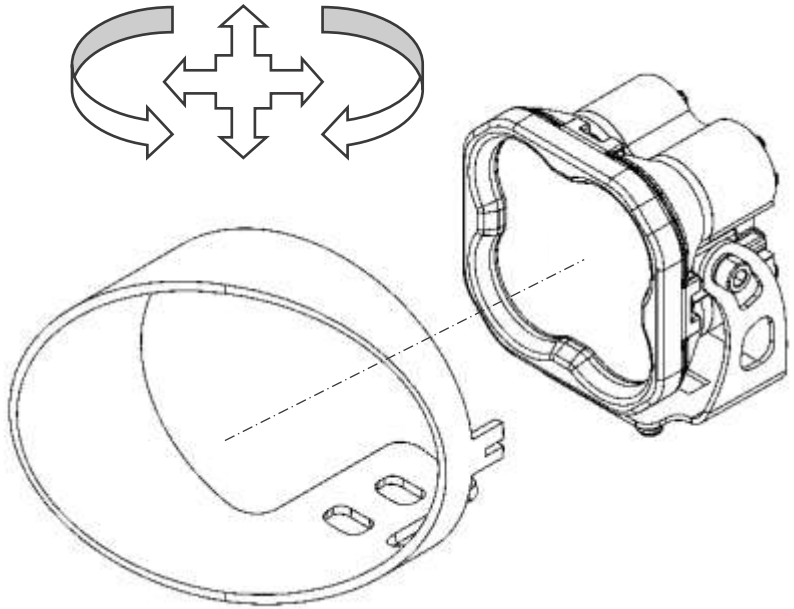
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INSTALL GUIDE

ALL

LIGHTPORTS

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, light manufacture mounts or different hardware to mount. Reuse of OEM light is limited to select bumpers and will come with provided hardware to reinstall. 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.



EXAMPLE SHOWN - LIGHT PORTS VARY

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.

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 forums or other sources to gain any first hand knowledge of other products others have installed.
















INSTALL GUIDE

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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 retighten 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 – FT.-LBS.	
SIZE	SOCKET WRENCH	GRADE 5 M- 8.8	GRADE 8 M – 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
7/8"	1-5/16"	322-355	454-501
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

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



GRADE5



CLASS8.8



GRADE8



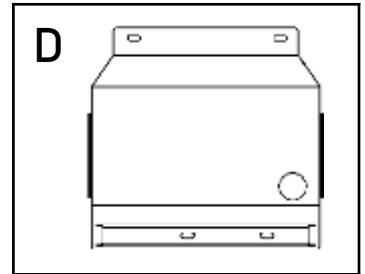
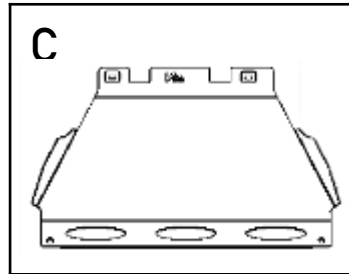
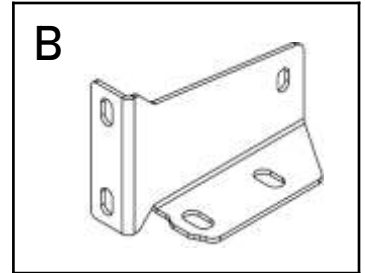
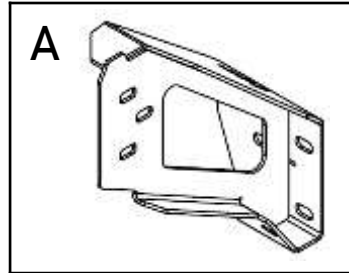
CLASS10.9

NOTE - Extra hardware may be left over due to model or option specific items that may not be required for the install.

