



Fitting Instructions

TOWBAR F183U

For Ford Ecosport

October 2017-

(only vehicles with threaded holes in Chassis)

MATERIALS

A	1	Cross Bar
B	2	Side Arm
C	1	Bracket
D	1	Bracket
E	4	M10 x 35 x 1.5 pitch Bolts, Lock Washers and Plain Washers
F	4	M10 x 35 x 1.5 pitch Bolts, Lock Washers and Plain Washers
G	2	M10 x 35 x 1.5 pitch Bolts, Plain Washers and Nyloc Nuts
H	4	M10 x 35 x 1.5 pitch Bolts, and Nyloc Nuts
ZE	1	Retractable Electrical Plate
ZN	1	Neck Kit

FITTING

1. Disconnect the exhaust silencer from its rubber mountings to give better access to the tow bar mounting points.
2. Fit each Side Arm (B) to the outermost face of each chassis rail using fasteners (E).
3. Fit each Bracket (C & D) to the other side of each chassis rail and to each Side Arm (B) using fasteners (F & G).
4. Cut the bumper using diagram below as a guide.
5. Fit Cross Bar (A) to each Side Arm (B) using fasteners (H).
6. Assemble the chosen Neck Option (ZN) and Retractable Electrical Plate (ZE) to Cross Bar (A) using separate Fitting Instructions from each kit.
7. **Fully tighten all fasteners to Grade 10.9 torque.**

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

