

SLIDE DISTANCE REGULATOR

PARTS: One long strap, two identical buckle loops

One long strap with a folded loop sewn offset from the middle



Two identical buckle loops

ACCESSORY IN USE



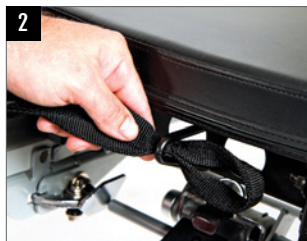
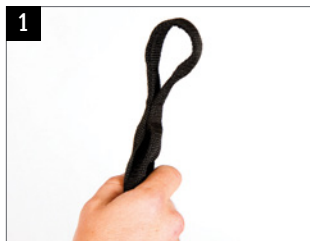
INSTALLING LONG STRAP TO GLIDEBOARD

TO BEGIN INSTALLATION: Remove the center pulley snap link from the glideboard ring and leave unattached from unit for now. **STEPS 1 AND 2.** Insert the sewn center loop of the long

strap through the glideboard ring six or more inches. **STEP 3.** Open the sewn loop in the strap and **(STEP 4)** insert both straps all the way through the sewn loop.

STEPS 5 AND 6. Pull both straps until the loop is taut on the glideboard ring and there are no kinks in the sewn loop.

CONTINUED ON REVERSE SIDE.



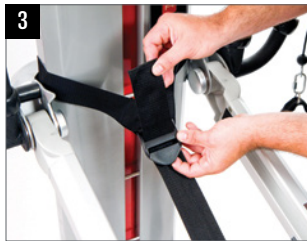
SLIDE DISTANCE REGULATOR

INSTALLING BUCKLE LOOP ON TOWER

STEP 1. Make sure there are no objects between the top of the tower and where the Slide Distance Regulator (SDR) buckle loop will rest on the tower cross arm, including cables, lock pin, pulleys, etc. **STEP 2.** Open one buckle loop and slide it around the tower, positioning the buckle loop as low as possible against the tower cross arm. If there is a detent pin, make sure the buckle strap sits between it and the tower.



STEP 3. Lace the short end of the strap from the glideboard through the bottom of the buckle by inserting one end of the strap through the back slot of the buckle and then loop it down through the front slot of the buckle and pull towards the glideboard. **STEP 4.** Now pull the strap until the glideboard motion limit is as desired. **HINT:** The glideboard is shown pulled from the bottom by the strap with the left hand.



INSTALLING BUCKLE LOOP ON RAIL BASE

STEP 1. Grab the remaining buckle loop. Move the glideboard up out of the way and slide the other buckle strap under the lower rail base from the inside of the rails so the buckle is facing up on floor facing tower as shown. **STEP 2.** Wrap the buckle strap over the rail base and... **FOLLOW ARROW FROM STEP 2 TO STEP 3**



STEP 3. Insert the buckle through the loop and pull it tight as shown. **STEP 4.** Take the long end of the strap from the glideboard and pull it under the glideboard and over the silver crossbar. Then pull the long strap towards the rail base of the unit. **STEP 5.** Thread strap through buckle as directed before. **NOTE:** The strap should not be twisted or entrapped under the



rail hinge or around the gas struts. **STEP 6.** Push the glideboard to the desired upper motion limit and hold it there. Then pull the end of the strap from the buckle until there is no slack in the buckle loop and strap. Test the motion of the glideboard with your hands. The buckles should hold a firm grip on the straps from the glideboard.



THE SLIDE DISTANCE REGULATOR IS NOW READY TO USE.

Increase or decrease the range of motion by adjusting the length of the strap through the buckles.

NOTE: Discontinue use if any part of the Slide Distance Regulator becomes damaged or altered in any way.