



FRONT RUNNER

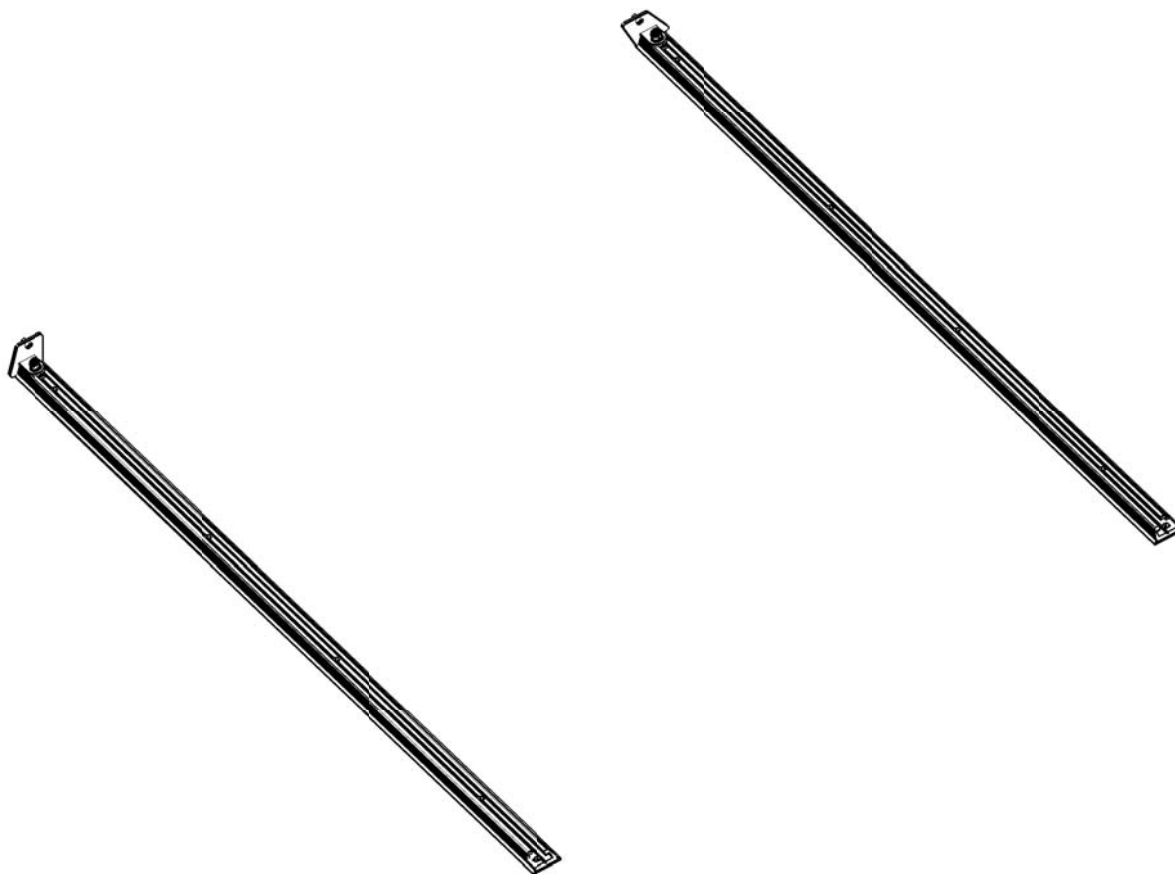
**JEEP COMMANDER
TRACKS - 1850MM**

ENG

TRJC001



INSTALL TIME: 1 Hour



IMPORTANT WARNING!

IT IS CRITICAL THAT ALL FRONT RUNNER PRODUCTS BE PROPERLY AND SECURELY ASSEMBLED AND 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 ASSEMBLING AND SECURING ALL FRONT RUNNER PRODUCTS TO YOUR VEHICLE, 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 OR OTHER QUALIFIED PERSONNEL.

