



## For Maximum Results Please Follow These Simple 4 STEP INSTRUCTIONS

### YOUR POLE PARTS



### STEP 1 : Set & secure the height of your pole



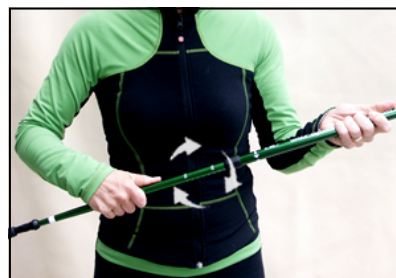
**A)** Holding the pole in your left hand with the handle out to the left. Grip the lower section of the pole with your right hand & rotate a 1/2 to 3/4 turn to the left to loosen. (Rule of thumb : Lefty-Loosey; Righty-Tighty)



**B)** Extend Lower section out to the 'LIMIT' Line (DO NOT TIGHTEN—YET)



**C)** Standing up straight place the foot of the pole on the ground with your arm relaxed at your side—hold the handle of the pole & gently push the handle down until the inside angle of your elbow is at a tight 90 degree. (Better to be a little less than 90 rather than more.)



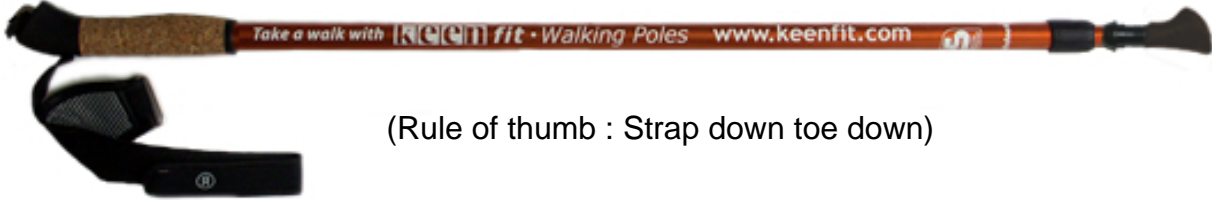
**D)** Holding the pole in your left hand with the handle out to the left—Grip the lower section of the pole & rotate it to the right to tighten—Till Snug.

**NOTE:** If you have a “3 Section” Pole **DO** TIGHTEN the lower section at Step B and then start over again at Step A), B), C) & D) using the middle section of the pole.

## STEP 2 : Set the correct direction of the road foot



**E)** Holding the lower section in one hand, extend the pole straight out in front of you with the foot closest to you & the strap hanging down. Looking down the shaft of the pole take hold of the road foot & twist it until the toe of the foot is facing down.



(Rule of thumb : Strap down toe down)

## STEP 3 : Set and secure the second pole

Following steps 1 A & B. Skip step C by pulling the pole out to the same number noted on the pole ruler of the first pole. Then do step D, followed by step 2 to set the correct direction of the road foot.

## STEP 4 : Adjust and set the palm straps



**F)** Set length of pole strap. Hold the cord plug up with one hand, while pulling the strap cords evenly up or down to the comfortable height then push down on the cord plug and pull strap down to set.



(Rule of thumb: Palm strap is best set at approximately middle of cork handle)



**G)** Fasten palm strap. First thread the palm strap through the buckle, then identify right & left straps. With mesh facing up, slide hand through the strap and place your palm on the mesh while gripping the cork handle. (Strap should be between the thumb & forefinger).



**H)** Using the opposite hand pull the strap through the buckle and across the back of your hand, securing the Velcro where comfortable. (Rule of thumb: strap should sit on the heel of your hand, not too tight – as it is a palm strap).

NOTE: Repeat for other hand