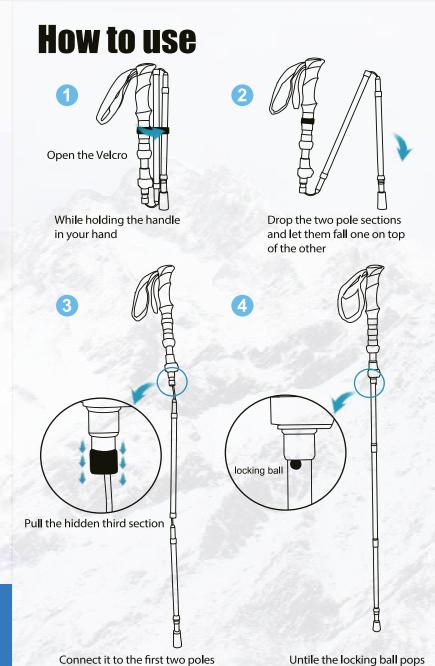
## **INSTRUCTION**





NEED HELP? SUPPORT@ALPINLOACKER.AT

WWW.ALPINLOACKER.COM



## How long should my poles be?

out and your hear a "click"

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?





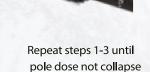
1 2

Open quick lock sheet and adjust to desired height

Turn tightening knob 1/4 to 1/2 turn clockwise



Clock quick lock sheet (quick lock sheet should be different to close when properly tightened)



## How to use the strap?

Nature Cork Grip Strap Adjustment Plug

Soft Wrist Strap

Strap Adjustable Belt



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