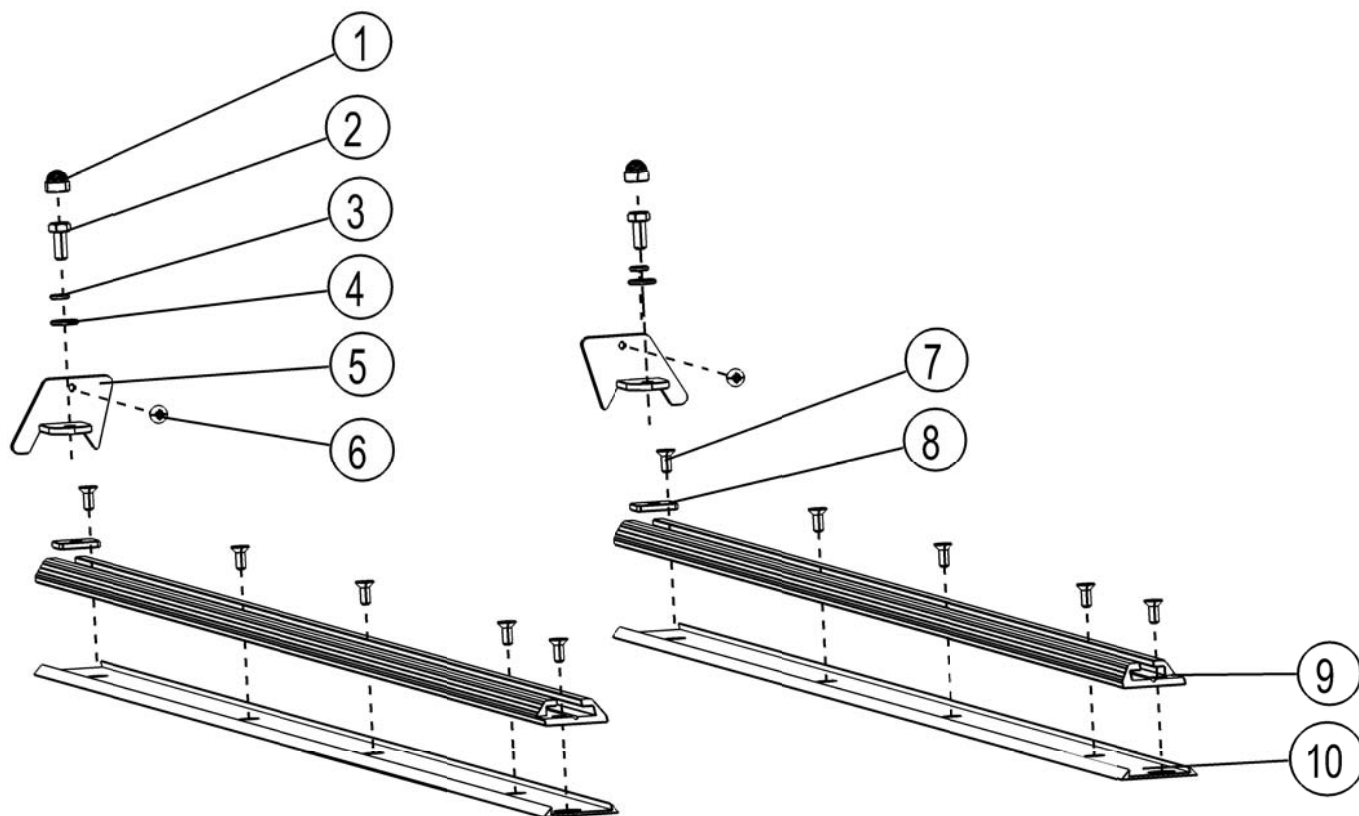
1 GET ORGANIZED...

Here is what you are looking at:

Item #	Quantity	Description
1	2	M8 NUT CAP
2	2	M8 X 20 HEX BOLT
3	2	M8 SPRING WASHER
4	2	M8 X 19 X 2 FLAT WASHER
5	1	COVER PLATE- 1 LEFT SIDE 1 RIGHT SIDE
6	2	SELF TAPPING SCREW 6 X 16
7	10	M6 X 16 COUNTERSUNK BOLT
8	2	M8 SQUARE NUT
9	2	TRACK - 1 LEFT, 1 RIGHT
10	2	RUBBER TRACK LINING

You will need:

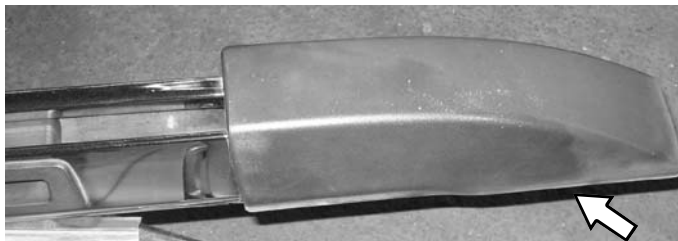
- ☐ Jeep Commander
- ☐ T30 Torx Wrench
- ☐ 4 mm Hex Key
- ☐ 13 mm Flat Wrench and Socket Wrench
- ☐ Tube of Black Silicone
- ☐ Utility Knife
- ☐ Panel Tool or Flat Screw Driver
- ☐ Star Screw Driver



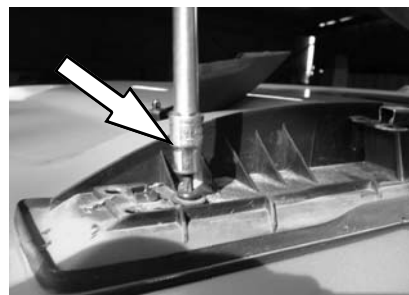
- (A) Familiarize yourself with the parts and then step away from the work area and read through these instructions from beginning to end. Take a moment as little prep now may save you a lot of time later.

