



FRONT RUNNER
VEHICLE OUTFITTERS

TOYOTA FJ CRUISER
FOOT RAIL

ENG

FATF004

START HERE!

READ ME FIRST

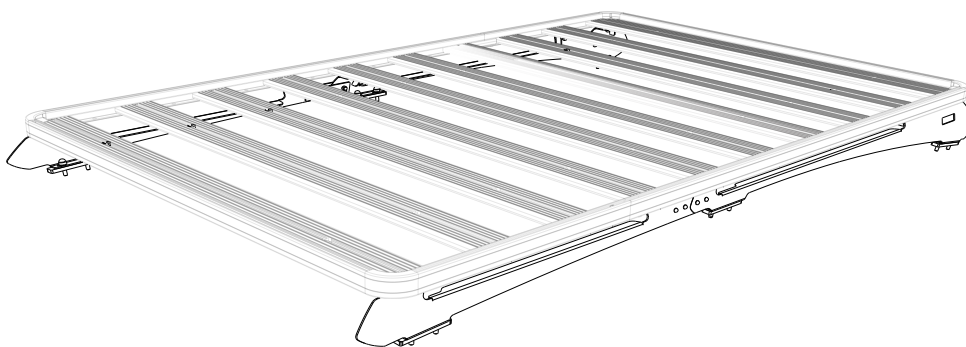
Don't be a hero and muscle through this installation without reading these fitting instructions first! Improper installation of this gear may void certain aspects of your warranty.

Before you begin, take a moment and open all your Front Runner rack kit boxes and gather the assembly instructions for the various components.

A complete kit will contain:

1. A Front Runner Mounting System specific to your vehicle
2. A Front Runner Rack Tray or Load Bar Slats

This document will guide you through the assembly of the mounting system and assist you in fitting the roof rack tray or load bars to your specific vehicle. Please refer to the next page for a list of all the components, quantities and tools required.



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. 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 PRECAUTIONS 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.

NOTE: Front Runner will not be responsible for any damage caused by the failure to install the product according to these instructions.

Please call us if you have any questions about the installation of this product.

1 GET ORGANIZED

IN THE BOX

1	2 X	Foot Rail Front 1LH + 1RH
2	2 X	Foot Rail Rear 1LH + 1RH
3	22 X	M8 Nut Cap
4	12 X	M8 x 35 Hex Bolt
5	12 X	M8 SS Spring Washer
6	22 X	M8 x 16 x 1.6SS Flat Washer
7	10 X	M8 x 20 Hex Bolt
8	12 X	M8 Nyloc Nut
9	6 X	Spacer
10	2 X	Joiner Plate
11	8 X	M6 x 16 Button Head Bolt
12	8 X	M6 x 12 x 1SS Flat Washer
13	8 X	M6 Nyloc Nut
14	8 X	M6 Nut Cap