INSTALL GUIDE

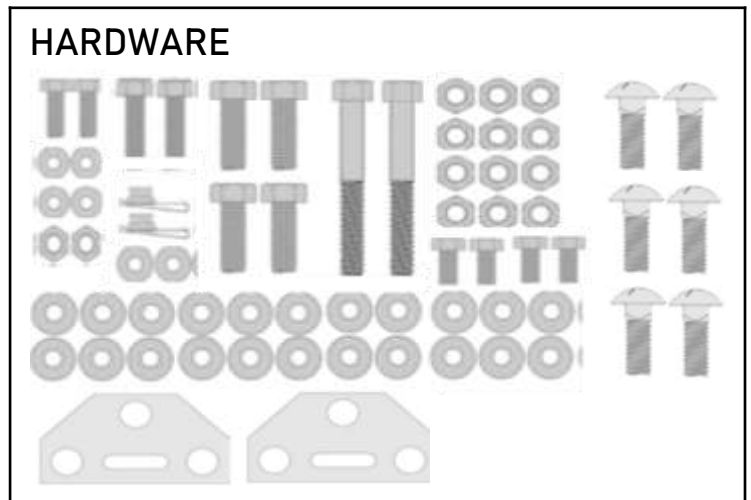
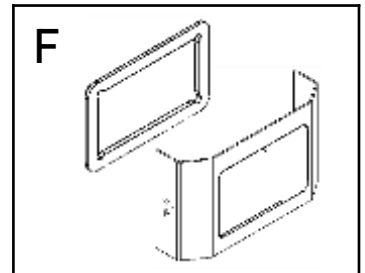
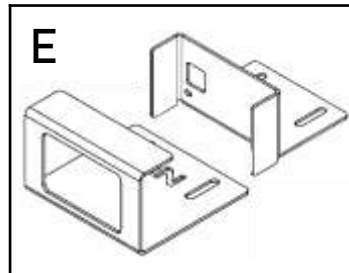
EXP621

A Front Mounting Brackets	2
B Front Reinforcement Brackets	2
Front Mounting Hardware	
5/16" -18 X 3/4" Hex Cap Bolt	2
5/16" -18 Nyloc Nut	2
5/16" SAE Washer	4
3/8" -16 X 1 1/4" Hex Cap Bolt	2
3/8" -16 Clip Nut	2
3/8" USS Washer	2
1/2" -1 x 1 1/2" Carriage Bolt	6
1/2" -1 X 1 1/2" Hex Cap Bolt	4
1/2" -1 X 4 1/4" Hex Cap Bolt	2
1/2" USS Washer	22
1/2" -13 Nyloc Nut	12
M12-1.25 X 30mm Hex Cap Bolt	4



OPTIONAL ITEMS

C Front Skid Plate	1
D Mid/Rear Skid Plate	1
E ACC Sensor Mount Box	1
F ACC Sensor Cover	1



NOTE - Extra hardware may be left over due to model or option specific items that may not be required for the install.

1 - REMOVE GRILL AND TRIM

Disconnect the parking sensors from the bezels. Unplug all OEM connectors for the front bumper at this time. Check for any connections before removing the bumper.. Drop and remove plastic skid cover and remove the tow hooks by disconnecting the OEM Hardware. Remove the grill and internal cover by undoing the OEM Hardware



2 - REMOVE THE LOWER BUMPER

Unclip and remove the lower bumper from the vehicle. Check for any remaining hardware or connections before removing.



3- REMOVE THE BUMPER COVER AND FRAME BRACE

Remove the front frame brace as shown. Save the OEM Hardware for installation of mounts later.



REMOVE THE BUMPER SIDE PANELS

Unclip and remove the bumper side panels from the vehicle. The clips near the head light a very delicate – use care. The panels will be trimmed later and reinstalled. Hardware connections may be present in the fender lining.



4 – HEADLIGHT BRACKETS

Disconnect the plastic brackets under each headlight by removing the OEM hardware (3 screws)..



5 – BUMPER SIDE PANEL TRIMMING

See the provided template for reference or access on the website.

