



# Fitting Instructions

TOWBAR **BM23**  
For BMW 1 SERIES

## MATERIALS

A	1	Cross Bar
ZF	1	Fixed Neck (ZF3007A)
D	1	M10 x 120 x 1.5 Bolt, 2 Nuts, Lock Washers and 2 Flat Washers (25mm O.D.)
E	2	M12 x 100mm x 1.75mm Bolts (Grade 10.9), Nyloc Nuts
ZSB1	2	Spacers
ZEP1	1	Electrical Plate with type label
ZEQ1	1	Electrical Mounting Plate
Z	1	M10x25x1.5mm Bolt, Nut, Lock Washer and 2 Flat Washers (25mm O.D.)
CB	2	M16x50x2.0mm Bolt, Nut and Lock Washers

## FITTING

1. Remove lower half of bumper (screws along lower edge of lower skirt and 3 screws around each wheel arch – prise off starting at each corner. Remove upper half of bumper (2 screws around wheel arch, 4 screws attaching bumper to bumper beam). Disconnect reversing sensors.
2. Release exhaust rubber hanger from bumper beam and remove and discard bumper beam - retain original fixings.
3. Attach Cross Bar (A) to rear panel using original fixings.
4. Thread Bolt (D) through exhaust hanger and attach to Cross Bar (A) using Nuts and Washers as shown below.
5. Loosely attach Neck (ZF) using Bolts (E) with Spacers (ZSB1) and Electrical Plate (ZEP1) and Electrical Mounting Plate (ZEQ1). **Fully tighten all bolts.**
6. Cut area shown below in lower skirt.
7. 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 (10.9 GRADE)- 139 Nm, M16 - 214 Nm

