iRunning Board Installation Instruction
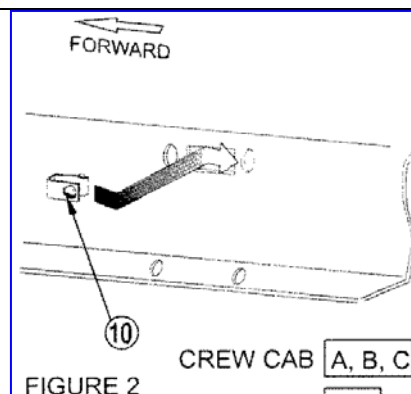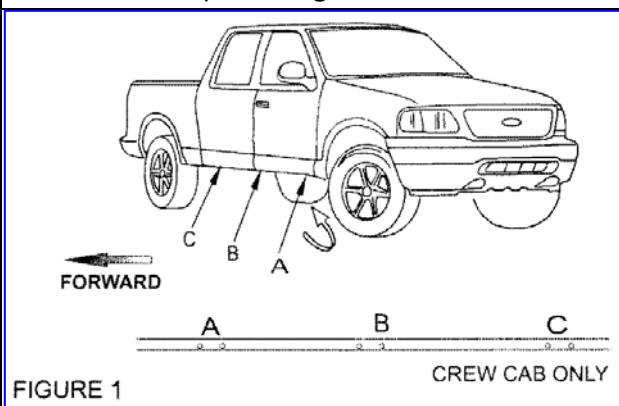
Application: For 04-08 FORD F-150 SUPERCREW   REV: 20170601

Item	Part Name	QTY	Item	Part Name	QTY
1	Driver Side Bar	1	9	M6 Nylon Lock Nut	12
2	Passenger Side Bar	1	10	EXTRUDED U-NUT	6
3	Mounting Bracket （MB）	6	11	M10X1.5-25 Hex Head Bolt	6
4	M8X1.25-25 Hex Bolt	6	12	M10 Flat Washer	12
5	M6 Square Head Bolt	12	13	M10 Lock Washer	6
6	ST 6.3-22 Self Tapping Screw	2	14	M10 Hex Nut	6
7	M8 Flat Washer	6	15	M6 Flat Washer	12
8	M8 Lock Washer	6			

MB

Step	Installation
1	Remove contents from box and check for damage. Verify all parts are present. Read instructions completely.
2	Locate mounting locations as shown on **Fig 1.**
3	Install u-nuts as shown. **See Fig 2.**
4	Attach mounting brackets as shown. Finger tighten. **See Fig 3.**
5	Insert square head bolts as shown.(3 per slot,6 per board), **See Fig 4.**
6	Attach board to brackets. Make sure board and brackets are properly aligned and tighten fasteners. **As shown on Fig 5.**
7	Installation Completed **Fig 6**

FORWARD

A   B   C   CREW CAB ONLY

FIGURE 1

FORWARD

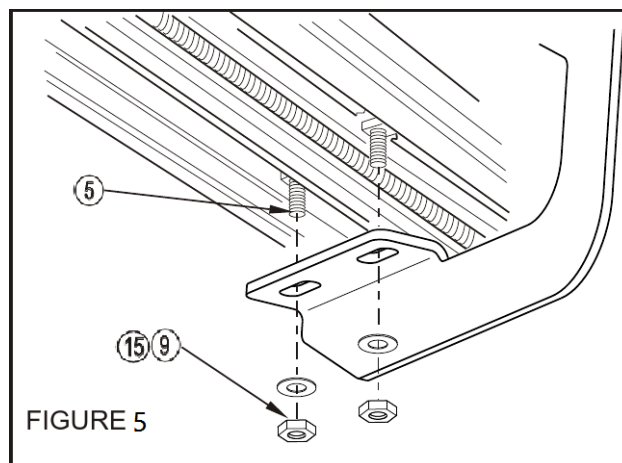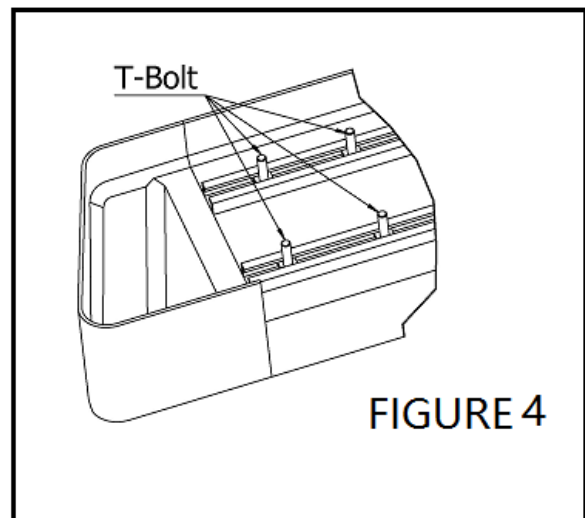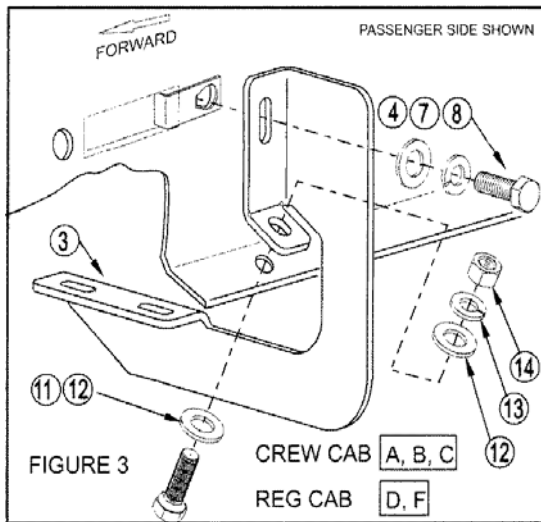⑩   CREW CAB | A, B, C |

FIGURE 2

The instruction here is for your reference only. We strongly recommend the professional installer for best result. We are not responsible for any damage caused by the installation. Thank you for choosing our product!

iRunning Board Installation Instruction

FIGURE 3

CREW CAB A, B, C

REG CAB D, F

T-Bolt

FIGURE 4

FIGURE 5

FIGURE 6

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