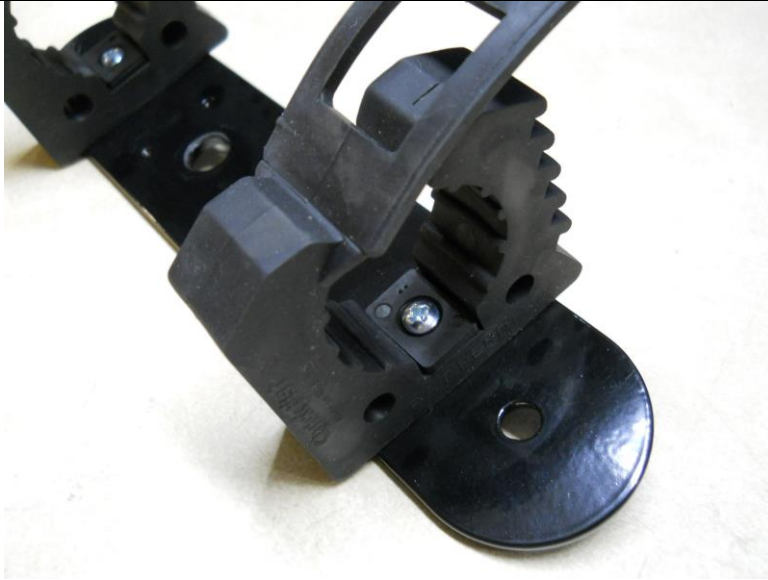


## Installation Instructions for FM7



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.



Secure with the small washers and nuts.

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



To remove the handle, pry out the square plastic screw covers with a small screwdriver and remove the screws.



Insert the M6 screws into the washers, then into the end holes of the mount.



Place a nut onto the back side. These do not thread on, they are just being used as a spacer.



Attach the mount to the existing holes in the ceiling.

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