

## Installation Instructions for FM3



Insert small screws into the countersunk hole in the black plastic square washers.

Insert that into the Quick Fists.

Place Quick Fists into the mount in the bottom holes as shown with the rubber clasps pointed down. Secure with the small washers and nuts.

Note: A thread lock compound such as Loctite is a fantastic idea here.



Move the seat all of the way back to access the seats front bolts and remove them.

Place the spacers under the mount and secure with the large bolts and washers as shown.



If you have floor mats you may need to trim as shown with the marked lines. Also you will need to add a few washers on top of the spacer to raise the mount another 1/4" to clear the floor mat clips.

If you are missing anything please email [RefinedCycle@gmail.com](mailto:RefinedCycle@gmail.com).