

# Z1 D40 FRONTIER FRONT BUMPER INSTALLATION MANUAL



This Installation Manual is intended for the following models:

2005-2021

Nissan Frontier (D40)

## PROLOGUE:

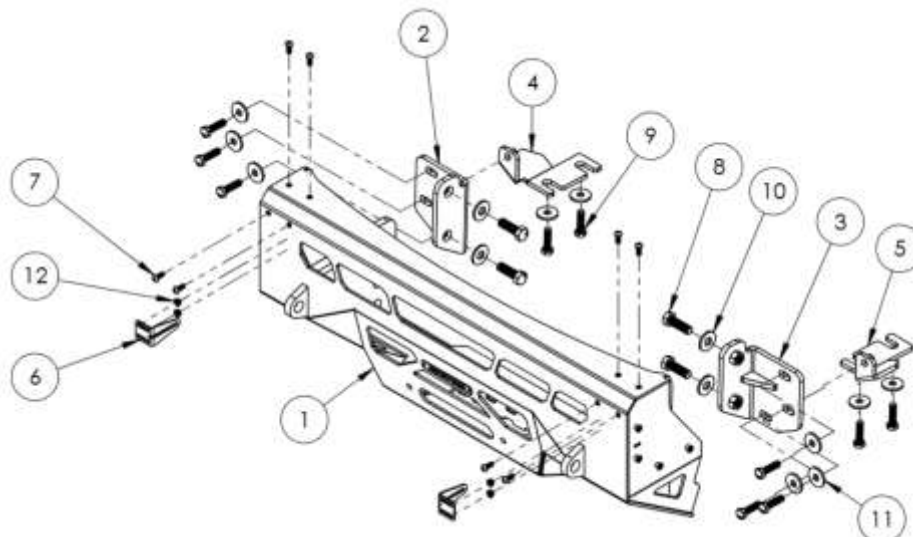
Study these instructions completely before proceeding to assembly. The installer must have a thorough knowledge of automotive systems operation. If unfamiliar with any of the concepts outlined in this instruction, we recommend the installation be completed by a qualified professional.

## WARNING!

Extreme caution should be taken when performing maintenance or performance upgrades to your vehicle. Please observe and abide by any Warning or Caution labels placed on the various components and tools used when servicing your vehicle. If you have any questions regarding installation or the various components included with the Z1 Off-Road D40 Frontier Front Bumper, consult with a Professional Mechanic, or contact Z1 Off-Road for more information.

## PARTS INCLUDED:

Item	Quantity	Description
1	1	Bumper Center Section
2	1	Frame Mount Bracket, Left
3	1	Frame Mount Bracket, Right
4	1	Frame Mount Support, Left
5	1	Frame Mount Support, Right
6	2	Light Bar Bracket
7	8	M8 x 1.25 Button Head Screw, 20mm
8	4	M16 x 2.0 Hex Head Screw, 50mm
9	10	M12 x 1.25 Hex Head Bolt, 35mm
10	4	M16 Washer
11	10	M12 Washer
12	4	M6 x 1.0 Flanged Locknut
Stinger Bar (Optional)		
13	1	Stinger Bar
Hybrid Wings (Optional)		
1	1	Right Wing
2	1	Left Wing
3	8	M10 x 1.25 Button Head Screw, 28mm
4	8	M10 Washer
Plate Wings (Optional)		
1	1	Right Wing
2	1	Left Wing
3	8	M10 x 1.25 Hex Head Screw, 25mm



