



# Fitting Instructions

TOWBAR R59U  
For Land Rover Discovery Sport  
(7 seat vehicles)  
2019-

## MATERIALS

A	1	Crossbar
B	2	Sidearm
C	8	M14 x 100 x 2 bolts, M14 Form A Washers
D	4	M12 x 110 x 1.75 bolts, Form A Washers, and M14 Nyloc Nuts
E	3	M8 x 35 x 1.25 bolt, M8 Form A Washers, 1x M8 Nyloc Nut
ZE	1	Electrical plate
ZN	1	Neck Option

## FITTING

1. Remove each rear light cluster (long plastic nut inside rear quarter-panel).
2. To remove the bumper:
  - a. Remove the silver centre panel, 2x screws and unclip from main bumper
  - b. Unclip the rearmost half of each wheel arch cover, exposing a tip screw to remove.
  - c. The screw exposed by removal of the light clusters can be taken off.
  - d. Remove 4x screws from rear face of bumper
  - e. Unclip bumper tips from vehicle and pull bumper rearwards to remove/unclip from vehicle, silicon spray can help.
  - f. Un-plug rear sensors.
3. Lower the silencer from exhaust hanger attached to crash beam.
4. Remove AdBlue tank by taking off the plastic covering via 4 plastic screws. This will expose a protective metal guard, un-bolt and remove. The Adblue can then be un-bolted, lowered slightly and supported, this will expose the pipes and electrical connections which need to be unclipped. The adblue tank can then be completely removed to gain access to the sidearm mounting points.
5. Remove the crash beam, retain the 4x M8 chimney nuts from bumper tabs and the 6x M14 bolts that secured the beam.
6. Remove the towing eye casting from inside the offside chassis rail (2 bolts from underside of chassis rail).
7. Insert Sidearms (B) into each chassis rail, aligning with holes in the bottom face of each chassis rail.
8. Loosely insert fixings (C) up through the chassis into the welded nut.
9. Loosely assemble crossbar (A) over sidearms (B) securing with original bolts from the crash beam and fasteners (D).
10. Loosely assemble Neck Kit (ZN), Electrical Plate (ZE) to Cross Bar (A)
11. **Fully tighten all Fasteners.**
12. Fit silencer back onto exhaust hanger on the towbar.
13. Reattach Adblue tank pipes and connectors and bolt back in place using 2x M8 bolts and washers from fixings (E), use 1x M8 bolt, washer and nyloc from fixings (E) to secure the metal guard back to the bar.
14. Fit chimney nuts over the holes on the cross bar bumper tags.
15. Both the inner bumper and the outer silver cover need to be trimmed to allow the neck to protrude (see diagram as a guide) take greater care on the silver panel as this is a very visible cut.

## 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- 35N