<https://www.exp-one.com/resources/installation-instructions>

Using the template as a guide trim the panels as shown. It is recommended your trim the panels off the vehicle and test fit for guidance and reference. Trim as needed. Extra may be required once the bumper is fitted to allow for body and frame flex. Reinstall the panels after trimming and the grill



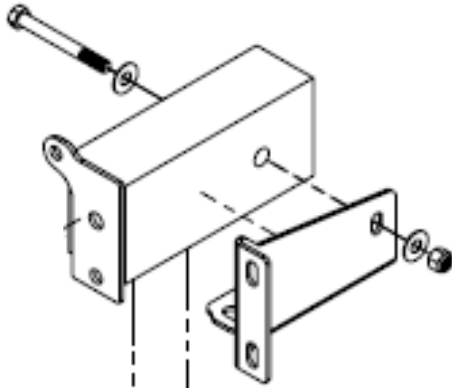
6 - FRAME REINFORCEMENT BRACKETS

Attach the frame bracket next to the frame as shown. Mount using the provided 1/2" and M12 Hardware.

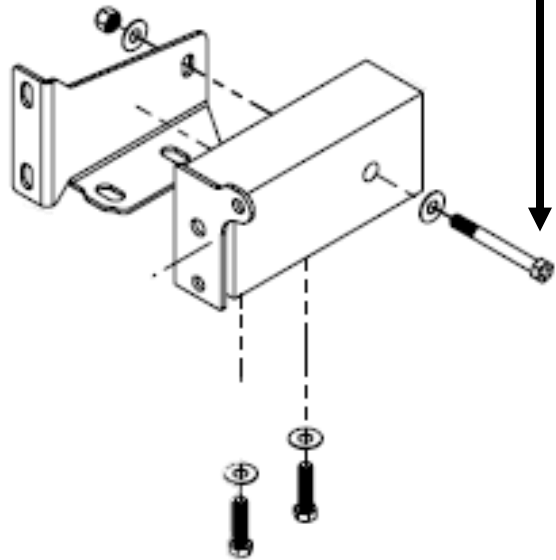
Leave all hardware loose for adjustment.



7 - CONTINUED



1/2" - 13 x 4 1/2" HEX CAP BOLT	2
1/2" - 13 NYLOC NUT	2
1/2" USS WASHER	4



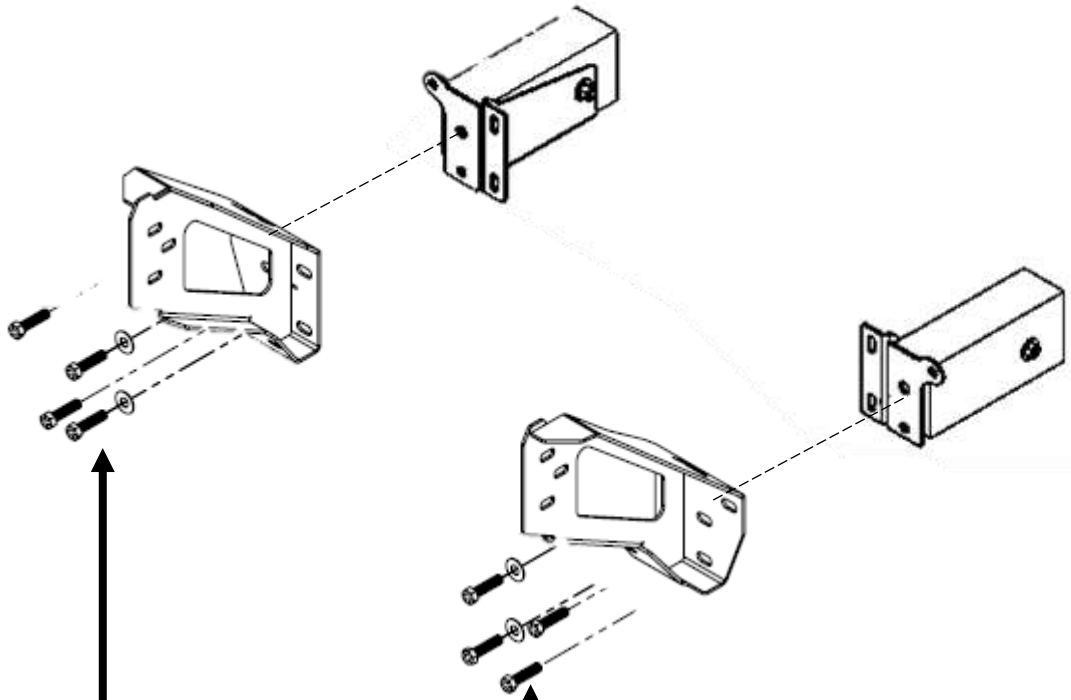
M12 - 1.25 X 30MM HEX CAP BOLT	4
1/2" USS WASHER	4

8 - FRAME MOUNTING BRACKETS

Attach the frame brackets as shown. Mount using the provided 1/2" and M12 Hardware. Leave all hardware loose for adjustment.

