

# INSTRUCTION

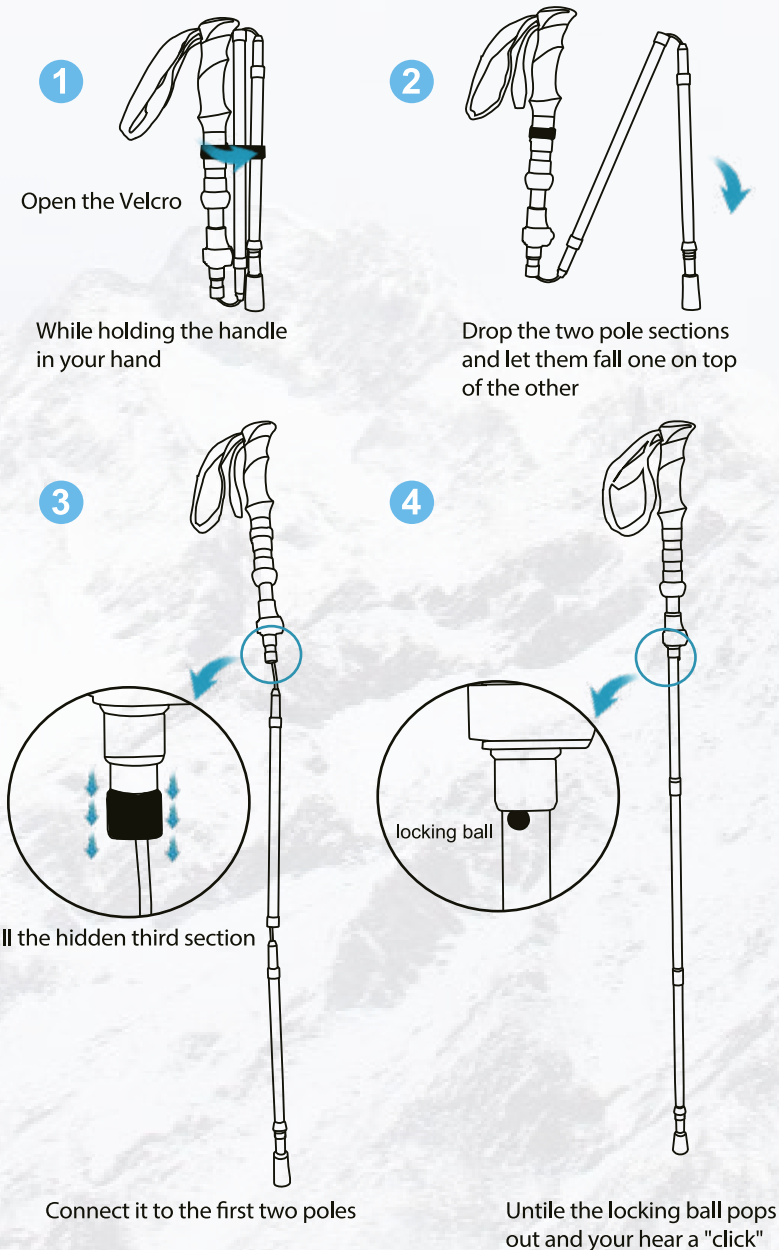


**ALPINO LOCKER**  
MOUNTAIN GEAR SINCE 1993

**NEED HELP?**  
[SUPPORT@ALPINLOCKER.AT](mailto:SUPPORT@ALPINLOCKER.AT)

[WWW.ALPINLOCKER.COM](http://WWW.ALPINLOCKER.COM)

## How to use



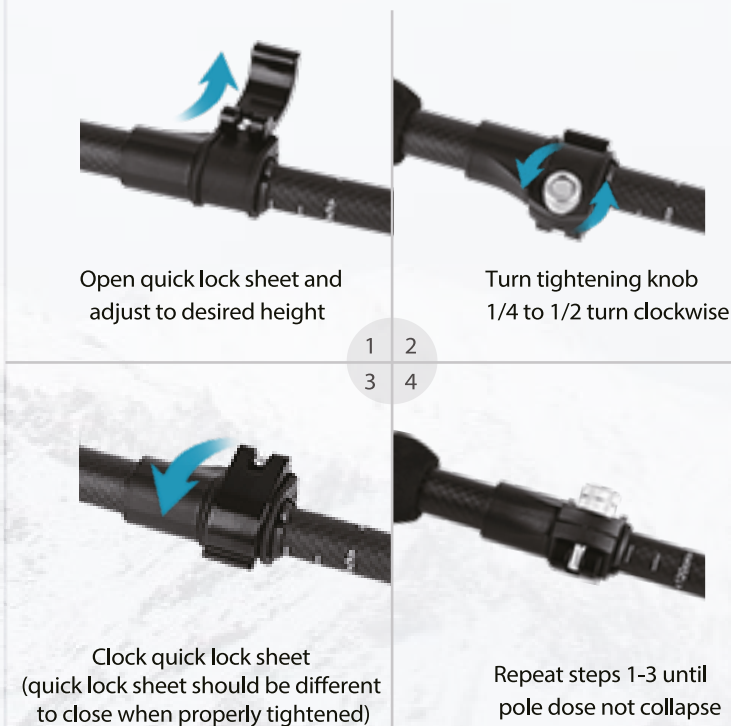
## How long should my poles be?

YOUR HEIGHT	POLE LENGTH	YOUR HEIGHT	POLE LENGTH
150cm-155cm	100cm	171cm-175cm	120cm
156cm-160cm	105cm	176cm-180cm	125cm
161cm-165cm	110cm	181cm-185cm	130cm
166cm-170cm	115cm	186cm-190cm	135cm

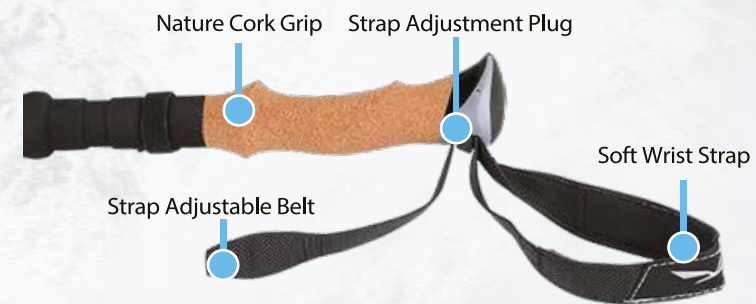
## How to use the quick lock?



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## How to use the strap?



Step1: Pull out the Strap Adjustable Belt and Plug



Step2: Adjusted the strap to suitable tight to help support the weight of your hand on the pole



Step3: Put your hand through the appropriate strap from the bottom