



**FRONT RUNNER**

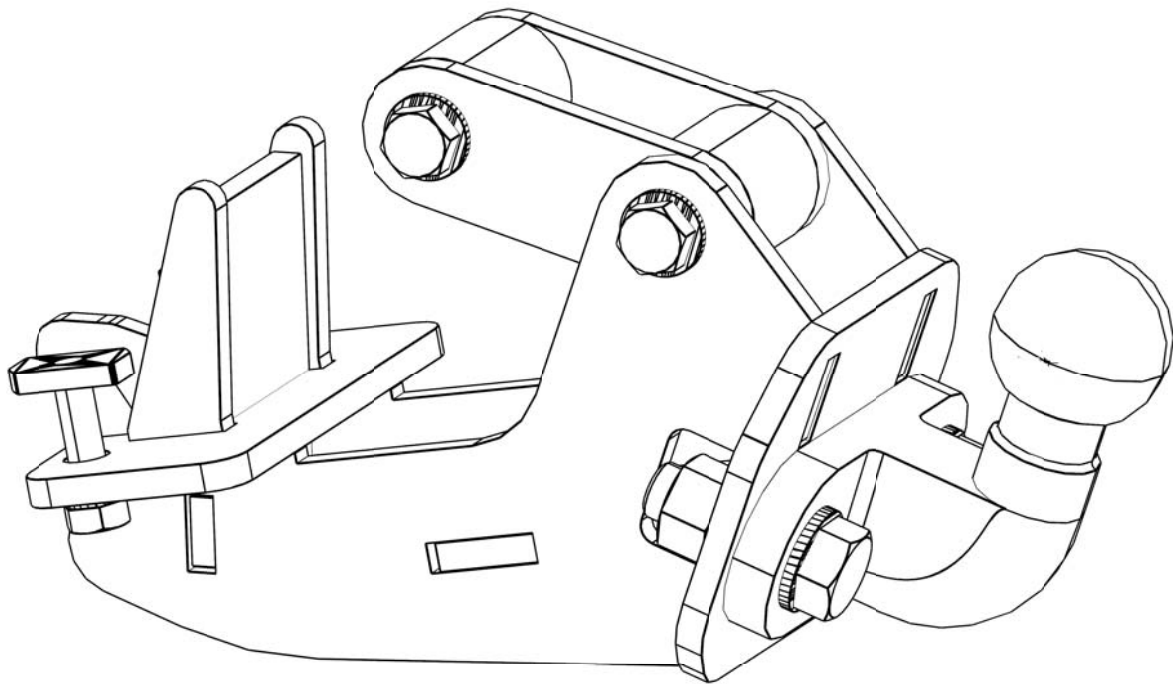
**LAND ROVER DISCOVERY 3/4  
REPLACEMENT TOW BAR**

**ENG**

TBLD003



**INSTALL TIME: 15 mins**



### **IMPORTANT WARNING!**

**IT IS CRITICAL THAT ALL FRONT RUNNER PRODUCTS BE PROPERLY AND SECURELY ASSEMBLED AND ATTACHED TO YOUR VEHICLE. IMPROPER ATTACHMENT COULD RESULT IN AN AUTOMOBILE ACCIDENT, AND COULD CAUSE SERIOUS BODILY INJURY OR DEATH TO YOU OR TO OTHERS. YOU ARE RESPONSIBLE FOR ASSEMBLING AND SECURING ALL FRONT RUNNER PRODUCTS TO YOUR VEHICLE, CHECKING THE ATTACHMENTS PRIOR TO USE, AND PERIODICALLY INSPECTING THE PRODUCTS FOR ADJUSTMENT, WEAR, AND DAMAGE. THEREFORE, YOU MUST READ AND UNDERSTAND ALL OF THE INSTRUCTIONS AND CAUTIONS SUPPLIED WITH YOUR FRONT RUNNER PRODUCT PRIOR TO INSTALLATION OR USE. IF YOU DO NOT UNDERSTAND ALL OF THE INSTRUCTIONS AND CAUTIONS, OR IF YOU HAVE NO MECHANICAL EXPERIENCE AND ARE NOT THOROUGHLY FAMILIAR WITH THE INSTALLATION PROCEDURES, YOU SHOULD HAVE THE PRODUCT INSTALLED BY A PROFESSIONAL INSTALLER OR OTHER QUALIFIED PERSONNEL.**