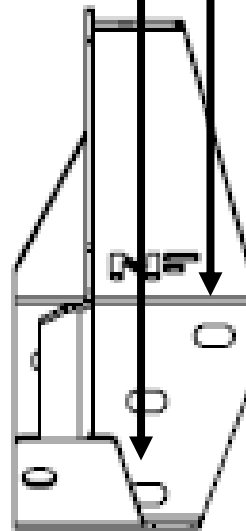
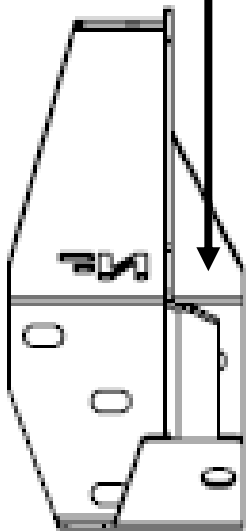


8 - CONTINUED



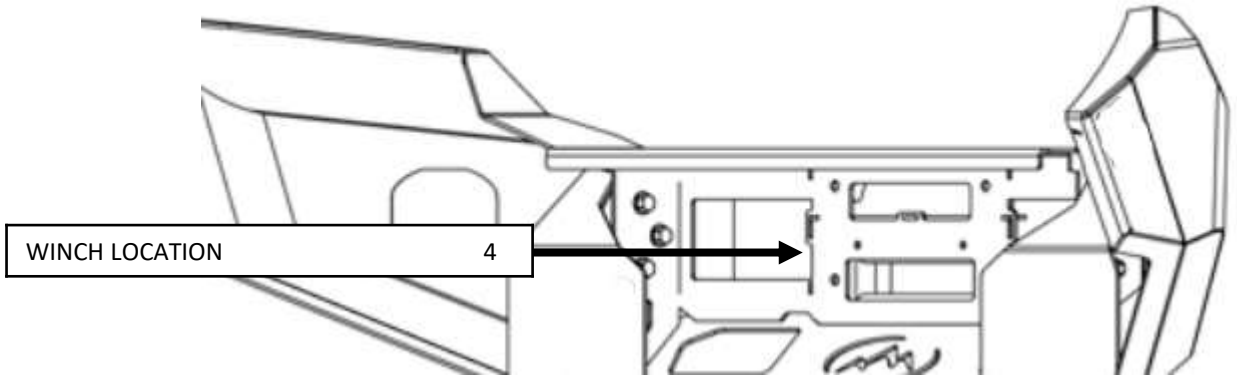
1/2" - 13 x 1 1/2" HEX CAP BOLT	4
1/2" - 13 NYLOC NUT	4
1/2" USS WASHER	8

OEM HARDWARE	4
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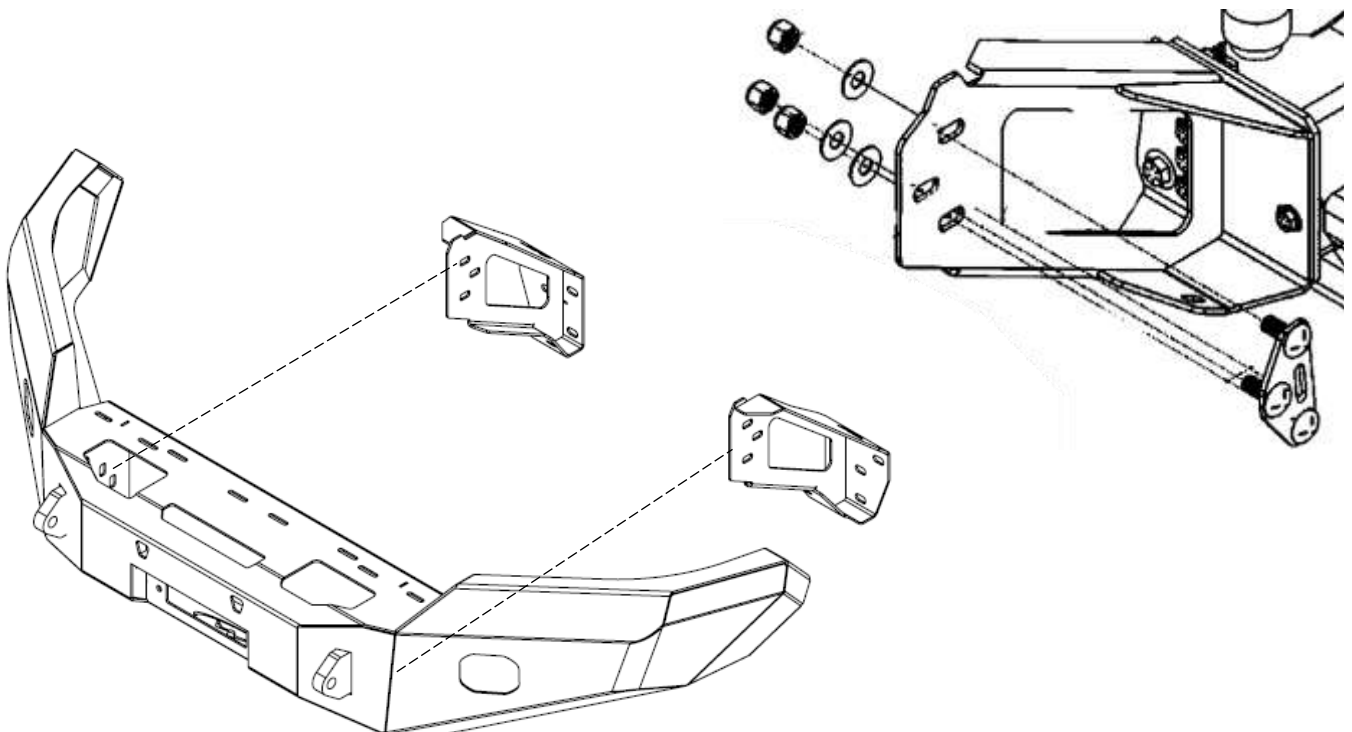
9 – WINCH INSTALLATION

Mount the winch at this time using the winch manufacture provided hardware. This will mount directly to the bumper.

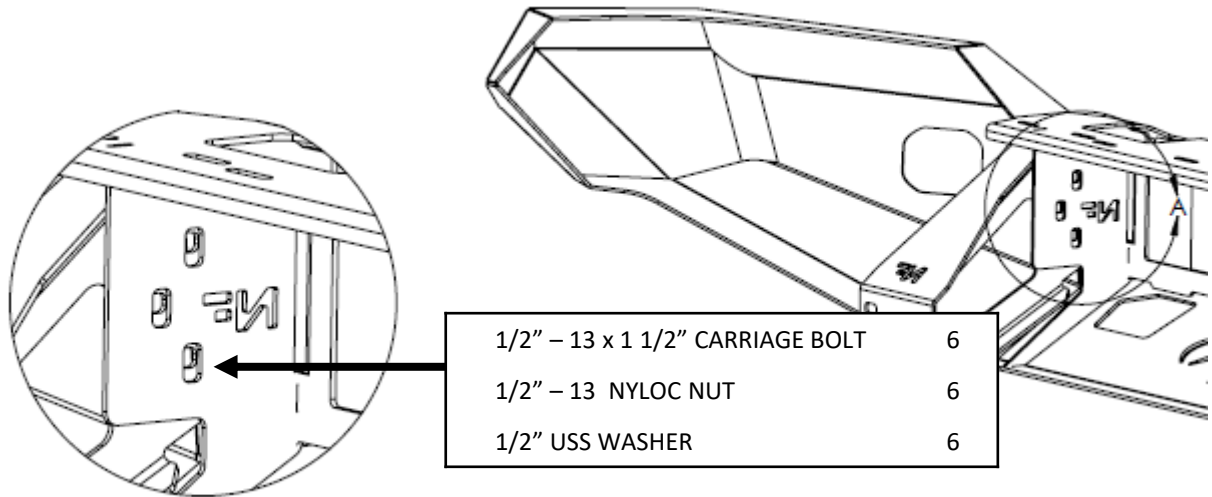


10 – BUMPER MOUNTING

Reinstall the wiring harness into the new bumper. Place all wiring out of the way of mounting points snag points, or hardware locations. If mounting a winch, position out of the way to of the winch itself and the cable. Check that the wiring loom connectors match there original points of connection per each side of the vehicle. Reattach all bezels and sensors. When using the provided replacement bezels align the edge directional to the surface Attach the mounting brackets as shown with the provided carriage bolt bracket and 1/2" hardware. Repeat for the other side, and leave hardware loose for adjustment.



10 – CONTINUED



11 – BUMPER MOUNTING

Adjust the bumper to its desired location and **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

ADDITIONAL LINKS

<https://www.exp-one.com/wp-content/uploads/2016/10/Proper-Care-and-Maintenance.pdf>

<https://www.exp-one.com/wp-content/uploads/2016/10/Paint-touch-up-instructions.pdf>

<https://www.exp-one.com/wp-content/uploads/2018/02/Exp-One-2016-TC-word-doc.pdf>

