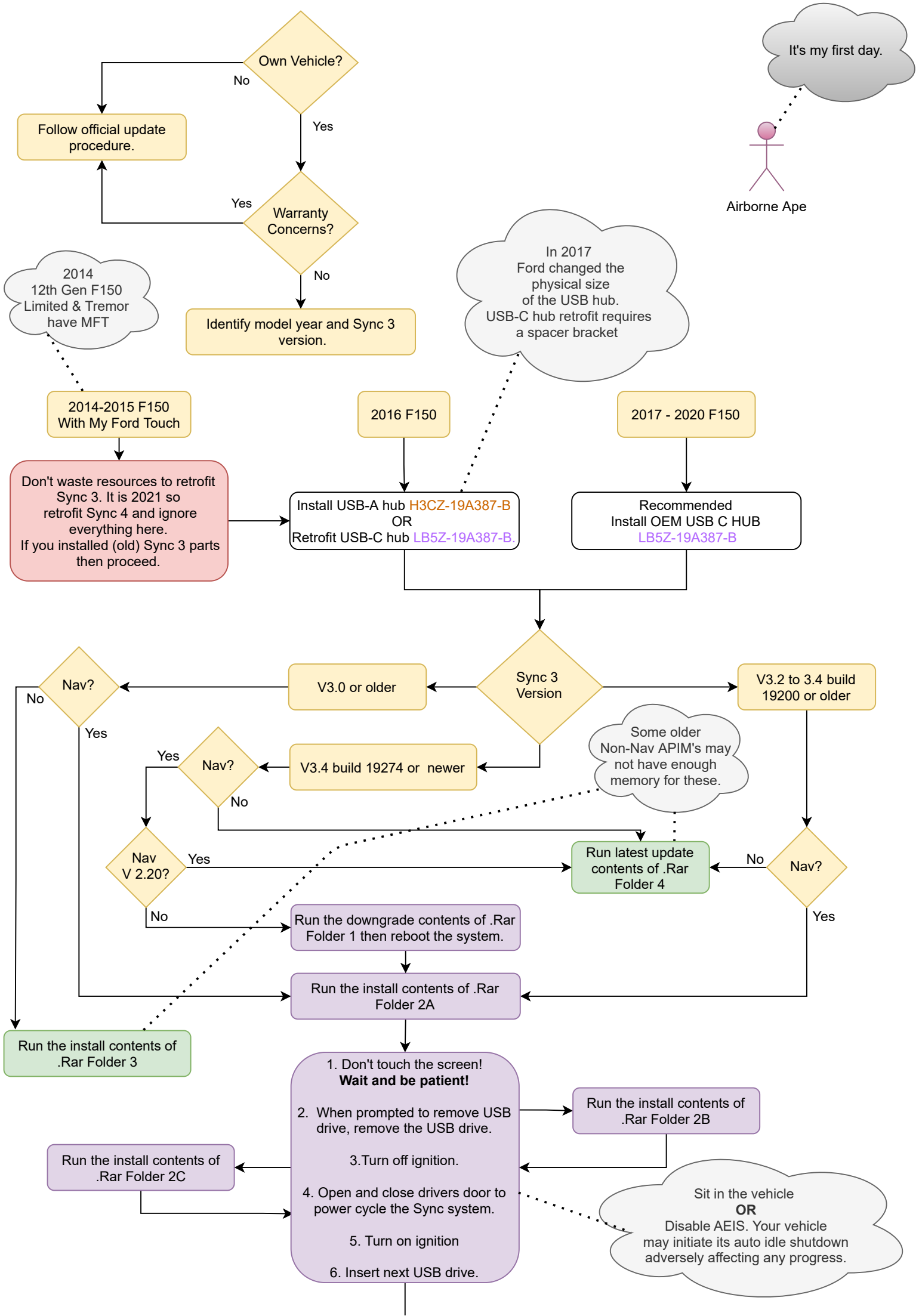
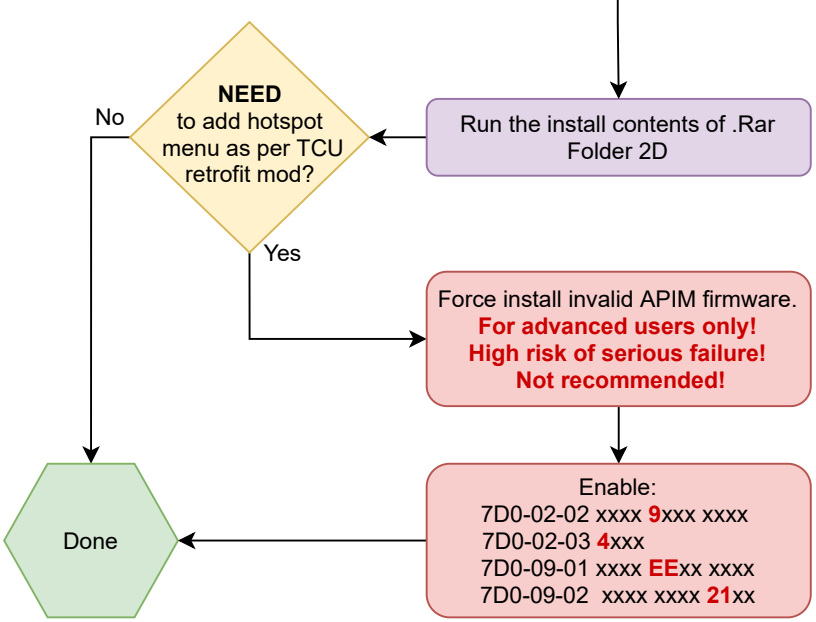

It's my first day.
Airborne Ape
Own Vehicle?
No
Yes
Follow official update procedure.
Warranty Concerns?
Yes
No
Identify model year and Sync 3 version.
2014
12th Gen F150
Limited & Tremor
have MFT
In 2017
Ford changed the
physical size
of the USB hub.
USB-C hub retrofit requires
a spacer bracket
2014-2015 F150
With My Ford Touch
2016 F150
2017 - 2020 F150
Don't waste resources to retrofit
Sync 3. It is 2021 so
retrofit Sync 4 and ignore
everything here.
If you installed (old) Sync 3 parts
then proceed.
Install USB-A hub H3CZ-19A387-B
OR
Retrofit USB-C hub LB5Z-19A387-B.
Recommended
Install OEM USB C HUB
LB5Z-19A387-B
Sync 3
Version
V3.0 or older
V3.2 to 3.4 build
19200 or older
Nav?
No
Yes
V3.4 build 19274 or newer
Yes
Nav?
No
Some older
Non-Nav APIM's may
not have enough
memory for these.
Nav
V 2.20?
Yes
No
Run latest update
contents of .Rar
Folder 4
No
Nav?
Yes
Run the downgrade contents of .Rar
Folder 1 then reboot the system.
Run the install contents of .Rar
Folder 2A
Run the install contents of
.Rar Folder 3
1. Don't touch the screen!
Wait and be patient!
2. When prompted to remove USB
drive, remove the USB drive.
3.Turn off ignition.
4. Open and close drivers door to
power cycle the Sync system.
5. Turn on ignition
6. Insert next USB drive.
Run the install contents of
.Rar Folder 2B
Run the install contents of
.Rar Folder 2C
Sit in the vehicle
OR
Disable AEIS. Your vehicle
may initiate its auto idle shutdown
adversely affecting any progress.


Run the install contents of .Rar Folder 2D
NEED to add hotspot menu as per TCU retrofit mod?
No
Yes
Force install invalid APIM firmware.
For advanced users only!
High risk of serious failure!
Not recommended!
Enable:
7D0-02-02 xxxx 9xxx xxxx
7D0-02-03 4xxx
7D0-09-01 xxxx EExx xxxx
7D0-09-02 xxxx xxxx 21xx
Done