

FORD 2021-UP F-150 TRACTION BARS 5IN KIT

Thank you for choosing Rough Country for all your vehicle needs.

Please read instructions before beginning installation. Check the kit hardware against the kit contents shown below. Be sure you have all needed parts and know where they go.

If questions exist, please call us @1-800-222-7023. We will be happy to answer any questions concerning this product. Check all fasteners for proper torque. Check to ensure for adequate clearance between all components. Periodically check all hardware for tightness.

KIT CONTENTS:

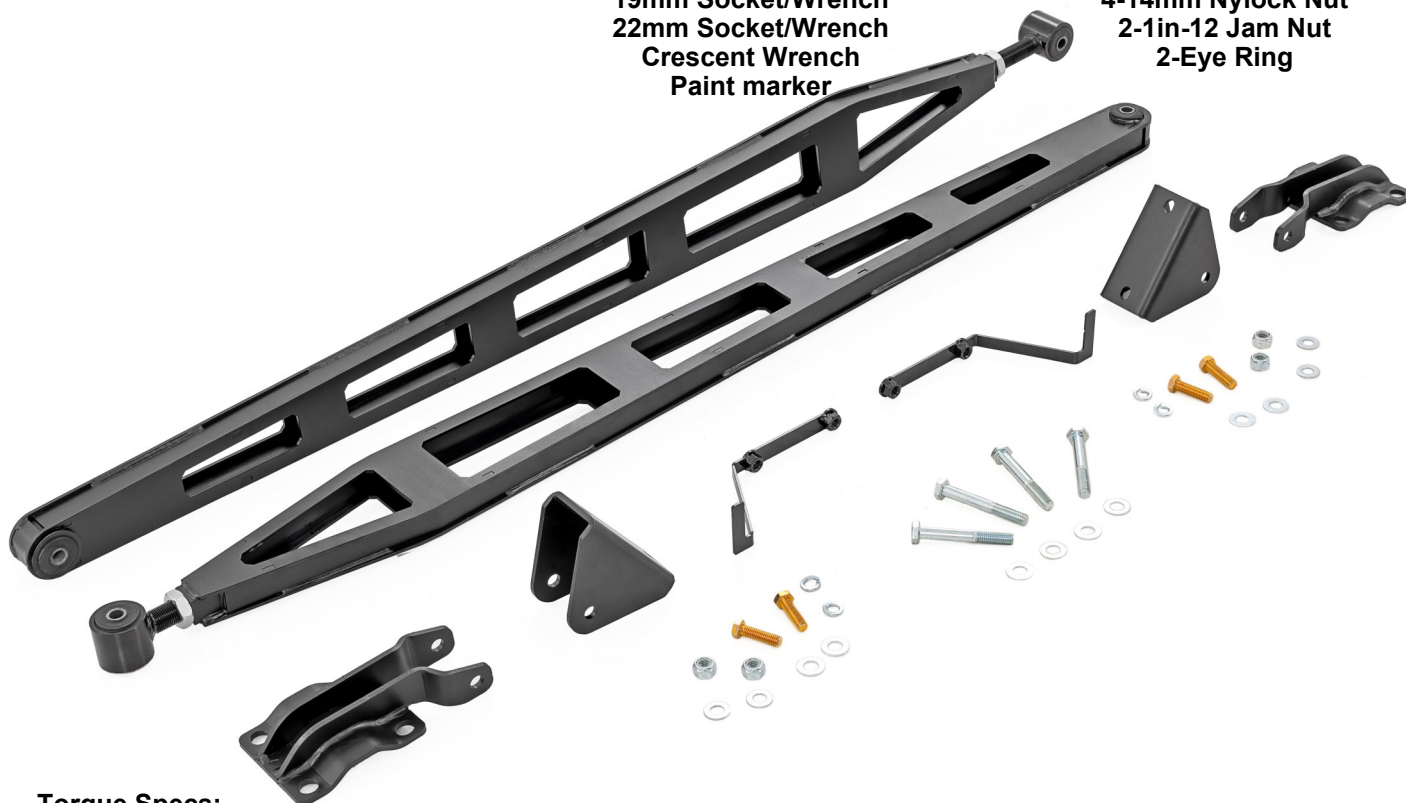
2-Trac Bar Frame Mount
1-DR Flag Nut
1-PASS Flag Nut
2-Trac Bar Axle Bracket
2-Trac Bar

