



# Fitting Instructions

TOWBAR **BM22Q**  
For BMW X5

## MATERIAL

A	1	Cross Bar
D	2	Sidearms
E	2	Bumper Support
F	4	M12 x 1.75 x 40mm Bolts, Lock Washers and Flat Washers (30mm O.D.)
G	4	M10 x 1.5 x 25mm Bolts, Lock Washers and Flat Washers. (30mm O.D.)
H	6	M12 x 1.75 x 70mm Bolts, Nuts, Lock Washers and 12 Flat Washers. (30mm O.D.)
J	2	M14 x 2.0 x 70mm Bolts, Nuts, Lock Washers and Flat Washers. (28mm O.D.)
K	2	Spacer (32mm O.D.x 12mm long)
EP	1	Electrical Plate
ZEQ2	1	Safety chain bracket
ZQ4001		Detachable Kit

## FITTING

1. Remove Bumper (2 screws around each wheel arch, 4 screws along lower edge with clips and 2 Torx head bolts).
2. Lower exhausts by removing the bolts securing the rearmost exhaust hanger. Lower heat shields and locate plastic bungs at holes (F) remove bungs. Remove boot floor panel, side trays and side panels. Remove the bumper supports (3 M8 nuts each side), insert Sidearms (D) inside chassis and loosely attach using Bolts (F) with flat washers.
3. Loosely attach Crossbar (A) to Sidearms (D) and rear panel using uppermost Bolts (H) with flat washers. Loosely attach Bumper Supports (E) using Bolts (H and J) with flat washers fitted as shown. **Note: – Bumper Supports (E) must be fitted with longer face of tube facing down.** Check distance between tailgate and top of tube – see sketch.
4. Using Crossbar (A) as a guide drill for lower holes (H), secure using Bolts (H) with Spacer (K) fitted between crossbar and rear panel, locate the 2 existing captive nuts each side along chassis rails (inside boot compartment, covered in tape) and secure using Bolts (G) with Flat Washers.
5. Fully tighten all bolts, refit heat shields, secure exhaust hangers. Remove the right hand vertical M8 bolt securing the central towing eye fixing to vehicle cross member and attach Electrical Plate (EP) using original bolt. (Note- there is only sufficient space inside bumper for single electrical socket, therefore a 13 pin socket is recommended where a 12N socket is insufficient).
6. Fit Detachable Kit (ZQ4001) and Safety chain bracket (ZEQ2) (refer to ZQ fitting instruction) and refit bumper.  
Please refer to the vehicle specification for the trailer weight and nose limits, which **must be observed**.  
**Recommended torque settings:** M8 - 27Nm, M10 - 53 Nm, M12 - 95 Nm, M14 - 150 Nm, M16 - 214 Nm

