



# Fitting Instructions

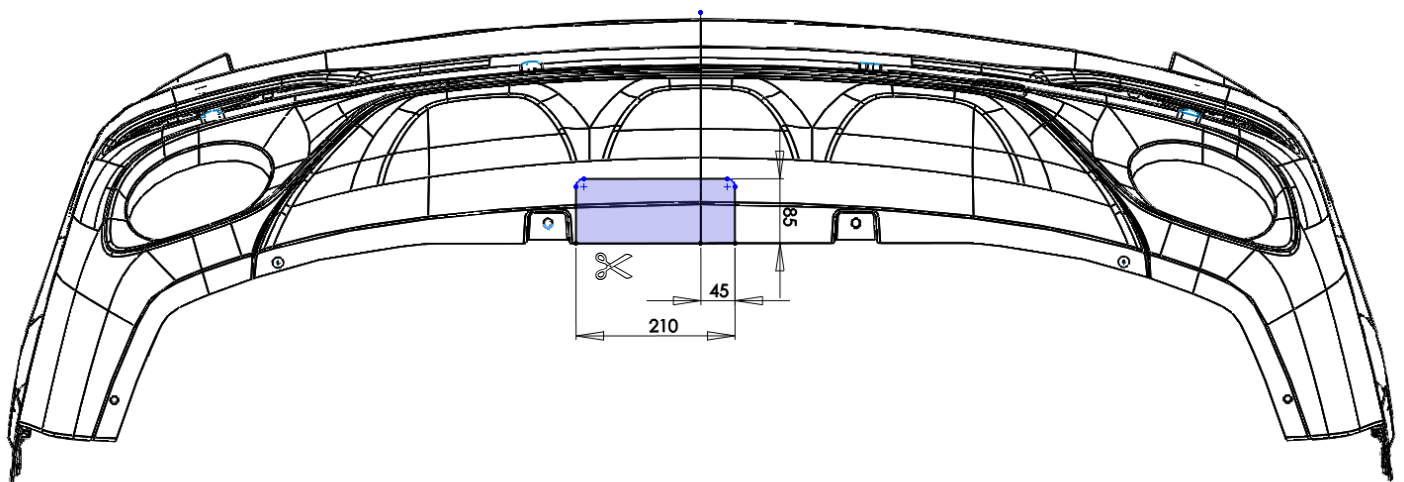
TOWBARS R56U  
For MG HS

## MATERIALS

A	1	Cross Bar
B	1	Side Arm
C	1	Side Arm
D	2	M8 Spigot Nut, M10 lock washers, and M10, Dia.30 flat washers.
E	6	M8 x 35 x 1.25 bolts, lock washers, and Dia.30 flat washers.
F	2	M12 x 35 x 1.75 bolts, lock washers, Dia.50 flat washers, and Witter Cage Nut
G	4	M12 x 35 x 1.75 bolts, and Nyloc Nuts
ZE	1	Retractable electrical plate kit.
ZN	1	Neck Kit.

## FITTING

1. Remove Bumper.
2. Remove Inner Bumper Beam.
3. Remove rear boot trim and loosen each boot side panel to gain access to holes for fastener (D) through the rear panel.
4. Pre-Assemble the M12 Cage Nuts (fasteners G) to each Side Arm (B & C), using Cage Nut fitting instructions.
5. Insert each Side Arm (B & C) into each chassis rail via the opening in the vehicles rear panel.
6. Loosely secure Side Arms (B & C) to the base of each chassis rail using fasteners (G).
7. Loosely secure Side Arms (B & C) to the vehicle rear panel using fasteners (D, E & F).  
**(Note the arrangement of Spigot Nut fastener (E)).**
8. Assemble Cross Bar (A) to each Side Arm using fasteners (H).
9. Assemble the chosen Neck Kit (ZN) and Retractable Electrical Plate (ZE) to Cross Bar (A) using fasteners and instructions from each kit.
10. **Fully Tighten All Fasteners starting with those on the rear panel (D, E & F)**
11. Cut bumper using the diagram below as a guide and refit to vehicle.



LHS of VEHICLE

## Recommended torque settings:

**Grade 8.8 bolts:** M8 - 24Nm, M10 - 52 Nm, M12 - 80 Nm, M14 - 130 Nm, M16 - 200 Nm

**Grade 10.9:** M12 - 120Nm, M10 - 70Nm, M8- 35Nm