TOOLS NEEDED:

Jack and Jack Stands
Wheel Chocks
Drill motor
9/16 bit
3/4 Socket
19mm Socket/Wrench
22mm Socket/Wrench
Crescent Wrench
Paint marker

HARDWARE INCLUDED:

4-1/2-13 x 1.75 Hex Bolt
4-1/2 Lock Washer
4-1/2 Flat Washer
4-14mm x 100mm Hex Bolt
8-14mm Flat Washer
4-14mm Nylock Nut
2-1in-12 Jam Nut
2-Eye Ring

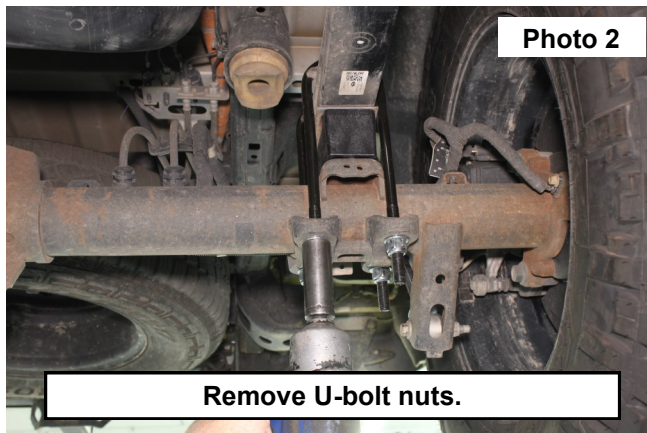
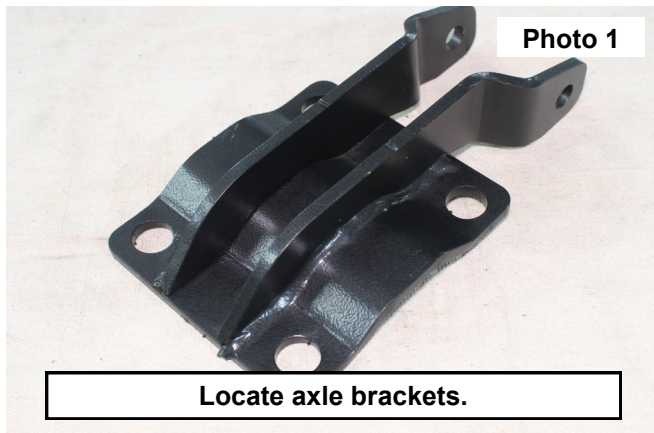


Torque Specs:

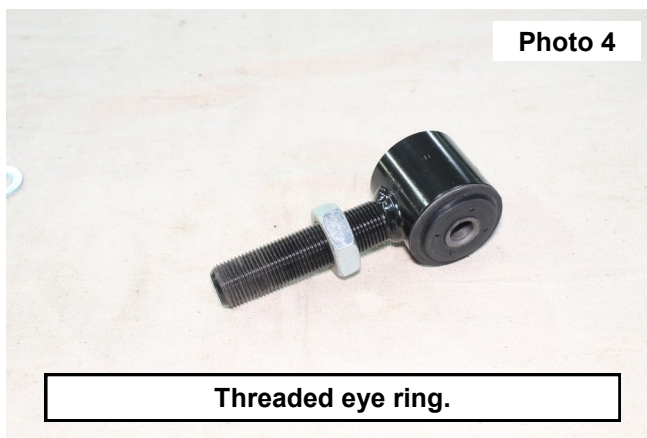
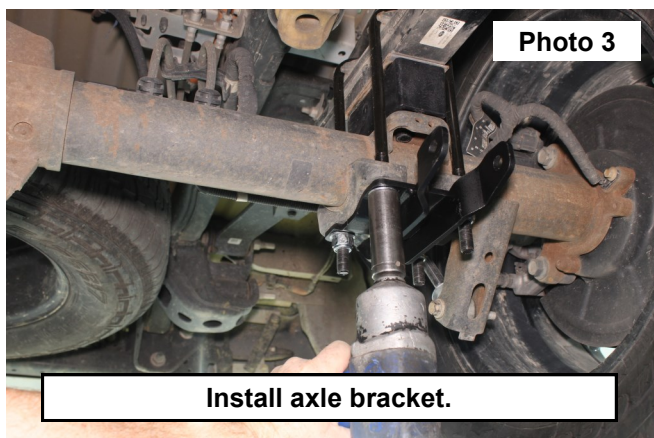
Size	Grade 5	Grade 8	Size	Class 8.8	Class 10.9
5/16"	15 ft/lbs	20ft/lbs	6MM	5ft/lbs	9ft/lbs
3/8"	30 ft/lbs	35ft/lbs	8MM	18ft/lbs	23ft/lbs
7/16"	45 ft/lbs	60ft/lbs	10MM	32ft/lbs	45ft/lbs
1/2"	65 ft/lbs	90ft/lbs	12MM	55ft/lbs	75ft/lbs
9/16"	95 ft/lbs	130ft/lbs	14MM	85ft/lbs	120ft/lbs
5/8"	135ft/lbs	175ft/lbs	16MM	130ft/lbs	165ft/lbs
3/4"	185ft/lbs	280ft/lbs	18MM	170ft/lbs	240ft/lbs