TOOLS NEEDED

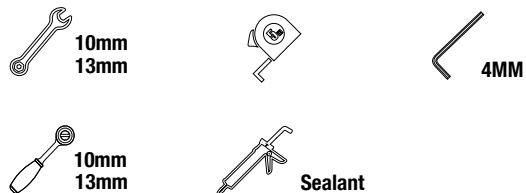
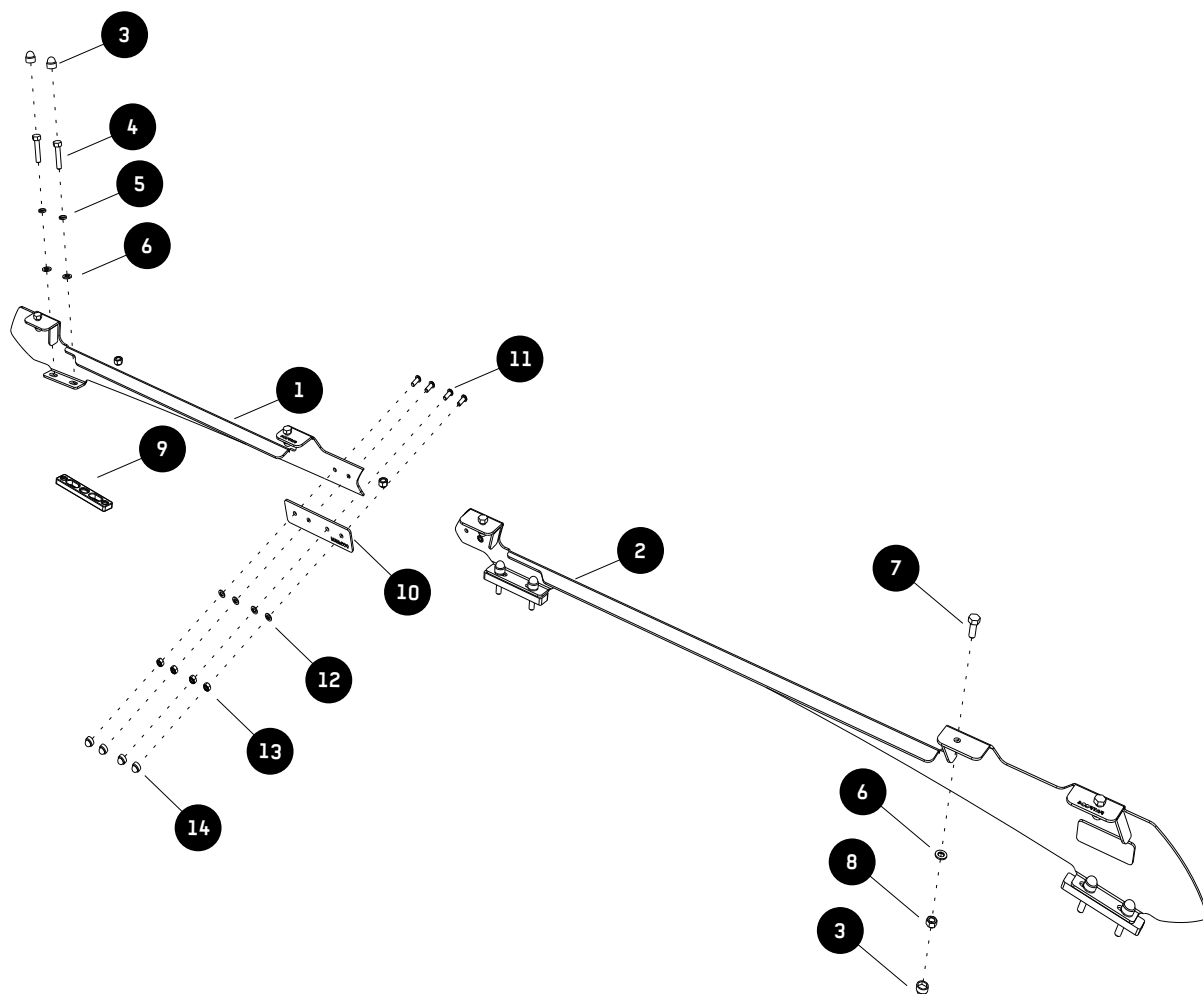
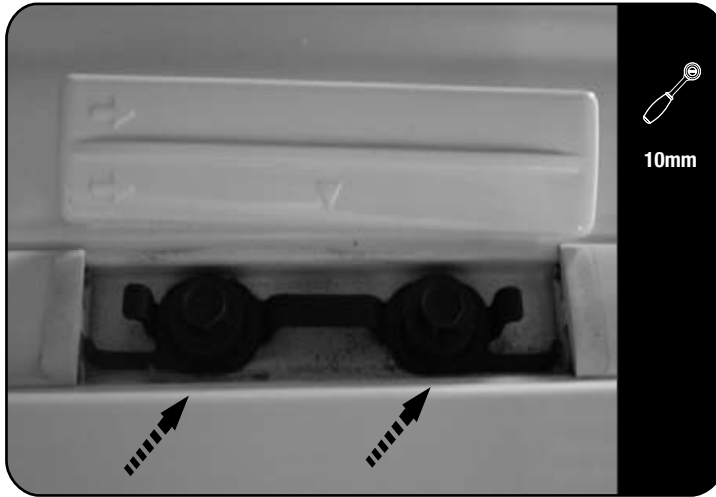