Hybrid Wings

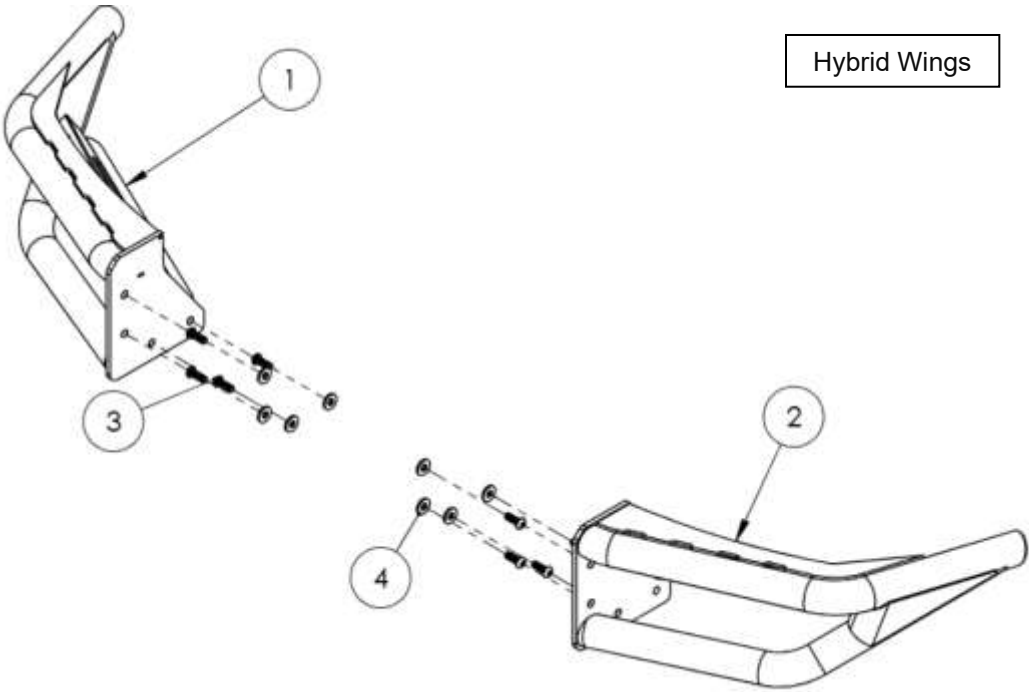
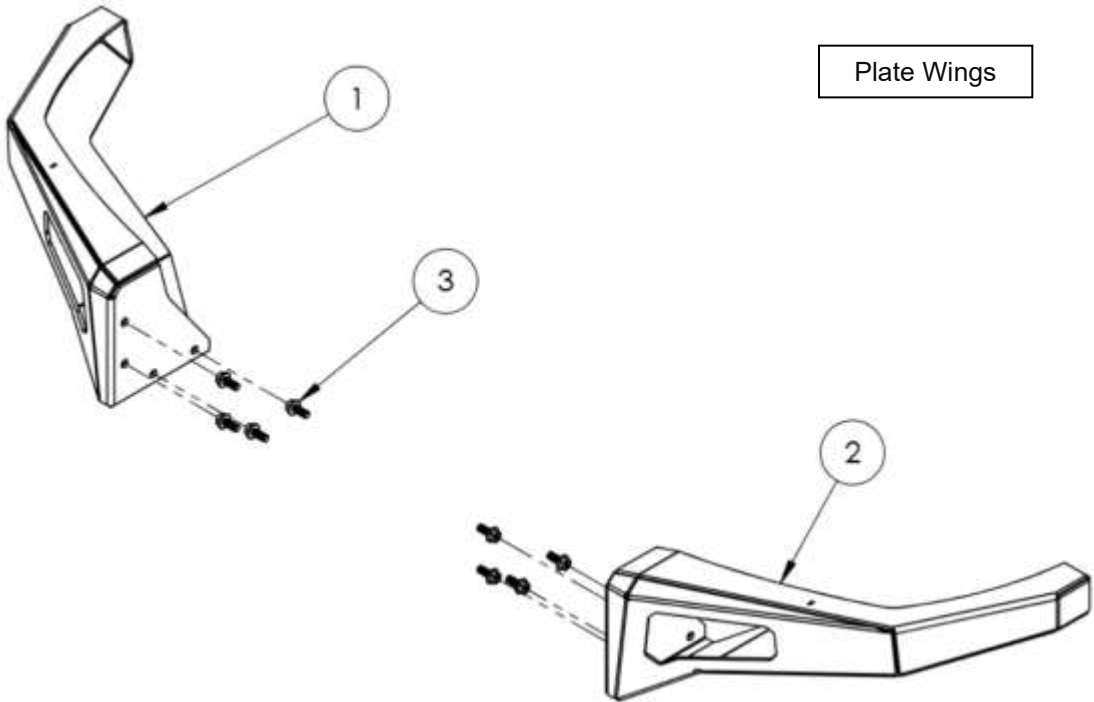


Plate Wings



## **TOOLS REQUIRED:**

- Hydraulic Jack
- Ratchet
- Ratchet Extension(s)
- Assorted Metric Sockets
- Assorted Metric Wrenches
- Torque Wrench
- Hex/Allen Keys
- Trim Removal Tool
- Screwdrivers
- Airsaw/Cutting Tool
- File
- Die Grinder

## **SAFETY REQUIREMENTS:**

- Always wear safety glasses and any necessary protective garments. If using any fluids, chemicals, or solvents, a respirator is recommended.
- Always use properly rated jack stands when working under your vehicle.
- Always keep limbs and parts away from moving drivetrain parts.
- Always turn the ignition to the OFF position and disconnect the NEGATIVE battery terminal.
- Only operate drivetrain in safe space and well-ventilated areas.

## **BEFORE YOU BEGIN:**

Remove contents from the Z1 Off-Road D40 Frontier Front Bumper and verify that ALL necessary hardware is present.

