

# Quick Fist®

## INSTRUCTIONS

See separate document for Super Quick Fist (#544) instructions.

Quick Fist® is a one-piece rubber clamp that mounts easily to keep tools and equipment firmly in place. Use on boats, off-road trucks, military equipment, ATVs or any vehicle. Can also be installed in structures such as storage sheds.

Quick Fist clamps are made of heavy duty transportation grade rubber. They're UV resistant and withstand extreme heat or cold. Ideal for marine use, since Quick Fist will not rust or corrode. Mounts easily with one #10 (5 mm) bolt or screw (not included).

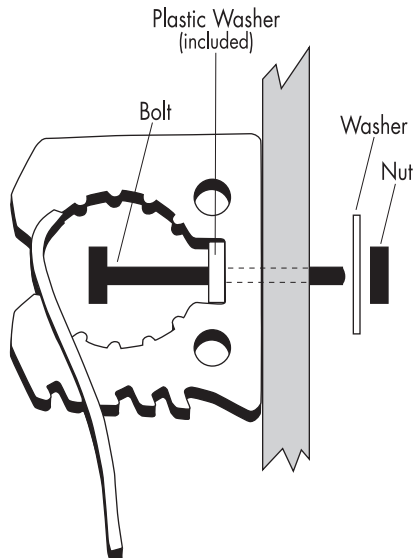
Quick Fist can also be used as a pipe stand-off, particularly in marine applications. Do not use on exhaust pipes.

- Holds objects from 1/2–2 1/2" in diameter (13–64 mm)
- Each clamp supports approximately 22 lbs. (10 kg)
- Mounting base measures 7/8 x 2 3/4" (22 x 70 mm)

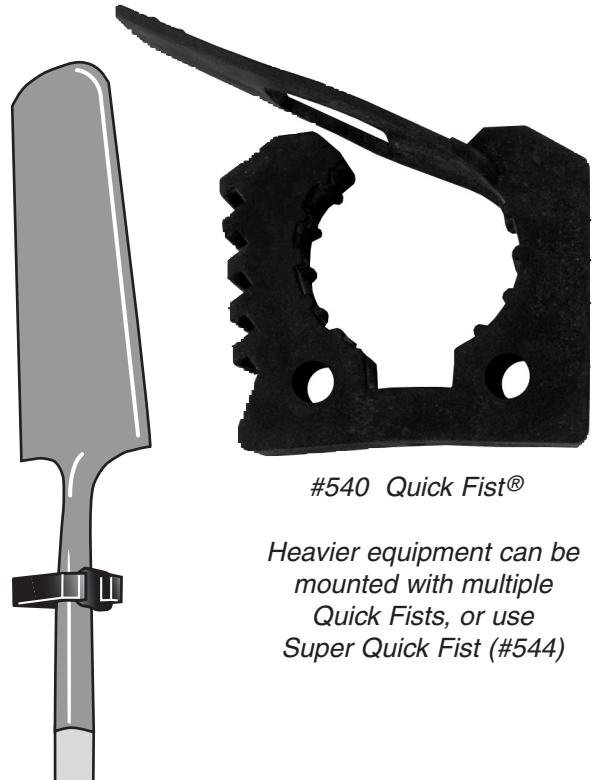
### To Install:

Quick Fist can be mounted with the strap facing in any direction. Use a #10 bolt or screw to fasten.

Do not over tighten.

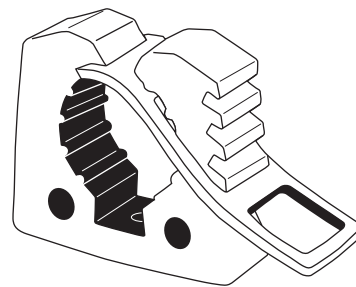


For certain applications, such as roof racks with round tubing, you can install Quick Fists using hose clamps. Make sure you center the hose clamp on Quick Fist's plastic washer to avoid cutting into the rubber clamp.

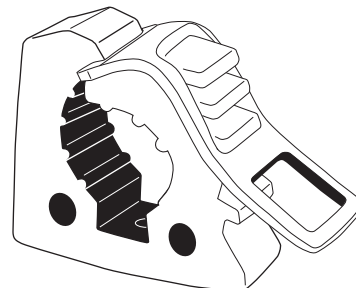


### To Clamp:

Put the tool or implement into the jaws. With both of your thumbs on the strap, PUSH the strap to reach desired tightness. Then lock in place.

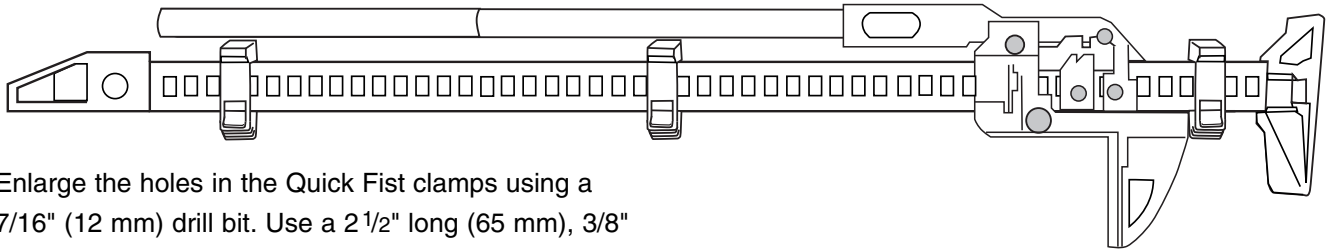


For small diameter objects, push jaw without strap down inside other jaw, then tighten strap on top of jaw.

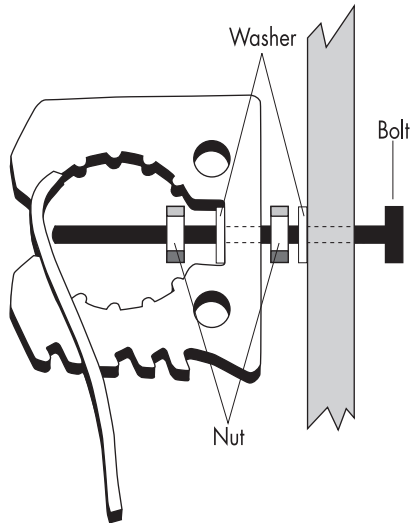


## For High Lift Jacks:

For best results, use three Quick Fist clamps evenly spaced along the steel bar of the jack.



Enlarge the holes in the Quick Fist clamps using a 7/16" (12 mm) drill bit. Use a 2 1/2" long (65 mm), 3/8" (10 mm) bolt to attach the clamp, as shown below:



To mount the jack, hold it parallel to the three clamps. Put one end of the jack into a Quick Fist clamp, with the bolt through the steel bar, then lock the clamp loosely. Next, place the steel bar into the other two clamps and lock. After all three clamps are holding the jack, tighten as necessary.

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