

## Installation Instructions for FM5

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