## **PROCEDURE:**

1. Place the transmission in Park position (or in Reverse gear if equipped with a manual transmission). Apply the parking brake.
2. Open and support the hood of the vehicle.
3. Remove the (4) four plastic clips that secure the Front Grille to the Core Support. *Figure 1.*



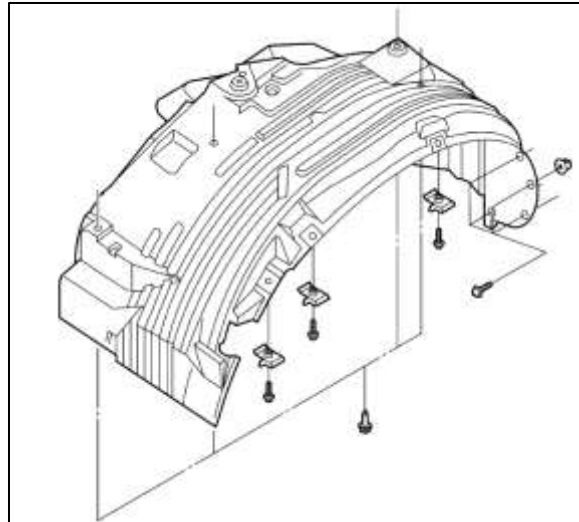
*Figure 1*

4. Release the (4) four tabs at the bottom of the Front Grille and remove the Grille from the vehicle. *Figure 2.*



*Figure 2*

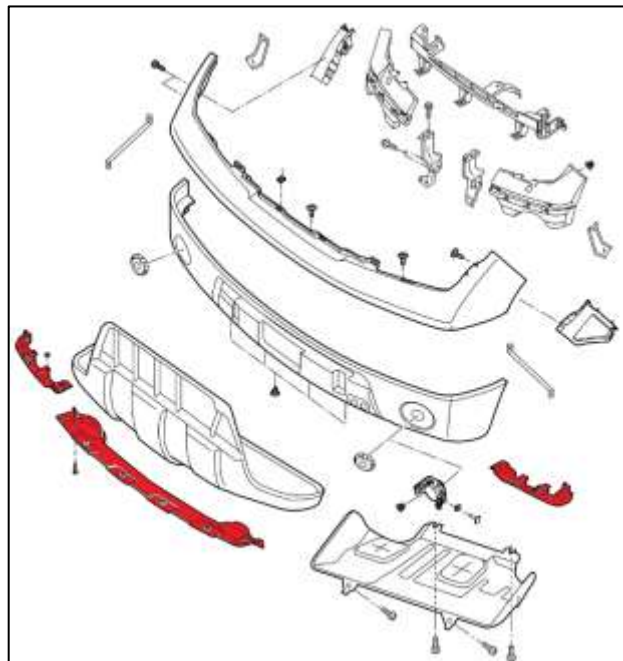
5. Remove the Fender Liners from the vehicle. They are held on by an assortment of screws and plastic tabs. *Figure 3.*



*Figure 3*

6. **STEEL BUMPER REMOVAL:**

- a. Remove the Lower Engine Cover from the Front Bumper.
- b. Disconnect and remove the RH, LH and Center Front Valence. *Figure 4.*



*Figure 4*

- c. Disconnect the Fog Light Harnesses.

- d. Remove the (2) two screws on each side behind the bumper. *Figure 5.*



*Figure 5*

- e. Lift up on the Steel Bumper to release the Tabs on each side and pull the Bumper away from the car to remove. Check for anything caught when removing the Bumper. *Figure 6.*



*Figure 6*

**NOTE:** Users with a Steel Bumper can skip to *Step 9*. The upcoming steps are all for Plastic Bumper Removal and Modification.

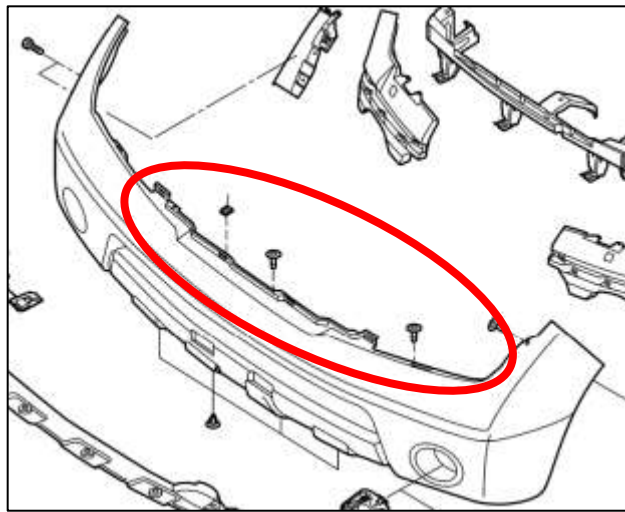
**7. PLASTIC BUMPER REMOVAL:**

- a. Use Painters Tape and follow the crease separating the top and bottom of the bumper and the corners of the bumper and fender. *Figure 7.*



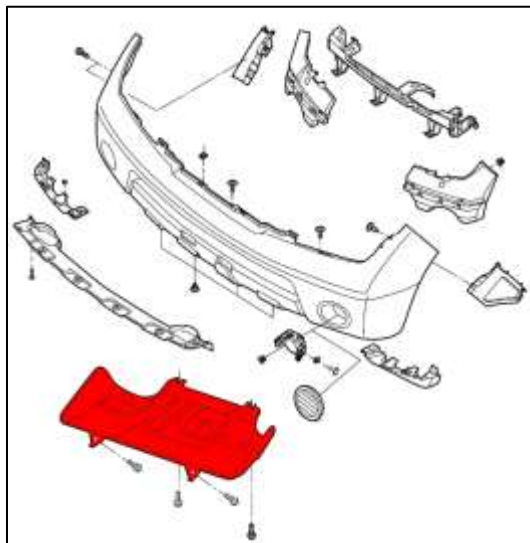
*Figure 7*

b. Remove the Plastic Clips along the top of the Plastic Front Bumper. *Figure 8.*