OPTIONAL SKID PLATE AND ACC SENSOR

CONTINUED ON NEXT PAGE

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

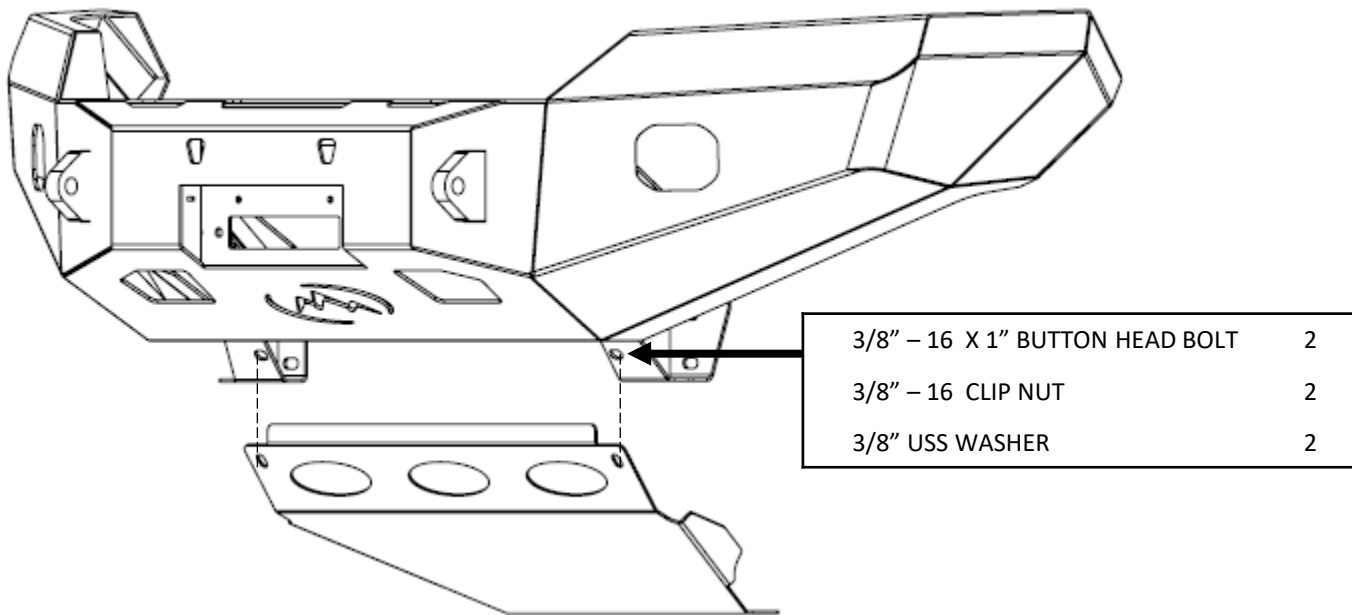
OPTIONAL SKID PLATE

1 – REMOVE OEM PARTS

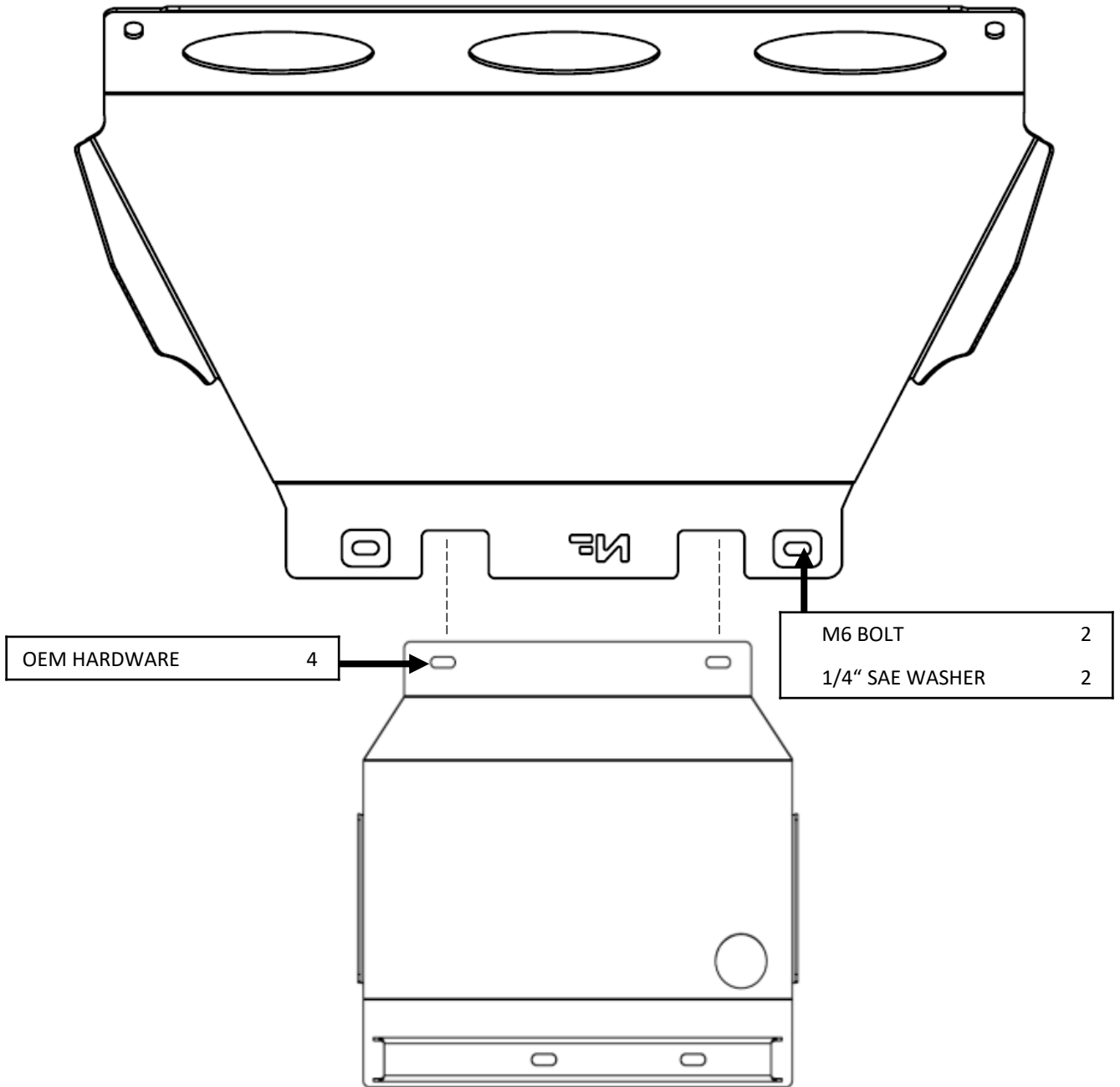
Remove an OEM underside cladding or skid plates. Save OEM hardware for reinstallation

2 – SKID PLATE MOUNTING

Mount the skid plates as shown using OEM and provided hardware. The front skid will attach to the front mount brackets via 3/8" hardware. The rear of the skid will attach to OEM locations on a crossmember along with the mid/rear skid. Tighten all hardware once everything is installed.



