



# Fitting Instructions

TOWBAR F185U  
For Ford Puma  
2020-

## MATERIALS

A	1	Cross Tube
B	1	Side Arm
C	1	Side Arm
D	2	M10 x 40 x 1.5 Bolts, Plain Washer (10.9 Grade)
E	2	M10 x 40 x 1.5 Bolts, 2 x Plain Washer and Nyloc Nut (Grade 10.9)
F	4	M12 x 35 x 1.75 Bolts, Nyloc Nut
ZE	1	Retractable Electrical Plate
ZN	1	Neck option

## FITTING

1. Remove rear wheels to improve access to forwardmost mounting points.
2. Unclip the rear half of each wheel arch trim.
3. Remove each plastic corner trim from bottom of wheel arch trim.
4. Remove bumper (Tip screw, tailgate screws, bottom edge screws).
5. Remove the bumper beam.
6. Loosely assemble each Side Arm (B & C) inside each chassis rail using fasteners (D & E).
7. Loosely assembly the Cross Bar (A) to Side Arms (B & C) using fasteners (F).
8. Assemble the chosen Neck kit (ZN), and Retractable Electrical Plate (ZE) to Cross Bar (A) using the respective kit instructions.
9. Cut the bumper, using the diagrams below as a guide.
10. Refit the bumper.
11. **Fully tighten all fasteners**

### Recommended torque settings:

Grade 8.8 bolts: M8 - 24Nm, M10 - 52 Nm, M12 - 80 Nm, M14 - 130 Nm, M16 - 200 Nm

Grade 10.9: M12 - 120Nm, M10 - 70Nm M8- 35Nm