INSTALLATION INSTRUCTIONS

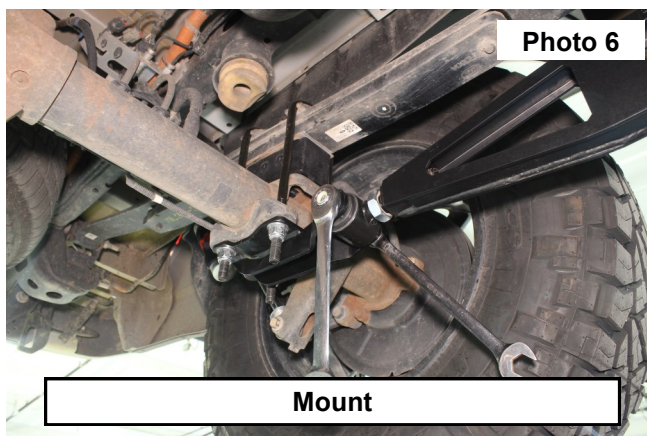
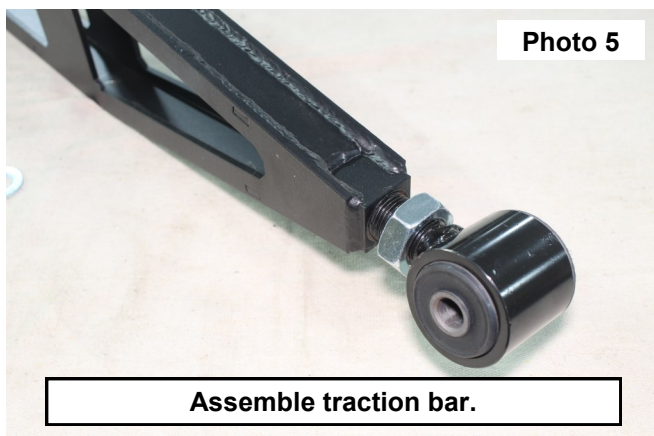
1. Chock the front wheels and jack the rear of the truck and place on jack stands.
2. Locate axle mounting brackets. **See Photo 1**
3. Using 22mm socket, remove U-bolt nuts. Retain hardware. **See Photo 2**



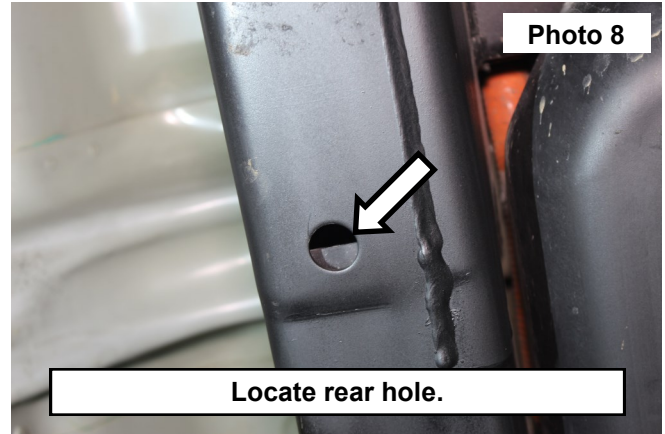
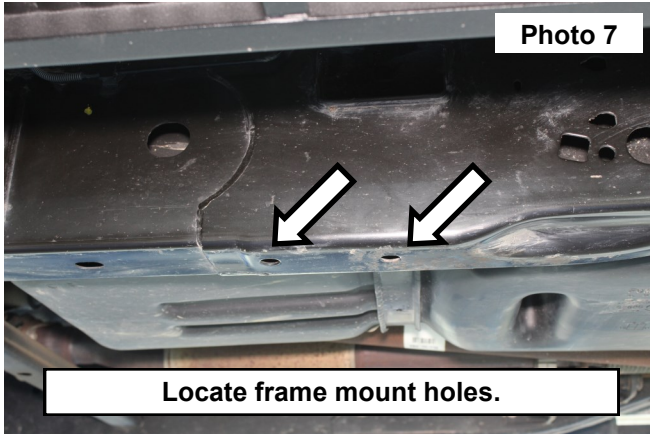
4. Install axle bracket using retained hardware. **See Photo 3**
5. Locate eye ring and thread 1in. Jam nut on rod end. **See Photo 4**