2- CONTINUED



OPTIONAL ACC SENSOR RELOCATION

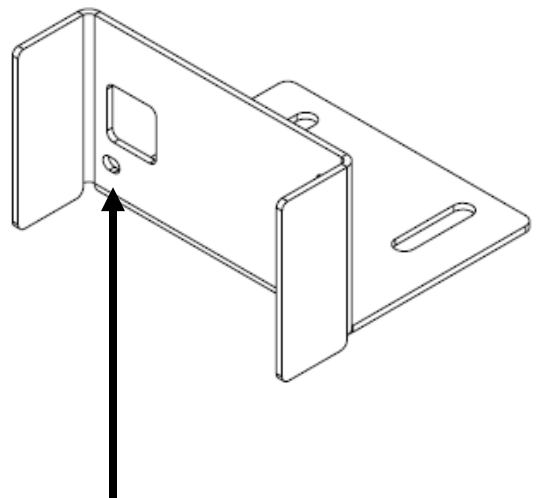
1 – DISSASSEMBLE THE OEM SENSOR

Remove an OEM underside cladding or skid plates. Save OEM hardware for reinstallation

2 – SENSOR MOUNTING

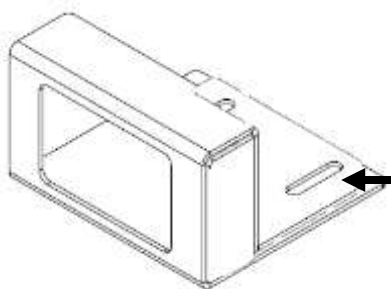
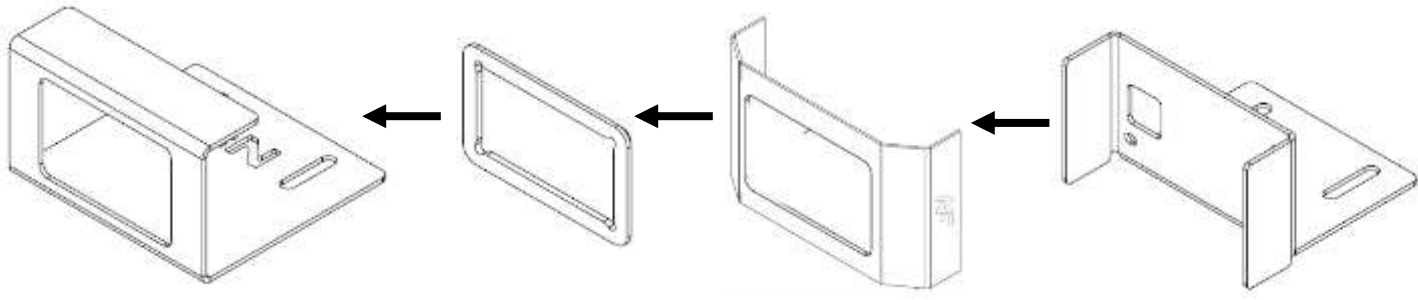
Mount the sensor to the rear box cover using the provided 1/4" hardware. Once mounted, insert the aluminum piece and sensor plate before joining the two box covers together. Attach to the center top of the front bumper just in front of the Nissan logo. Adjust as needed and mount using the 5/16" hardware.

Reconnect the wiring loom and secure after mounting.



1/4" – 20 X 3/4" BUTTON HEAD BOLT	3
1/4" – 20 NYLOC NUT	3
1/4" SAE WASHER	3

2 - CONTINUED



5/16" - 18 X 1" HEX CAP	2
5/16" - 18 NYLOC NUT	2
5/16" USS WASHER	4