FIGURE 1.1



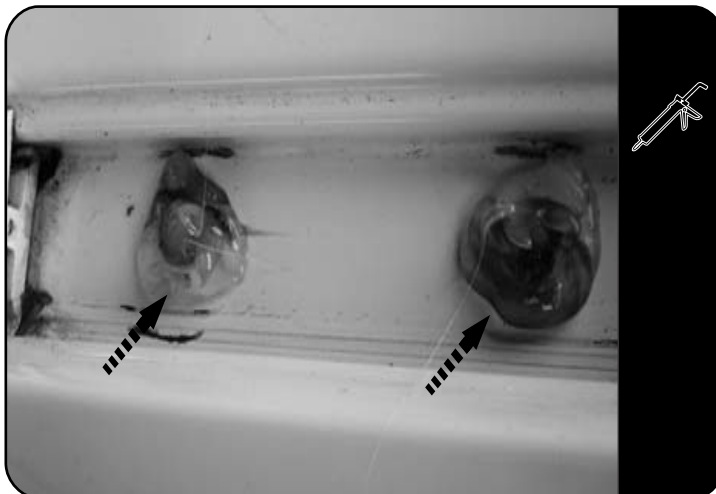
2.1



Unclip and remove the six covers on the top of the vehicle's roof to expose the vehicle's mounting points. There are three on each side of the roof in the front, middle and rear.

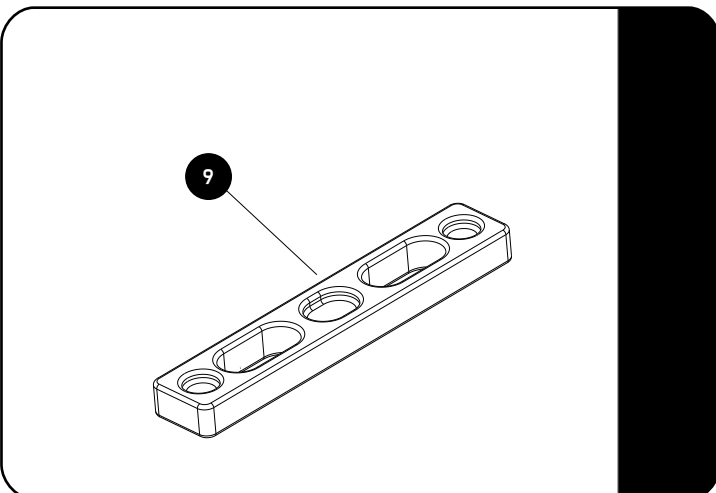
Remove the 8mm Bolts indicated by the arrows.

2.2



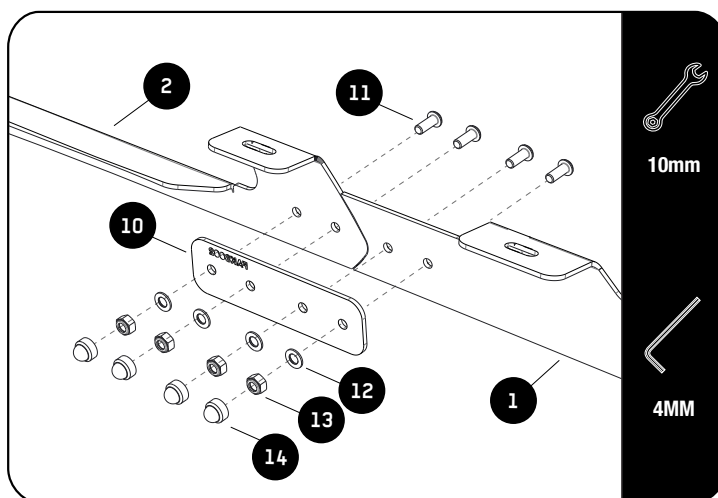
Clean the area around the bolt holes using a rag and methylated spirits/denatured alcohol. Place some silicone over each bolt hole.

2.3



Place a Spacer (Item 9) into each of the mounting point recesses, lining up the holes in the Spacer with the bolt holes in the roof.