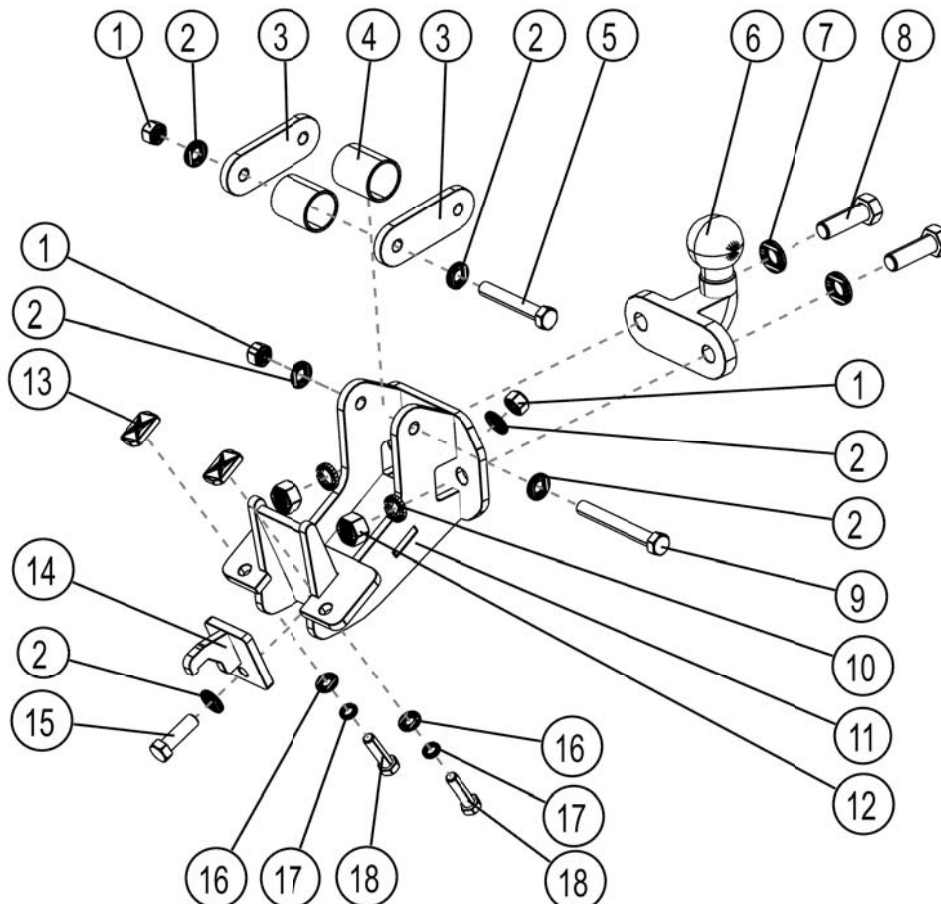
# 1 GET ORGANIZED...

Here is what you are looking at:

| Item # | Quantity | Description         |
|--------|----------|---------------------|
| 1      | 3        | M12 NYLOC NUT       |
| 2      | 6        | M12 FLAT WASHER     |
| 3      | 2        | MOUNTING PLATE      |
| 4      | 2        | BUSH                |
| 5      | 1        | M12 x 80 HEX BOLT   |
| 6      | 1        | TOW BALL            |
| 7      | 2        | M16 FLAT WASHER     |
| 8      | 2        | M16 x 50 HEX BOLT   |
| 9      | 1        | M12 x 100 HEX BOLT  |
| 10     | 2        | M16 SPRING WASHER   |
| 11     | 1        | REPLACEMENT TOW BAR |
| 12     | 2        | M16 HEX NUT         |
| 13     | 2        | M10 SPRING NUT      |
| 14     | 1        | HOOK PLATE          |
| 15     | 1        | M12 x 40 HEX BOLT   |
| 16     | 2        | M10 FLAT WASHER     |
| 17     | 2        | M10 SPRING WASHER   |
| 18     | 2        | M10 x 40 HEX BOLT   |

You will need:

- 17 mm Flat or Socket Wrench
- 18 mm Flat or Socket Wrench
- 19 mm Flat & Socket Wrench
- 24 mm Flat & Socket Wrench



**(A)** Familiarize yourself with the parts and then step away from the work area and read through these instructions from beginning to end. Take a moment as a little prep now may save you a lot of time later.