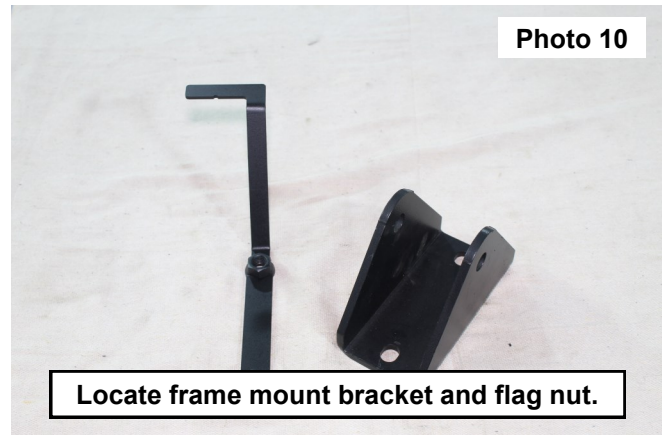
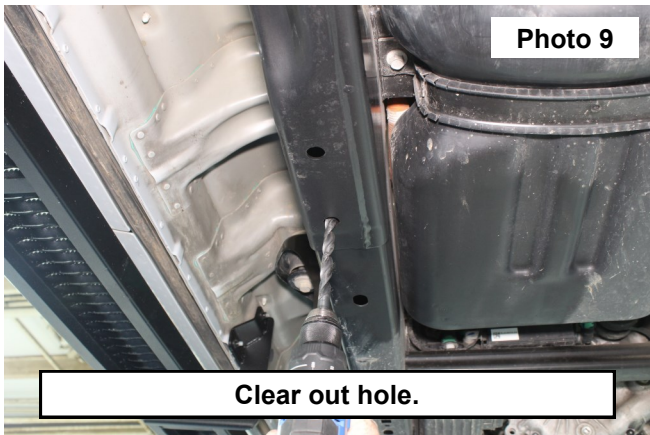
6. Thread the rod end into traction bar. **See Photo 5**
7. Use (1) 14mm x 100mm hex bolt, (2) 14mm flat washers, and (1) 14mm Nylock nut, Install the rod end into the axle mounting bracket. Torque to 120 ft/lbs. with (2) 22mm wrenches. **See Photo 6**



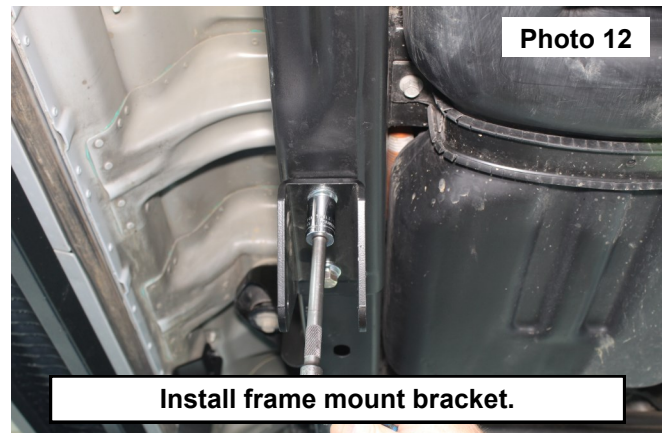
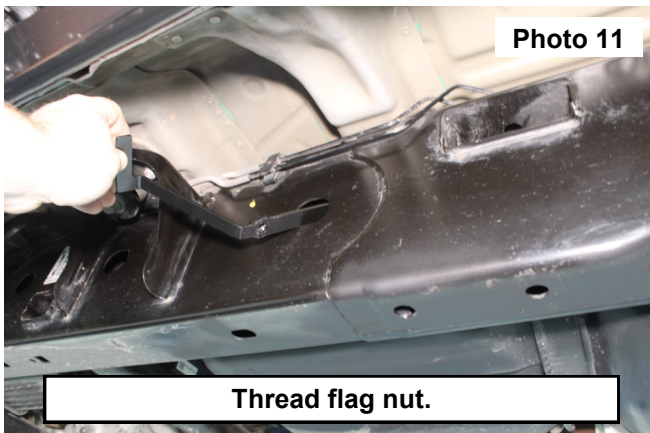
8. The frame mount brackets will be mounted in the (2) holes located at the rear of the cab, where the frame begins to curve. **See Photo 7**
9. The rear most hole will need to be cleared. **See Photo 8**



