

# Z1 OFF-ROAD FRONTIER ROCK SLIDERS INSTALLATION MANUAL



This Installation Manual is intended for the following models:	
2022+	Nissan Frontier (Crew Cab)
2005-2019	Nissan Frontier (Crew Cab)

## PROLOGUE:

Study these instructions completely before proceeding to assembly. The installer must have a thorough knowledge of automotive systems operation, safety, and sound maintenance practices. 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 Rock Slider Kit, consult with a Certified Mechanic, or contact Z1 Motorsports for more information.

## **PARTS INCLUDED:**

Item	Quantity	Description
1	1	Rock Slider, LH
2	1	Rock Slider, RH
3	2	Short Shoulder Sleeve
4	2	Long Shoulder Sleeve
5	2	Middle Frame Hook
6	2	Rear Frame Hook
7	2	Forward Frame Hook
8	4	M14 x 2.0 Nylon Locknut
9	4	M14 x 2.0 Hex Bolt, 120mm
10	4	M10 x 1.25 Hex Bolt, 40mm
11	4	M10 x 1.5 Flanged Button Head Screw, 35mm
12	8	M14 Steel Oversized Washer
13	4	M10 Steel Oversized Washer
14	4	M10 Steel Washer
15	4	M10 x 1.50 Nylon Locknut
16	1	Hex Head 3/8" Sheet Metal Screw, 1.25"

## **TOOLS REQUIRED:**

- Hydraulic Floor Jack
- Jack Stands
- Ratchet with Extension(s)
- Assorted Metric Sockets
- Assorted Metric Wrenches
- Torque Wrench

## **SAFETY REQUIREMENTS:**

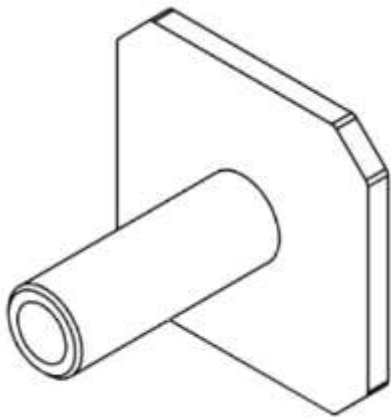
- Always wear safety glasses and any necessary protective garments. If using any fluids, chemicals, or solvents, a respirator is recommended.
- Always use properly rated jack stands when working under your vehicle.
- Always keep limbs and parts away from moving drivetrain parts.
- Always turn the ignition 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 Frontier Rock Sliders and verify that all necessary hardware is present. We recommend treating the (6) six frame mounting locations for corrosion (if required) prior to installation. This product is intended for Frontier Crew Cabs with OEM body mounts and for aftermarket 2" body lifts.

## **PROCEDURE:**

1. Place the transmission in Park position on a level surface and apply the parking brake.
2. Raise the vehicle using a jack and jack stands. This installation can be done with the vehicle on the ground, but it is easier with the vehicle in the air.
3. Some trucks will have a OEM Side Step Rail that will need to be removed before continuing to *Step 4*.
4. Starting on the right-hand side of the truck, feed (1) one Long Shoulder Sleeve through the frame rail towards the front of the car behind the transmission crossmember. Add (1) one M14 x 2.0 Hex Bolt, 120mm with (1) one M14 Steel Oversized Washer. View *Figure 1* below.



*Figure 1*

5. Insert the (1) one Short Shoulder Sleeve, and (1) one M14 x 2.0 Hex Bolt, 120mm with (1) one M14 Steel Oversized Washer through the middle of the frame. View Figure 2 below.

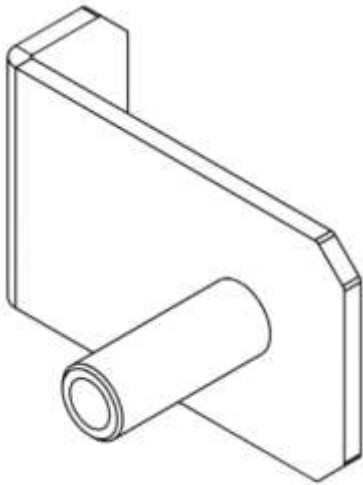


Figure 2

6. With the help of a jack or partner, position the RH Rock Slider on the outboard side of the frame over the (2) two preinstalled sleeves from Steps 3-4. Using (2) two M14 Steel Oversized Washers, and (2) two M14 x 2.0 Nylon Locknuts, secure the RH Rock Slider to the frame. Do not torque down the Locknuts as they will be removed in a few steps.

**NOTE:** Z1 Off-Road Rock Sliders have two mounting locations. The top holes are for OEM body mounts (the most common) and lower holes are for aftermarket 2 inch body mounts. See Figure 3 below.

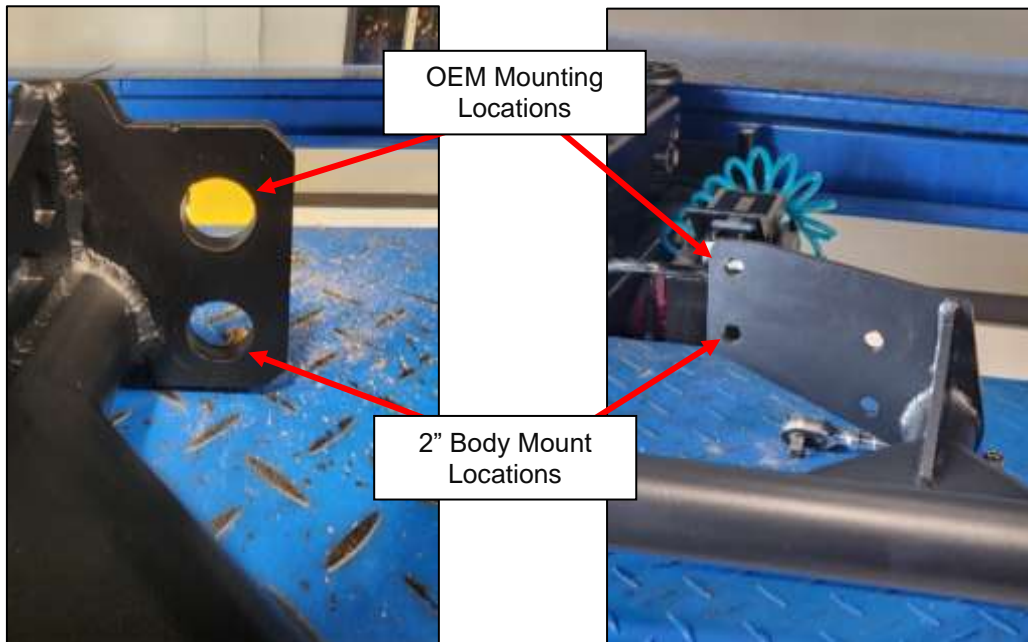
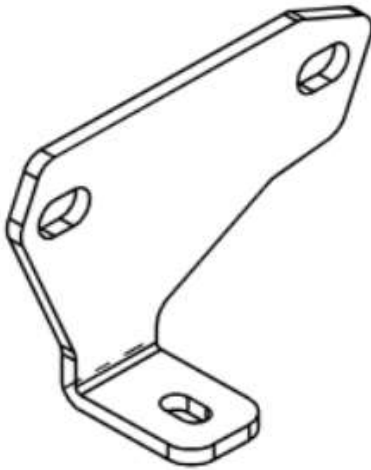


Figure 3

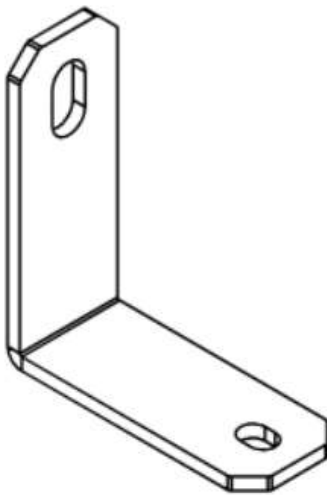
- Use the Rear Frame Hook and (2) two M10 x 1.25 Hex Bolts, 40mm with (2) two M10 Steel Washers, loosely install in the rear mounting location pictured below in *Figure 4*.

**NOTE:** The Rear Frame Hooks are specific to the Left and Right sides. They will only fit one side properly.



*Figure 4*

- With everything loosely installed, start with the middle mounting location and remove the previously installed M14 x 2.0 Locknut and M14 Steel Oversized Washer.
- Locate (1) one Middle Frame Hook and loosely install it onto the middle mounting plate of the Rock Slider frame using the previously removed M14 Steel Oversized Washer and M14 x 2.0 Locknut. See *Figure 5* below.



*Figure 5*

10. Locate (1) one M10 x 1.5 Flanged Button Head Screw, 35mm, (1) one M10 x 1.50 Locknut, and (1) one M10 Steel Washer. Loosely join the Middle Frame Hook and the Short Shoulder Sleeve together with the hardware, *Figure 6*.



*Figure 6*

11. Remove the previously installed M14 x 2.0 Locknut and M14 Steel Washer from the forward mounting plate of the Rock Slider.
12. Locate (1) one Forward Frame and loosely install it onto the forward mounting plate of the Rock Slider frame using the previously removed M14 Washer and M14 x 2.0 Locknut. See *Figure 7* below.