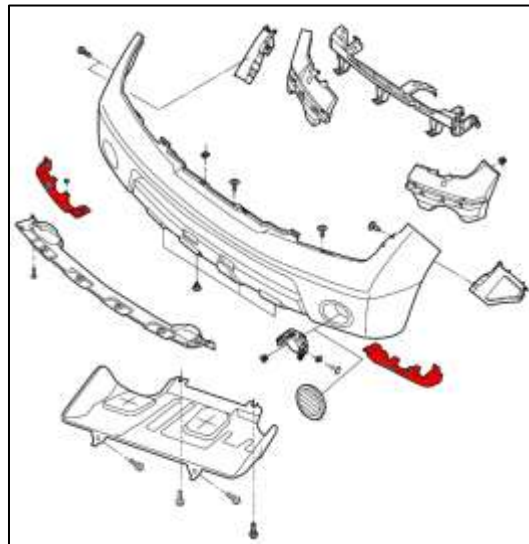
*Figure 8*

c. Remove the Lower Engine Cover from the Front Bumper. *Figure 9.*



*Figure 9*

d. Disconnect and remove the RH and LH Front Valences. *Figure 10.*



*Figure 10*

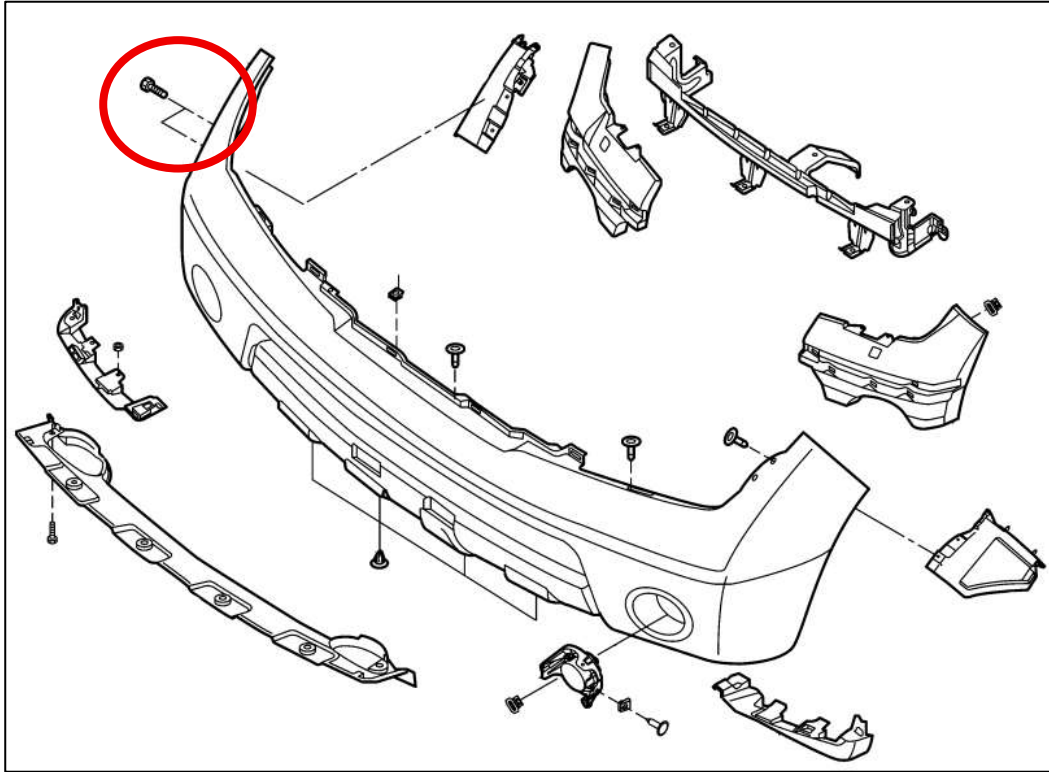
e. Disconnect the Fog Light Harnesses.

f. Remove the (2) two screws on each side behind the Bumper. *Figure 11.*



*Figure 11*

- g. Remove the (2) two screws on each upper corner of the Front Bumper connecting it to the Fenders. *Figure 12.*



*Figure 12*

- h. Lift up slightly to release the Plastic Bumper and pull away from the Vehicle to remove. Check for anything caught when removing the bumper.