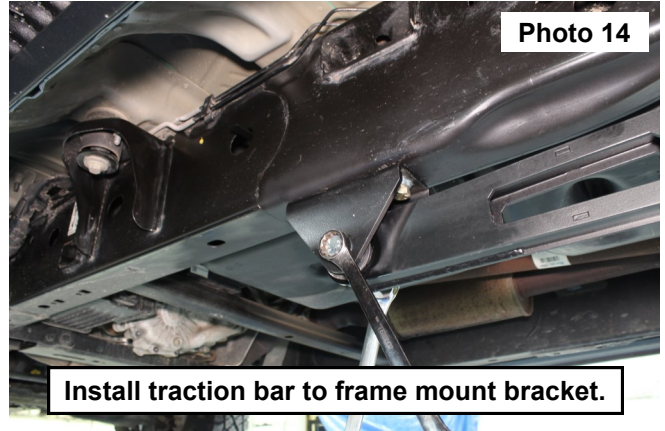
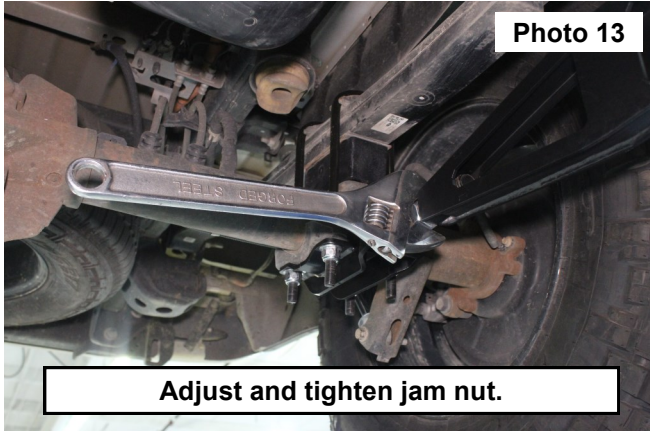
10. Using a drill motor and 9/16 bit, clear out rear mounting hole. **See Photo 9**
11. Locate DR side frame mounting bracket and flag nut. **See Photo 10**



12. Thread flag nut through frame and place over mounting holes. **See Photo 11**
13. With (2) 1/2-13 x 1.75 in hex bolt, 1/2 lock washers and 1/2 flat washers, install the frame mount bracket. Torque to 65 ft/lbs. Using a 3/4 socket. **See Photo 12**



14. Adjust traction bar to fit in the frame mount bracket. Using a crescent wrench, tighten jam nut to traction bar. **See Photo 13**
15. Use (1) 14mm x 100mm hex bolt, (2) 14mm flat washers, and (1) 14mm Nylock nut to install traction bar to frame mount bracket. Torque to 120 ft/lbs. with (2) 22mm wrenches. **See Photo 14**
16. Steps 3-15 will be repeated for opposite side.



POST INSTALLATION INSTRUCTIONS

1. Check all fasteners for proper torque. Check to ensure adequate clearance between all rotating, mobile, fixed, and heated members. Verify clearance between exhaust and brake lines, fuel lines, fuel tank, floor boards and wiring harnesses.
2. All kit components must be retightened at 50 miles and then again at 500 miles and then every three thousand miles after installation. Periodically check all hardware for tightness.
3. Install "Warning to Driver" decal on sun visor.

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