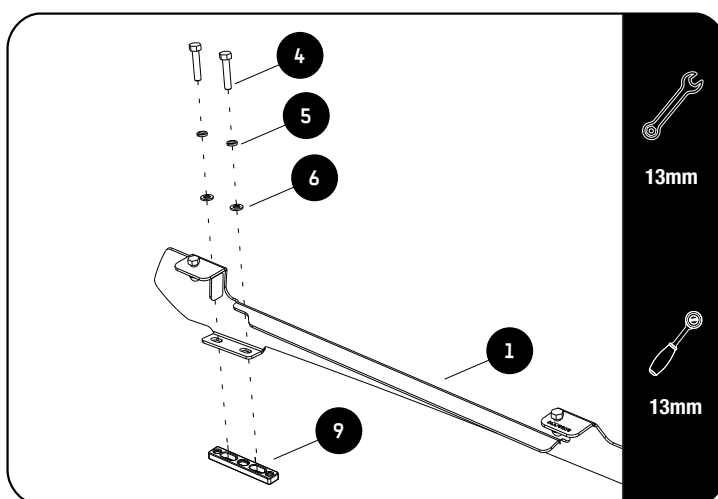
2.4



Join the Front and Rear Foot Rails (Items 1 & 2) together using M6 x 16 Button Head Bolts, M6 x 12 x 1SS Flat Washers, M6 Nyloc Nuts and the Joiner Plates (Items 10, 11, 12 & 13).

Place a M6 Nut Cap (Item 14) over each of the Nyloc Nuts.

2.5



Place the assembled Foot Rails into the vehicle and line up the mounting holes in the Foot Rails with the mounting holes in the roof. The product sticker goes to the rear and outside of the vehicle. Starting from the front, loosely fasten the Foot Rail to the vehicle using M8 x 35 Hex Bolts, M8 x 16 x 1.6SS Flat Washers and M8 Spring Washers (Items 4, 5 & 6).

Tighten all bolts securing the Foot Rails to the vehicle and place a M8 Nut Cap (Item 9) over each bolt.

3

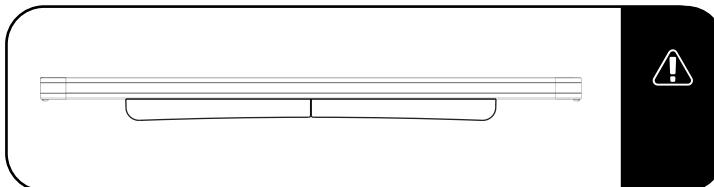
FIT AND SECURE THE RACK

3.1

Now its time to build your rack tray. Refer to the rack tray assembly guide.

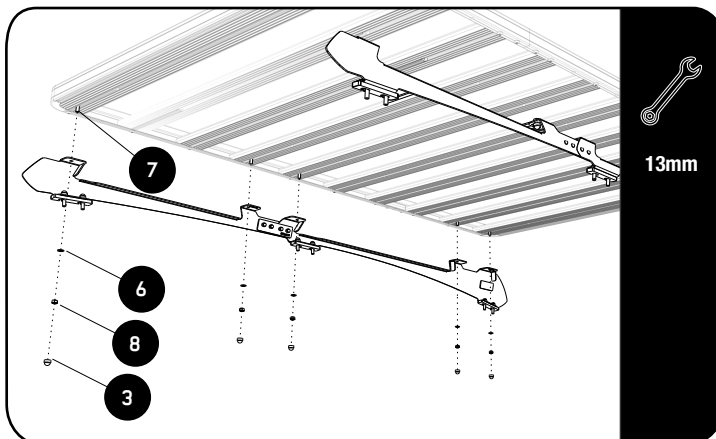


3.2



Make sure that the wind deflector is installed before you proceed to the next step.

3.3



Fit your roof rack to the Foot Rails using M8 x 20 Hex Bolts, M8 x 16 x 1.6SS Flat Washers and M8 Nyloc Nuts (Items 6, 7 & 8) as shown.

3.4

Center the rack and tighten fully. Use M8 Nut Caps (Item 3) to finish off the nuts.



4

COMPLETION

4.1

Congratulations! You did it. Take a step back and admire your work!



5

INSTALL OTHER VEHICLE AND RACK ACCESSORIES

Now's the time to visit your favorite Front Runner Dealer in person or online.

IMPORTANT!

FRONT RUNNER RACK KITS OFTEN HAVE A HIGHER LOAD RATING THAN THE VEHICLES THEY ARE MOUNTED TO. PLEASE REFER TO YOUR SPECIFIC VEHICLE MANUFACTURER FOR A RECOMMENDED ROOF RATING. FRONT RUNNER CANNOT BE RESPONSIBLE FOR IMPROPER LOADING BEYOND THE VEHICLE MANUFACTURER'S STATED LOAD CAPACITY.

Be sure to tag us. We love to see our gear in action! #FrontRunnerOutfitters #BornToRoam

Share your adventures on:    