## 8. PLASTIC BUMPER TRIMMING

- a. Remove the Fog Lights from the rear of the Bumper if equipped.
- b. Remove the Plastic Support on each side of the Bumper. They will be clipped on and secured by a few rivets. The Rivets can be cut pried out to remove the Plastic Support. *Figure 13.*



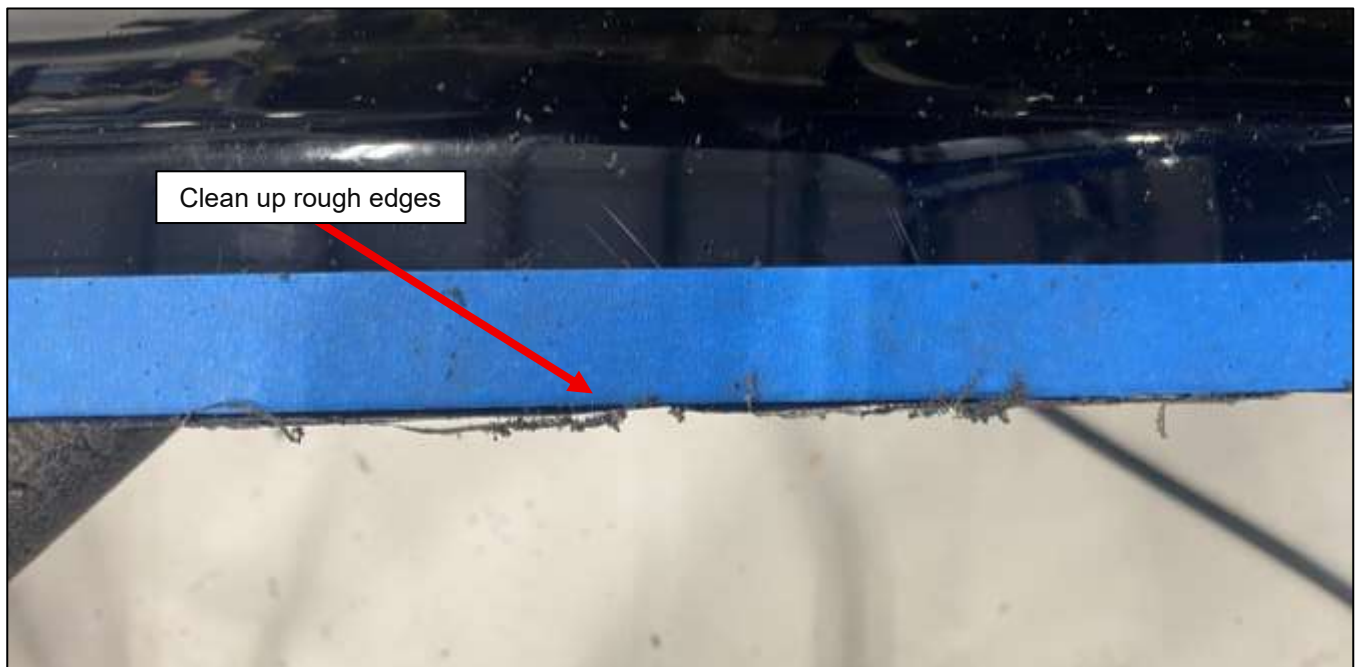
*Figure 13*

- c. Use an Air/Body Saw and cut on the bottom side of the Tape Line made in *Step 7a* in the crease between the upper and bottom halves of the Bumper. Go slowly and cut as straight as possible. *Figure 14.*



