**READ ME !** 

Thank you for purchasing a LR Defender Track Mount Kit.

Before you start, take a moment to familiarize yourself with the Fitting Instructions and the included components.

Refer to Page 2 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

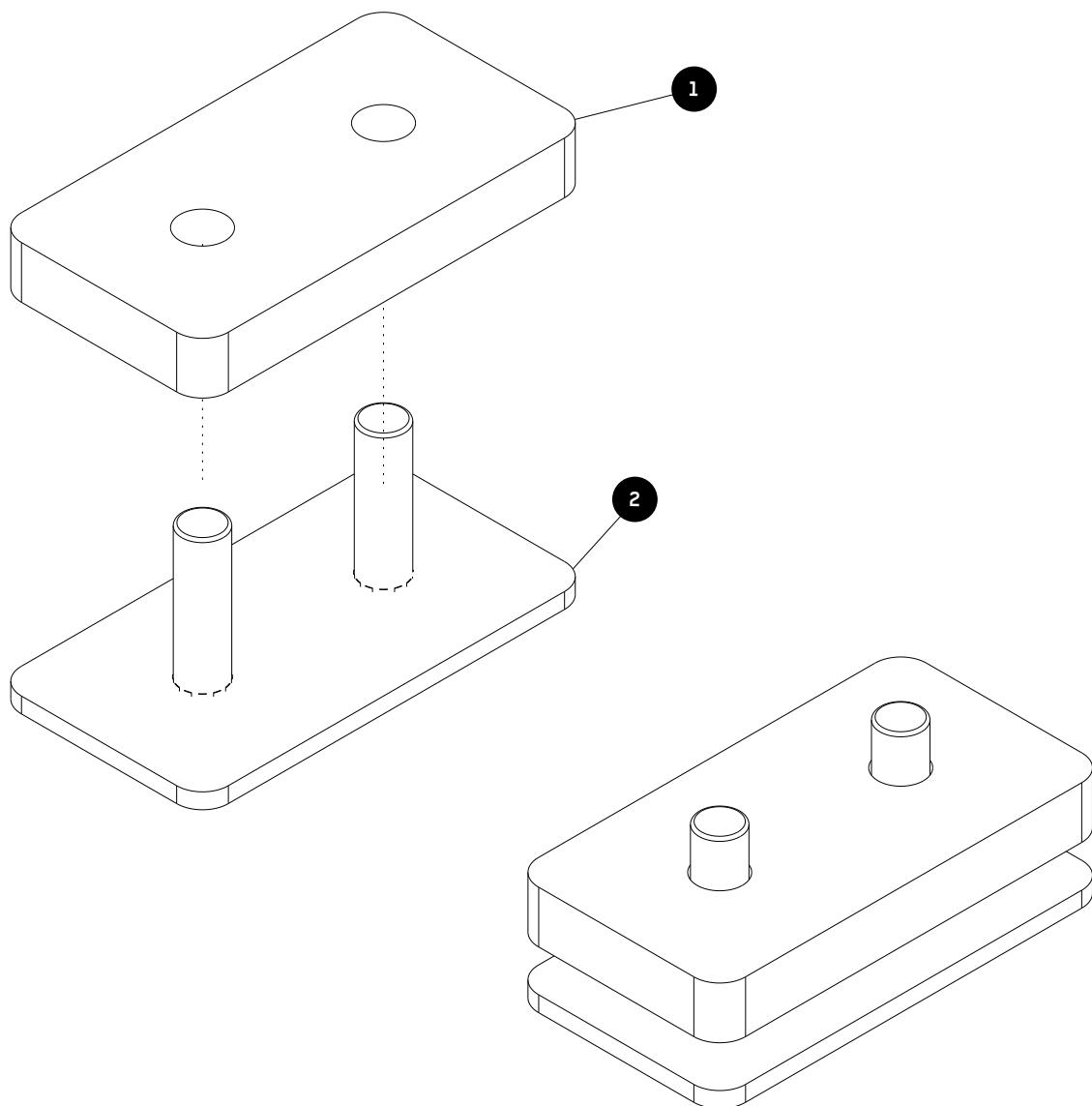
IN THE BOX

1	2 X	10mm HDPE Spacer
2	2 X	Stud Mounting Plate

TOOLS NEEDED

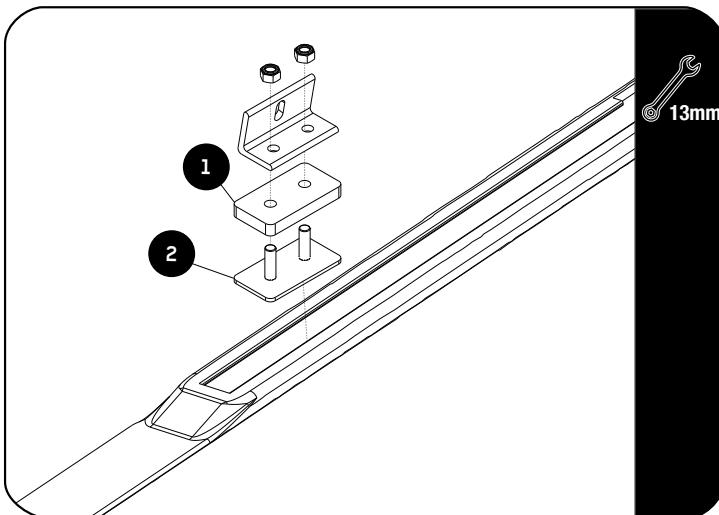


FIGURE 1.1



2

FIT AND SECURE

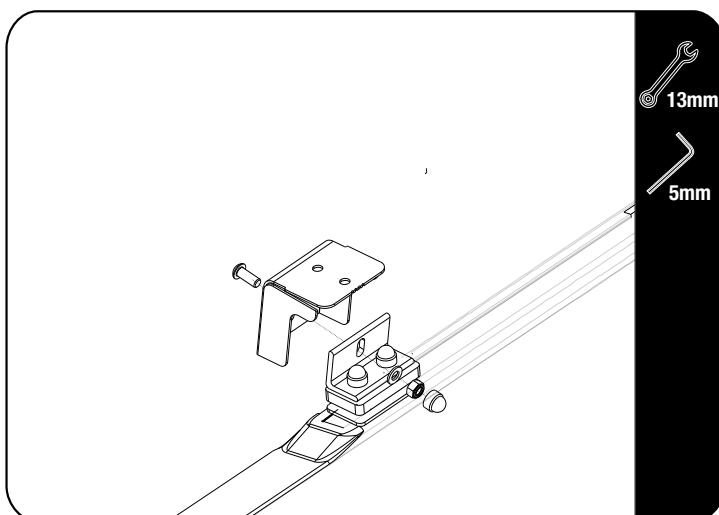
2.1

Assemble the Stud Plate and Stud Plate Spacer (Items 1 & 2) as shown. Insert the Stud Plate assemblies into the vehicle's OEM rails as shown. Do this both LH and RH side.



Tightening Torque:

M8 : 15-20Nm / 11.06 ft lb - 14.75 ft lb

2.2

Secure the Mounting Foot to the assembly from 2.1 using the hardware supplied with FASS028.



Tightening Torque:

M8 : 15-20Nm / 11.06 ft lb - 14.75 ft lb

3

FINISH

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

4

INSTALL OTHER VEHICLE AND RACK ACCESSORIES

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

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

Share your adventures on: