



INSTALL TIME: 1.5 hours

•HINT• *You might want to watch the **INSTALLATION VIDEO** for a Front Runner Rack. You can go to **YOUTUBE.COM**, search for **Front Runner Roof Rack**, or you can download it from **FRONTRUNNEROUTFITTERS.COM***

If your exact rack is not there, have a look at one of the other ones, the concept is the same.



1 GET ORGANIZED

you will need:

- ☐ a Land Rover Discovery 3 or 4
- ☐ a measuring tape
- ☐ a ladder
- ☐ a screw driver (flat)
- ☐ a Torx 27
- ☐ a 4 mm Allen key
- ☐ a 10 spanner
- ☐ a 13 spanner and socket wrench
- ☐ a drill
- ☐ a 3 mm drill bit
- ☐ a 7 mm drill bit
- ☐ a white out pen or other marking tool
- ☐ a clean dry work area near your Land Rover

...CONT'D

IMPORTANT WARNING!

IT IS CRITICAL THAT ALL FRONT RUNNER RACKS AND ACCESSORIES BE PROPERLY AND SECURELY ATTACHED TO YOUR VEHICLE. IMPROPER ATTACHMENT COULD RESULT IN AN AUTOMOBILE ACCIDENT, AND COULD CAUSE SERIOUS BODILY INJURY OR DEATH TO YOU OR TO OTHERS. YOU ARE RESPONSIBLE FOR SECURING THE RACKS AND ACCESSORIES TO YOUR CAR, 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 CAUTIONS 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 SUCH AS A QUALIFIED GARAGE OR AUTO BODY SHOP.

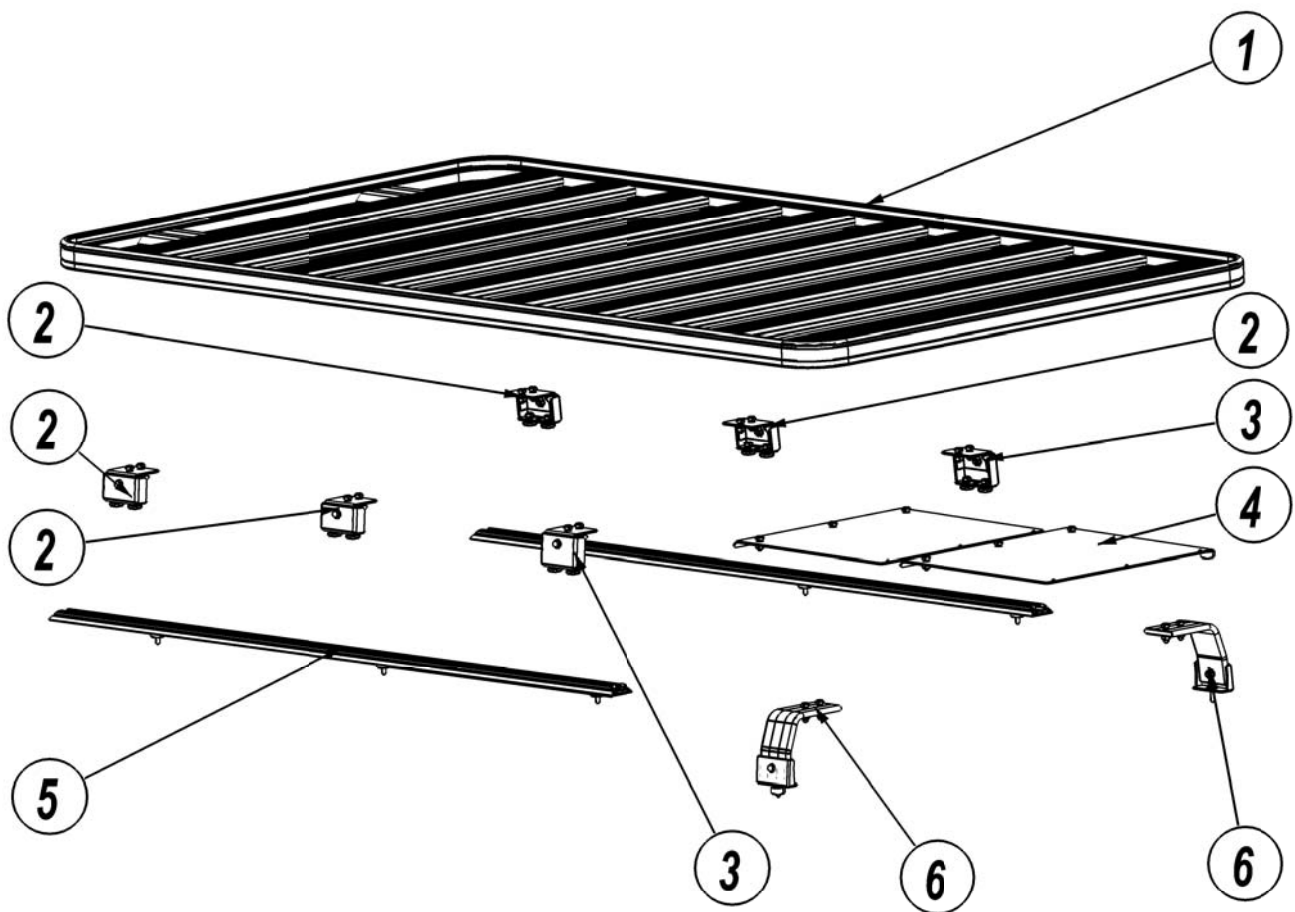
1

GET ORGANISED

...CONT'D

Here is what you are looking at:

1.	Auto #	Quantity	DESCRIPTION
	1	1	ROOF RACK
	2	4	FOOT_50
	3	2	FOOT_60
	4	2	WIND DEFLECTOR
	5	2	ROOF TRACK
	6	2	DISCOVERY FOOT



B)

Familiarize yourself with the parts and then step away from the work area and read through these instructions from beginning to end. Grab a cup of coffee and take a moment. A little prep now may save you a lot of time later

2

PREP YOUR LAND ROVER

NOTE:

Land Rover has several configurations of the Discovery 3/4. Depending on what options you chose for your vehicle, will effect what tasks are required in order to get your vehicle ready for a Front Runner Rack installation.

Option 1: Land Rover with no track

Have a good look at the black cover strips that run down the roof of the vehicle- if there are plugs (Arrow in picture) along the strip, then there is no need for any drilling. If these are not present on your vehicle, you will have to drill holes through the cover strip which correspond to the threaded bosses beneath the cover strip.

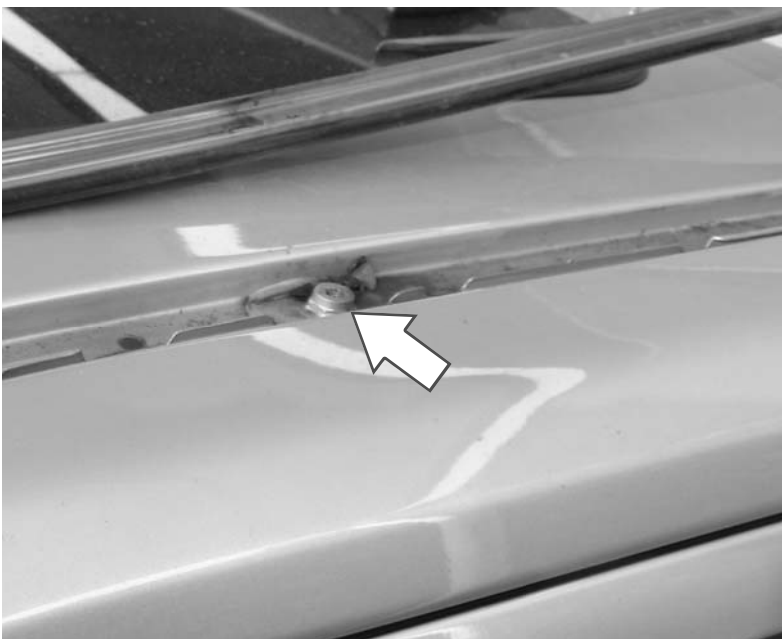


Option 2: Land Rover with existing track:

You will be required to remove the factory fitted track before installing the Front Runner track. To remove the existing track, take a Torx 27 and undo the 3 bolts holding on each track. **Do this slowly and gently as the Torx have been Loctited in and believe me you don't want to snap the head off!**

A)

Remove the cover strip. It is clipped in. Gently wedge a flat screw driver in the side and wedge it off. Be very careful not to damage the glass on the roof of your vehicle.



B)

If your cover strip does not have the plugs as mentioned earlier, now is the time to drill them. The position of the holes is best marked by screwing in a sharpened M6 rod into the roof bosses (see image), sharp side up. Then place the cover strip back on the vehicle. Push on the area of the bosses and this will mark the position of the hole.

C)

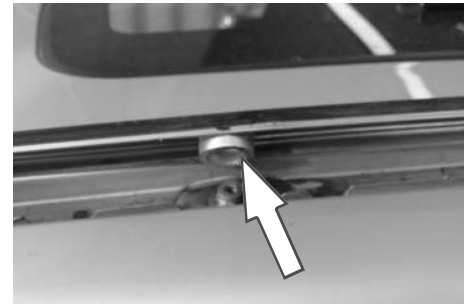
Grab your drill and drill a pilot hole first with your 3 mm drill bit. Once you have done that drill the 7 mm hole in the cover strip.

3

INSTALL TRACK

A)

Take the aluminum spacers (8) from the track kit and fit them into the cover strip where the roof mount bosses are (see image). **This is very important as it prevents the Front Runner track from crushing the roof.** Clip the cover strip back into position

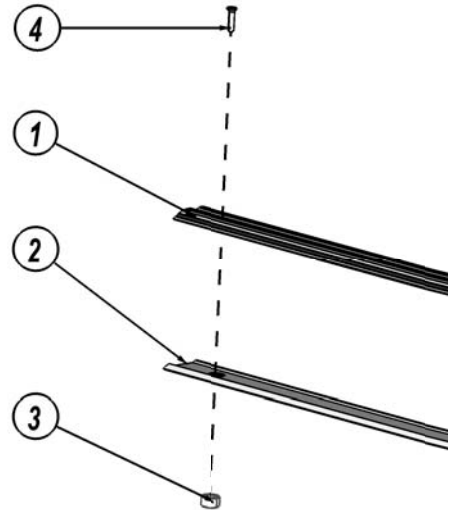


B)

Starting at one end, carefully lay down the track (Item 1), lining up the holes in the track with the holes in the roof. The rubber track lining, Item 2, is stuck to the track on delivery

C)

Grab the allen screws and allen wrench and hand tighten.....



Auto #	Quantity	DESCRIPTION
1	2	ROOF TRACK
2	2	RUBBER TRACK LINING
3	8	DISCOVERY 3/4 SPACER
4	6	M6 x 25 COUNTERSUNK BOLTS

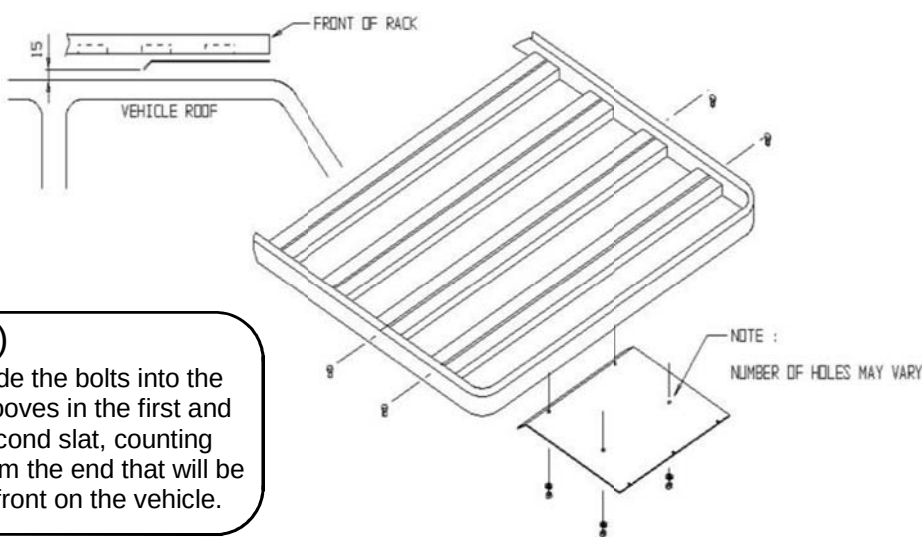
D)

Once all the screws are placed, hand tighten the screws with a 4mm allen wrench. Do not over tighten! Make sure the seal (Item 2) remains even.

4

INSTALL WIND DEFLECTOR

Check the product sticker on the roof rack- if it is upside down, you are ready to install the wind deflector, if it is not, turn the rack over so that it is upside down.



A)

Slide the bolts into the grooves in the first and second slat, counting from the end that will be in front on the vehicle.

B)

Set the wind deflector over the bolts- the bend in the deflectors should be facing up- (when the roof rack is flipped over and mounted on the roof, the bend in the deflectors will face down towards the roof)

C)

Place the washers and nyloc nuts in position and hand tighten. Center the wind deflector, then slide the wind deflector snug up against the front rail and tighten with your 13 mm spanner.

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PREP THE FEET

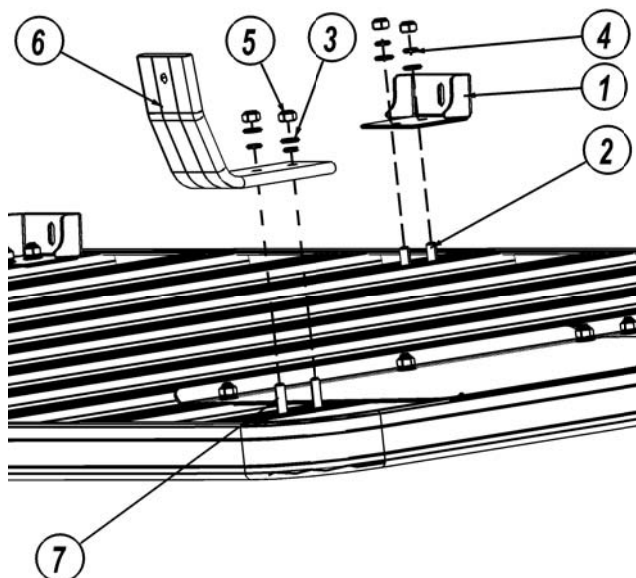
A)

The feet are shipped loosely assembled. Remove the center bolts holding them together and set aside the nuts, bolts and washers. All the top pieces of the feet are the same. Place the 50 feet on slats 7 and 11 and the 60 feet on slat 4.

B)

Remove the bolts from the top pieces of the feet (Item 1) and slide two bolts each (Item 2) into slats 4,7 and 10 (the rack should still be upside down from the installation of the wind deflectors. Count from the front of the rack). Slide the bolts to the outer edges of the rack and place the feet on the bolts (Item 1), then the washers (Items 3 and 4) and the nyloc nuts (Item 5) and hand tighten. The feet should be positioned 22 mm from the edge of the rack. SEE DIAGRAM. On Slat 1 do the same with the Discovery 3/4 special leg- slide two bolts (Item 7) for each Discovery front leg.

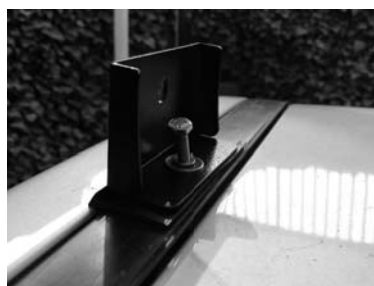
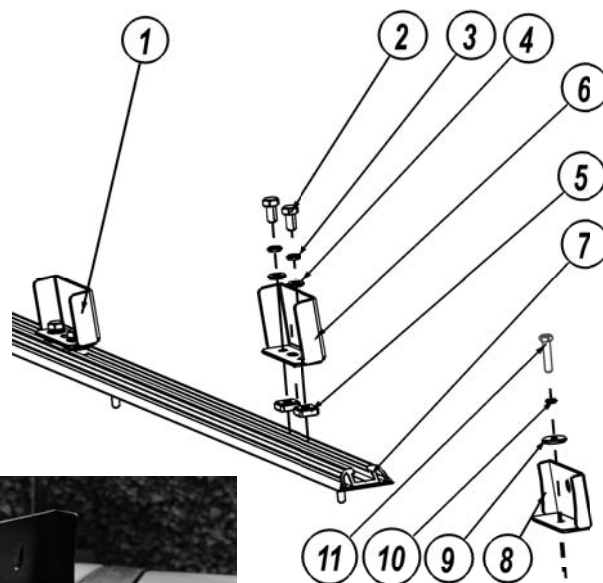
Auto #	Quantity	DESCRIPTION
1	6	FOOT TOP
2	18	M8 x 20 BOLT
3	22	M8 WASHER
4	22	M8 SPRING WASHER
5	22	M8 NYLOC NUT
6	2	DISCOVERY FRONT LEG TOP
7	4	M8 x 30 BOLT



C)

Prepare the bottom of the feet (item 1,6) as per the diagram. (bolt, spring washer, washer, foot, square nut) and slide the feet into position on the roof top track- 3 feet per side. Line up the bottom feet in the same positions as the upper feet you just mounted to the rack's slats- slats 4,7 and 10. The Discovery front foot goes on slat 1.

Auto #	Quantity	DESCRIPTION
1	4	FOOT_50 BASE
2	12	M8 x 16 BOLT
3	12	M8 SPRING WASHER
4	12	M8 FLAT WASHER
5	12	SQUARE TRACK NUT
6	2	FOOT_60 BASE
7	2	TRACK
8	2	DISCO 3/4 FRONT FOOT BASE
9	2	M6 FENDER WASHER
10	2	M6 SPRING WASHER
11	2	M6 x 25 BOLT



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RACK INSTALL

A)

Grab your friend. Before you lift the rack, plan your angle of approach. You want to set the rack and top feet directly into the bottom feet on the track. The front Discovery leg can't move, so start on that one.

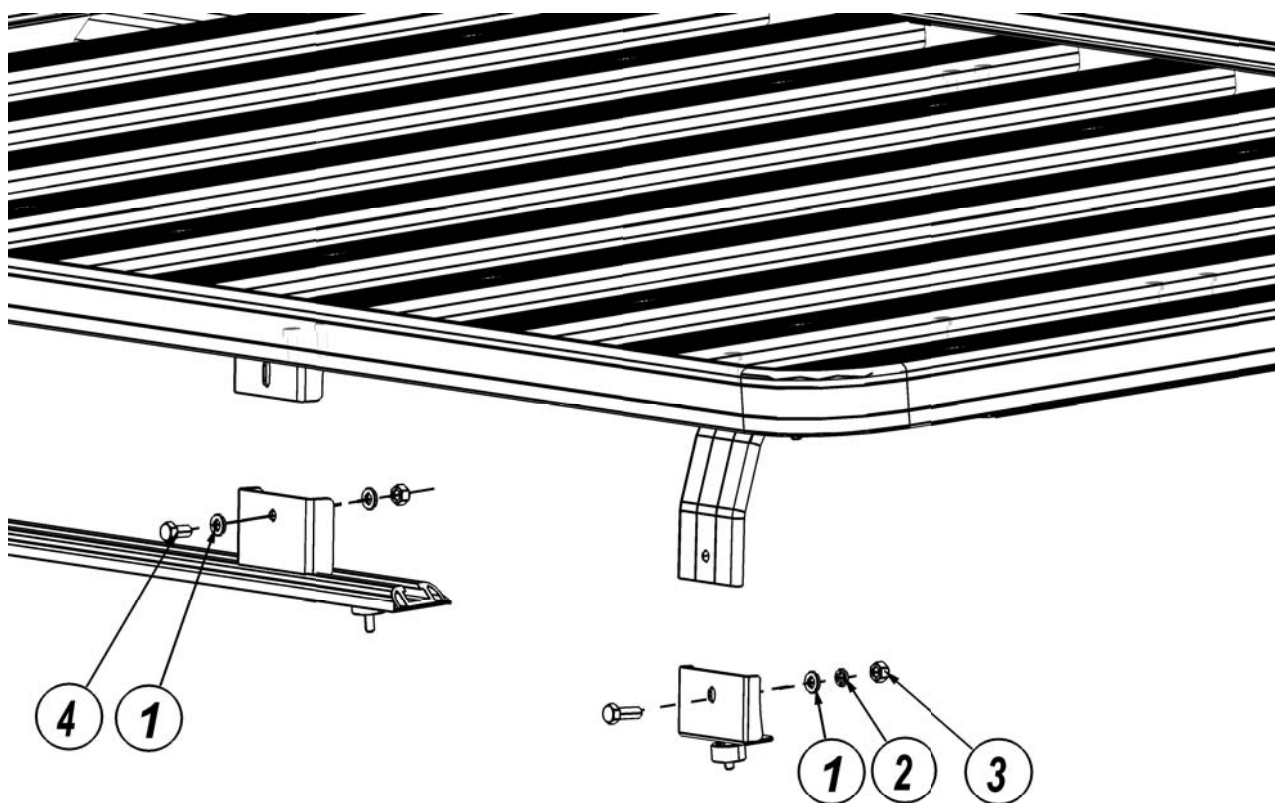
WARNING! DO NOT SLIDE THE RACK AND FEET ACROSS THE ROOF!! If there is a chance you are going to set the roof rack on the roof, throw some moving blankets and/or towels up there. If you must lower the rack before it is in position, carefully set the feet on the padded surface.

B)

Lift the rack up over the vehicle and set it into the bottom feet. You may need to slide the bottom feet a bit to line up with the top feet as you're lowering the rack.

C)

Once the rack is in place, insert and hand tighten the middle foot bolts (Item 4), washers (Item 1,2) and nuts (Item 3)



D)

Make sure the rack is **LEVEL** and **SQUARE**. This can be accomplished by stepping back and studying the rack from all 4 sides and making any adjustments needed.

Auto #	Quantity	DESCRIPTION
1	48	M8 WASHER
2	36	M8 SPRING WASHER
3	30	M8 NYLOC NUT
4	18	M8 x 16 BOLT

E)

Use your 13 mm socket and tighten the **BOTTOM** bolts first..

...CONT'D

7

RACK INSTALL ...CONT'D

F)

Use your socket and wrench and tighten the MIDDLE bolts. Double check the level of the rack as you make your way from foot to foot.

G)

Then use your socket to tighten the TOP bolts.

H)

Snap the plastic caps on the middle bolt heads

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INSTALL YOUR RACK ACCESSORIES

See the specific install guides.

And if you forgot to buy accessories, now's the time to take a trip to your dealer or visit www.FRONTRUNNEROUTFITTERS.COM

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TAKE A TRIP

A)

After your first adventure, check the tension on all the bolts and screws and re-tighten where needed. You'll find a small amount of settling has happened.

B)

Go on many more adventures. Periodically check the bolts- it's always wise to double check your fasteners once in a while.

THE FINE PRINT- Now that your Front Runner Slimline Roof Rack is installed, please be safe with what you actually decide to bolt to your rack. Our rack is strong, much stronger than the roof of your vehicle.

We suggest not exceeding 125 pounds moving weight limit*. The static weight limit (ie. 2 people sleeping in a rooftop tent while parked) should not exceed 500 pounds.(tent weight plus people weight)

If you have heavier, taller accessories you'd like to store, like a bunch of Jerry cans, a lot of water, etc. you might want to use our interior storage accessories. As with any vehicle carrying additional loads, it is safer to keep the centre of gravity as low as possible, and this means keeping the heaviest items low and central.

And always remember- you've raised the height of your vehicle- so use caution when entering parking structures and driving under low hanging obstacles.

For the safety of your rack system and your vehicle, please obey all traffic laws and adjust speed accordingly to the load being carried and the conditions of the road. Cargo will effect the vehicles handling.

You'll get many years of enjoyment out of your Front Runner roof rack if you use common load carrying sense.

→ **Modifying your vehicle involves some risks and may void certain aspects of your vehicle's warranty.**