2 REMOVE ORIGINAL TRACK

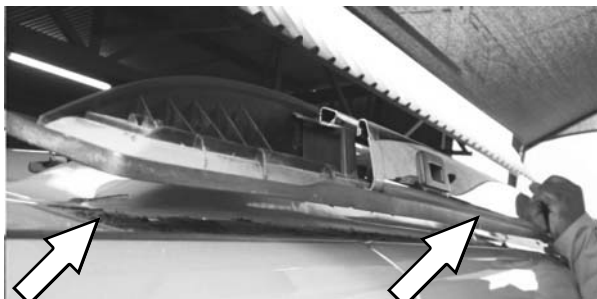
- (A) Remove the plastic end caps front and rear on both sides using a Panel tool or flat screw driver.



- (B) Using a T30 torx wrench, loosen the bolts securing the rails to the vehicles roof.



- (C) Using a panel tool or flat screw driver unclip the front and rear of each track from the vehicles roof and remove.



3 INSTALLATION OF TRACK

- (A) Put some silicone over each of the ten threaded holes on the roof.

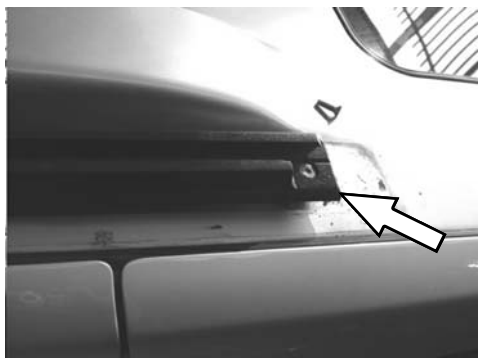


- (B) The Tracks (Item 9) ship with the Rubber Lining (Item 10) loosely fitted in place. There are two quick steps to prep the Rubber Lining and the Tracks. First, remove the paper to expose the glue. Then carefully center the holes in the Rubber Lining with the holes in the track and press the Rubber Lining into place.

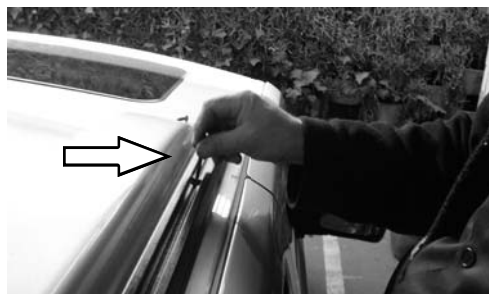
Using a utility knife trim the rubber at the end of each track.

3 INSTALLATION OF TRACK CONT

- (C) Place the Tracks onto the vehicle, lining up the holes in the Track with threaded holes in the vehicle's roof. The small cut out must go to the front of the vehicle, facing outwards.

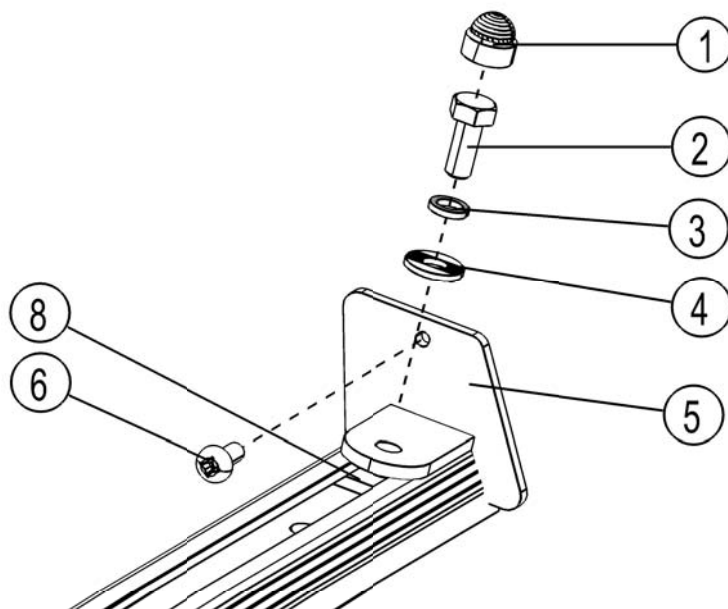


- (D) Using the M6 x16 Countersunk Bolts (Item 7) supplied, fasten the Tracks to the vehicle using a 4 mm Hex key.



- (E) Looking at the back of the of the Track, slide a Square Nut (Item 8) into the back of the Track. Place the corresponding Cover Plate (Item 5) on top of the Track with the flat side and 8 mm hole above the Square Nut. Insert a M8 x20 Hex Bolt, M8 Spring Washer and a M8 x19 Flat Washer (Items 2, 3, 4). Push the cover flush against the original plastic moulding and tighten using a 13 mm wrench. Place a M8 nut cap onto the head of the M8 x20 Hex Bolt (Item 1).

Looking at the top of the Cover Plate, insert a Self Tapping Screw (Item 6) and secure the Cover Plate to the plastic in the back cover. Seal all gaps using black silicone.



Congratulations, you have completed your installation. Take a step back and admire your work. Good Job!