## 2 FIT REPLACEMENT TOW BAR

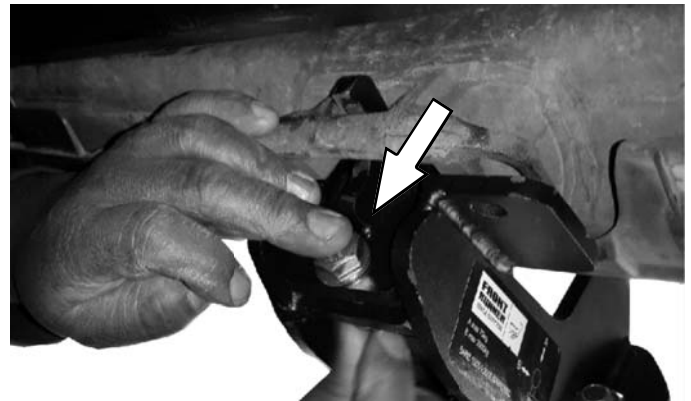
- (A) Remove the vehicle's original tow bar.



- (B) Insert the Hook Plate and Replacement Tow Bar (Item 11 & 14) into the vehicle's chassis, hooking the Hook Plate over the chassis as shown.



- (C) Push the Tow Bar all the way up, lining the hole in the Hook Plate up with the hole in the Tow Bar. Loosely fasten the Hook Plate to the Tow Bar using the M12 x 40 Hex Bolt, two M12 Flat Washers and M12 Nyloc Nut (Items 1, 2, 15).

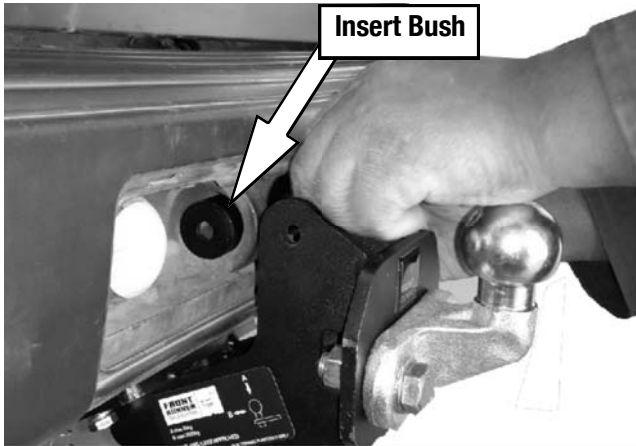


- (D) Loosely fasten the Tow Bar to the vehicle's chassis using two M10 x 40 Hex Bolts, two M10 Spring Washers, two M10 Flat Washers and two M10 Spring Nuts as shown.



## 2 FIT REPLACEMENT TOW BAR CONT...

- ( E ) Insert a Bush (Item 4) into the vehicle's "Tow Eye" and loosely fasten a Mounting Plate (Item 3) either side of the Bush using a M12 x 80 Hex Bolt, two M12 Flat Washers and a M12 Nyloc Nut (Item 1, 2, 5) as shown.



- ( F ) Loosely secure the second Bush supplied and the open ends of the Mounting Plates to the inside of the Tow Bar using a M12 x 100 Hex Bolt, two M12 Flat Washers and M12 Nyloc Nut as shown.



- ( G ) Tighten all the nuts and bolts in the following sequence:
- Two M10 x 40 Hex Bolt from Step 2D
  - M12 x 40 Hex Bolt from Step 2C
  - The two M12 Bolts from Steps 2E & 2F

- ( H ) If not already assembled, secure the Tow Ball (Item 6) to the Tow Bar using the two M16 x 50 Hex Bolts, M16 Flat Washers, two M16 Spring Washers and two M16 Hex Nuts (Items 7, 8, 10, 12) supplied.

- ( I ) Congratulations, you have completed your installation. Take a step back and admire your work. Good Job!