Thread the top plate into the top end of the threaded insert. The insert will begin to expand in diameter. Expand the insert until it just slides into the top of the leg post. Firmly press top plate down until the top plate is fully seated against the top of the leg post. Cointinue to turn the top plate, expanding the insert, until the top plate can no longer be turned. The top plate connection should now be tight and ready for use.