**NOTE:** The Forward Frame Hooks are specific to the Left and Right Sides. They will only fit one side properly.



*Figure 7*

13. Locate (1) one M10 x 1.25 Hex Bolt, (1) one M10 x 1.50 Locknut, and (1) one M10 Steel Washer. Loosely join the Forward Frame Hook and the chassis of the vehicle together with the hardware, *Figure 8*.

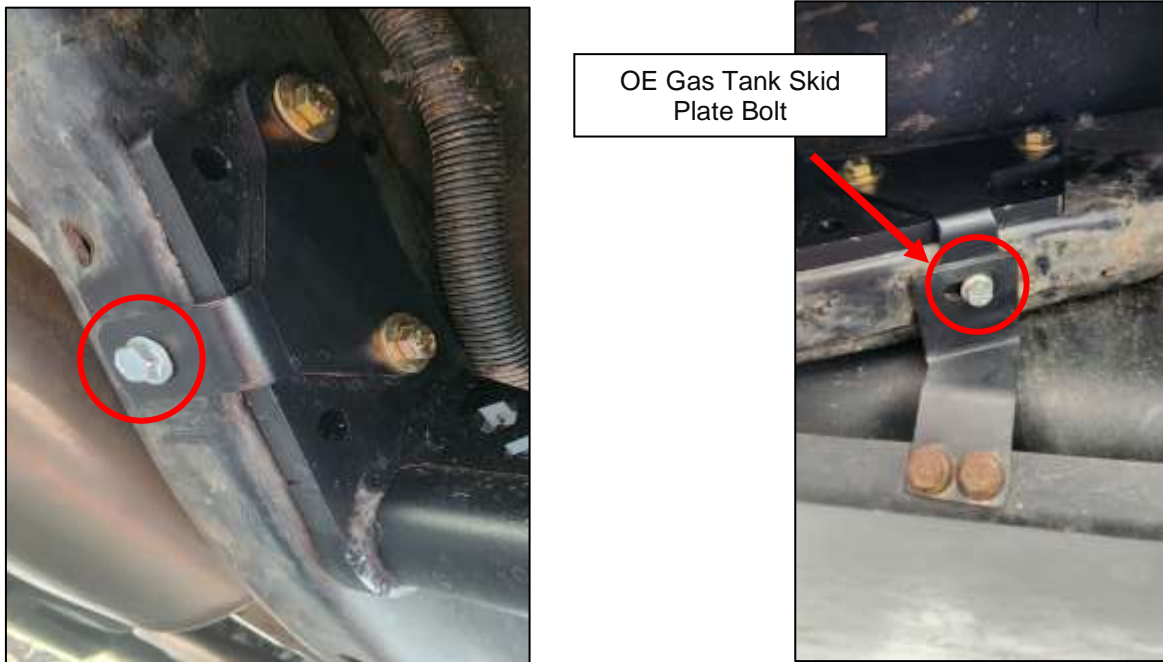


*Figure 8*

14. Support the Rock Slider with a floor jack or a partner to achieve desired alignment. It's recommended to keep at least **3/8"** to **1/2"** between the Rock Slider and the OEM pinch welds.
15. With the Rock Slider supported and aligned to your preference, tighten the (2) two M14 x 2.0 Hex Bolts, 120mm and M14 x 2.0 Nylon Locknuts to **75 ft/lbs**, starting with the middle bolt and then the front.
16. On the rear frame mount, tighten the (2) two M10 x 1.25 Hex Bolts to **37 ft/lbs**, making sure to keep the bottom hole on the Rear Chassis Mounting Hook aligned for future install of the self-tapping bolt in *Step 18*.
17. Tighten the Forward Frame Hook and Middle Frame Hook M10 x 1.5 Flanged Button Head Screws and M10 x 1.50 Nylon Locknuts to **37 ft/lbs**.

18. Locate (1) one Hex Head 3/8" Sheet Metal Screw, 1.25". On the Driver Side of the vehicle, use an impact driver to install the nut into the lower hole of the the Rear Chassis Mounting Hook. Torque to **37 ft-lbs.**  
*Figure 9.*

**NOTE:** This only applies to the RH Rock Slider. The LH Rock Slider can either reuse the OEM Bolt from the Gas Tank, or use the supplied longer bolt depending on your combination of Skid Plates and Rock Sliders.



*Figure 9*

19. Steps 2-18 will be repeated for the LH Rock Slider. See **NOTE** below for fitment differences.

**NOTE:** Because of the secondary catalytic converter clearance, we recommend pre-assembling the bolt and Long Shoulder Sleeve prior to insertion into the frame. See *Figure 10.*



*Figure 10*



20. Remove floor jack if used to support Rock Slider and verify alignment.

21. Remove and account tools from vehicle.

**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