*Figure 14*

- d. Clean up any rough edges with a File or Die Grinder. *Figure 15.*



*Figure 15*

e. Loosely reinstall the Bumper to the vehicle. *Figure 16.*



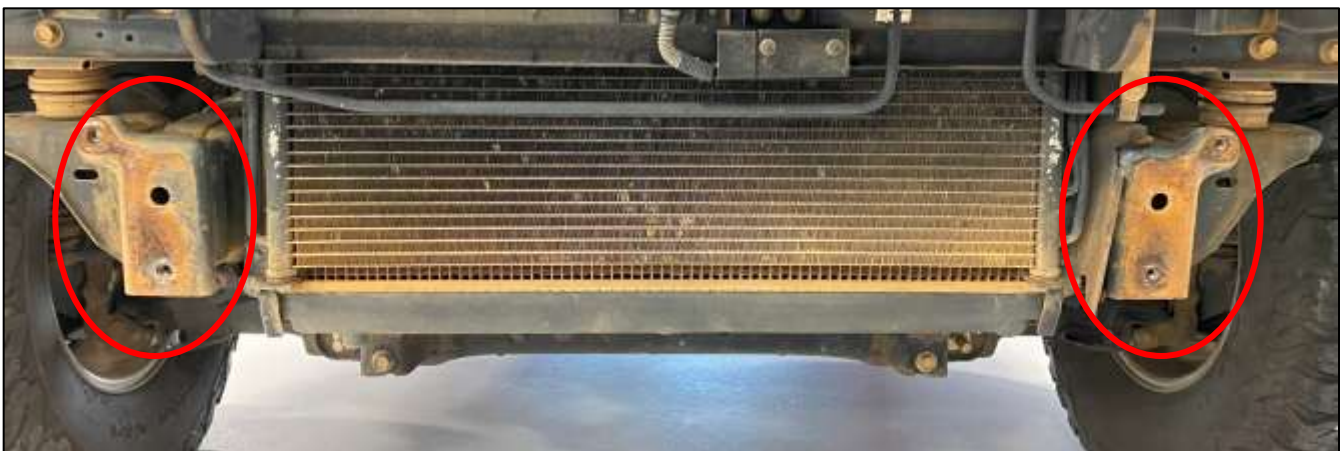
*Figure 16*

9. Remove the (4) four bolts that secure the OE Crash Bar to the vehicle and remove the Crash Bar. *Figure 17.*



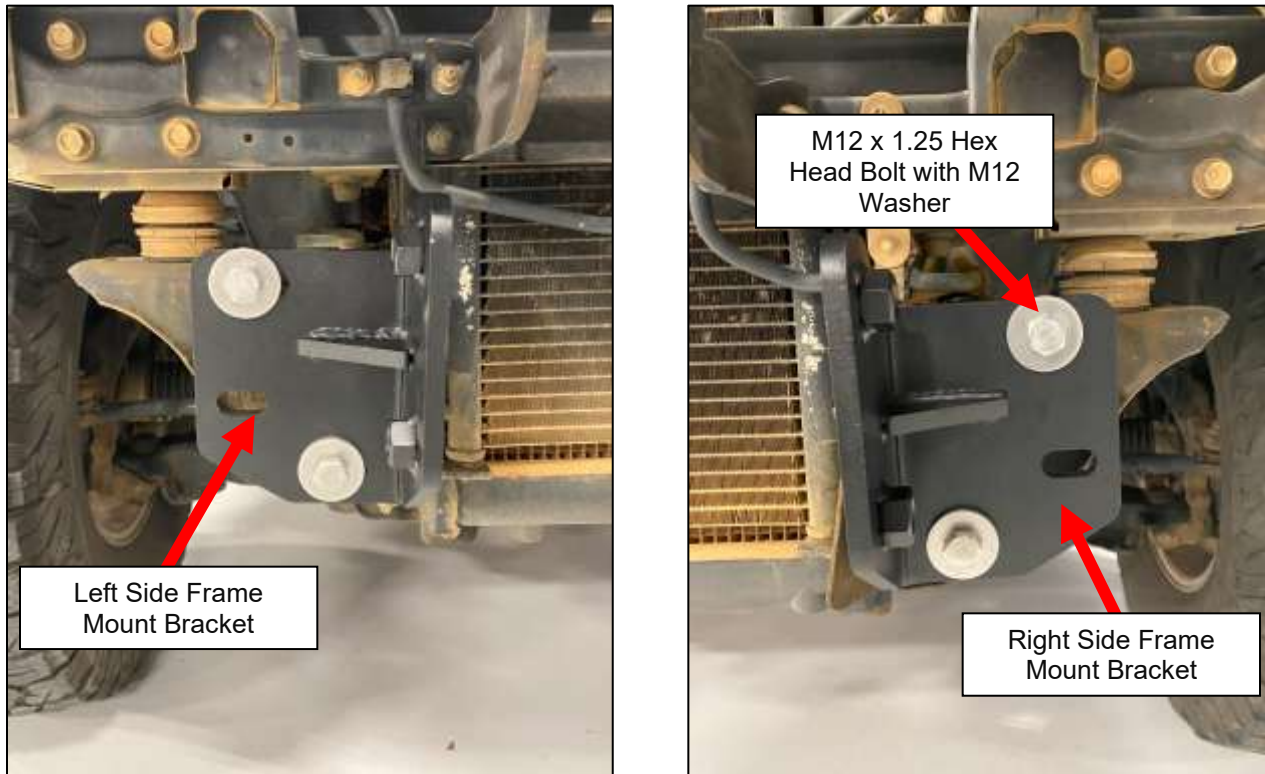
*Figure 17*

10. Clean the mounting surfaces of the OE Crash Bar. *Figure 18.*



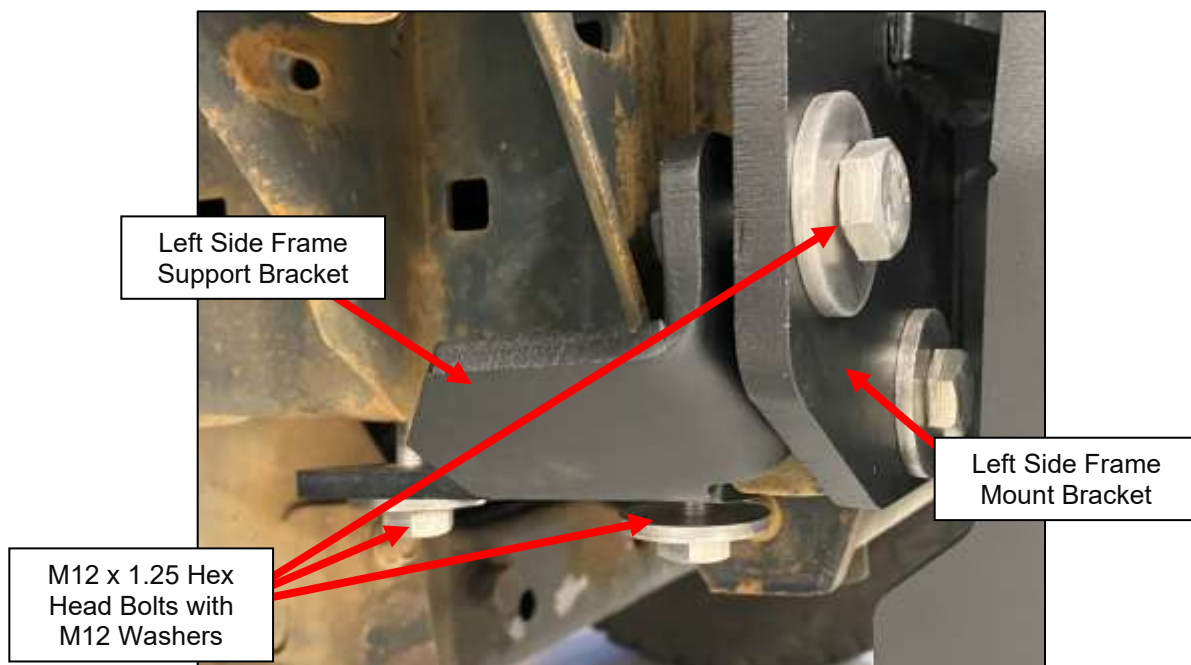
*Figure 18*

11. Locate the Left and Right side Frame Mount Brackets, (4) four M12 x 1.25 Hex Head Bolts, 35mm, and (4) four M12 Washers. Place a Washer on each bolt and secure the Frame Mounts to the OE Crash Bar Mounts with (2) two Bolts each. Do not tighten the Bolts all the way as the Mounts will need to be adjusted. *Figure 19.*



*Figure 19*

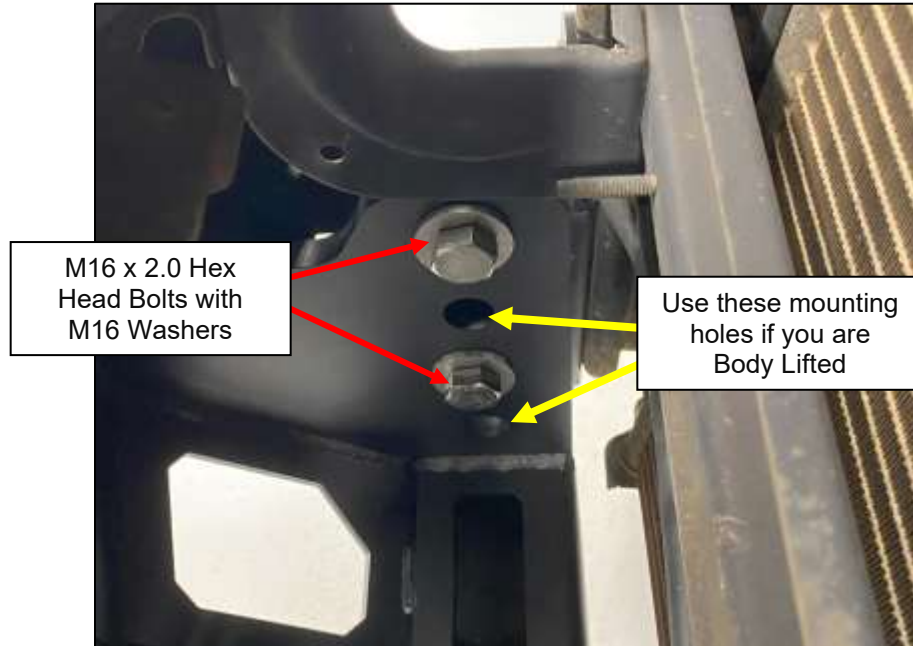
12. Locate the Left and Right side Frame Support Brackets, (6) six M12 x 1.25 Hex Head Bolts, 35mm and (6) six M12 Washers. Place the Frame Support Brackets under the frame and loosely secure with (2) two M12 Bolts with a Washer. Loosely join the Frame Support Bracket to the Frame Mount Bracket with another M12 Bolt and Washer. Do not tighten Hardware yet. *Figure 20.*



*Figure 20*

13. Locate the Main Bumper, (4) four M16 x 2.0 Hex Head Bolts, 50mm, and (4) four M16 Washers. With the assistance of a partner and a jack, position the Main Bumper in between the Frame Mount Brackets and secure with (2) two M16 Bolts and Washers per side. Use the top and third mounting holes on the Bumper if your vehicle is **NOT** body lifted. Use the second and fourth mounting holes if your vehicle **IS** body lifted.  
*Figure 21.*

**NOTE:** If you are installing a Light Bar or Winch into the Front Bumper, it should be done at this point **BEFORE** the Bumper is placed onto the vehicle.



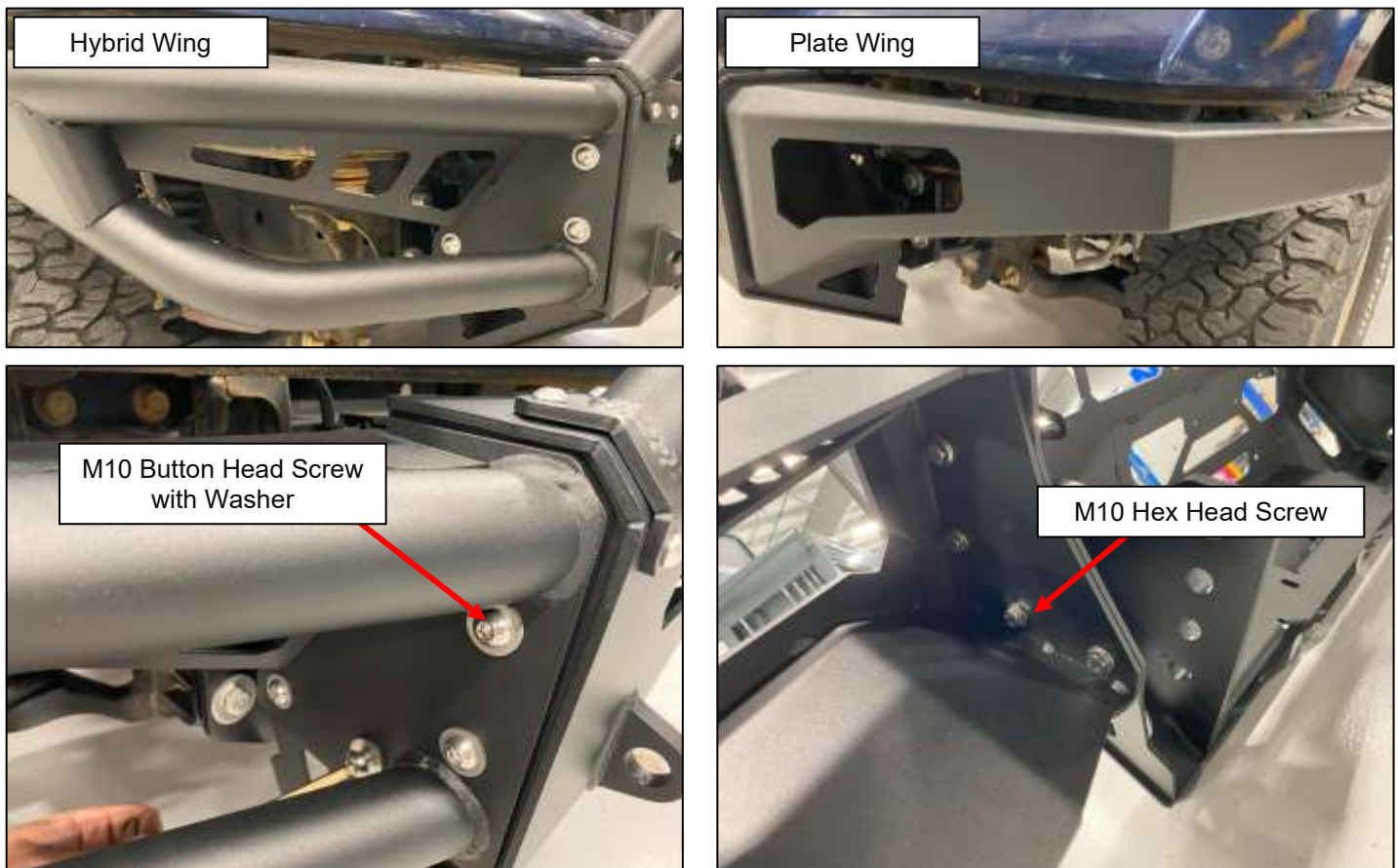
*Figure 21*

14. If you optioned the Stinger, locate the Stinger Bar and (8) eight M8 x 1.25 Button Head Screws, 20mm. Position the Stinger Bar onto the Front Bumper and secure with the M8 Screws. *Figure 22.*



*Figure 22*

15. Locate the Bumper Wings and associated hardware, the hardware is different between the Hybrid Wings and the Plate Wings. Use either the (8) eight M10 Button Head Screws with M10 Washers to secure the Hybrid Wings to the Bumper, or the (8) eight M10 Hex Head Screws to secure the Plate Wings to the Bumper. A ball end Allen Key will help install the Button Head Screws on the Hybrid Wings. *Figure 23.*



*Figure 23*

16. Trim the Fender Liners a little at a time to clear the new Bumper.
17. Follow *Steps 3-7* in reverse order to reinstall all other body components.



**END**

**Additional Technical Support:**  
Contact Z1 Off-Road at [info@z1offroad.com](mailto:info@z1offroad.com)  
Or call 678-839-8019 between 9am and 6pm ET