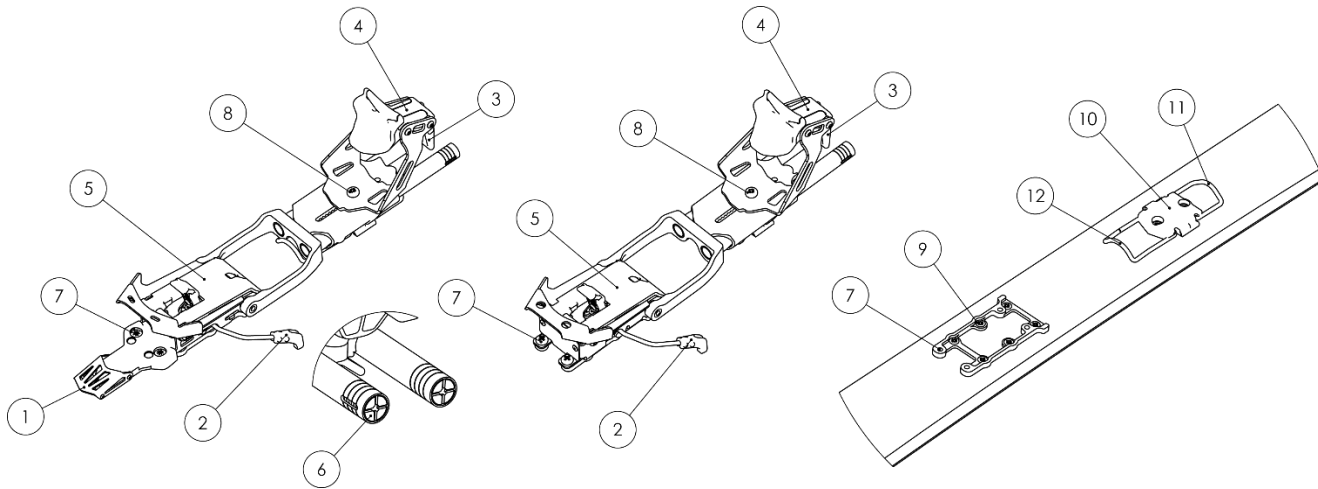


For detailed instructional videos go to the [FAQ page](#) at [BishopShreds.com](#)



## MOUNTING THE SWITCH KIT

You will need: paper template, marker, ruler, glue and a #3 pozidriv screwdriver. Take it to an experience ski mounting tech or follow our video if you are the handy type.

## MOUNTING & SWITCHING BINDINGS

Simple. All you need is a #3 pozidriv screwdriver (a standard #3 Phillips will work too). For the BMF/R binding you must place the binding in tour mode to access the rear two screws. For added security, apply a small amount of thread locking fluid (e.g. blue Loctite) to screw threads and hand tighten the screws in an X pattern. Periodically check that the screws are tight.

## INSTALLING AND SWITCHING BRAKES

Remove toe cage cover [5] by pressing in the front snaps and rotating up. For the BMF/R, place the binding in tour mode by lifting up the tour lever [1]. Rotate the binding up to access the Ski Brake area. For the BMF/3, the binding must be removed from the Switch Plate. Place the brake assembly into the binding so that the legs of the springs sit on the base plate and the back tabs on the brake cover sit underneath the baseplate. Use supplied screws and #2 Phillips screwdriver to screw down the front of the brake cover into the threaded holes on the base plate. **DO NOT** over tighten screws.

## SIZING BINDINGS FOR YOUR BOOTS

Loosen boot fitting screw [8] using a #3 pozidriv screwdriver until you feel gentle resistance. Adjust heel assembly to approximate position of boot size. Place boot toe in toe cage and adjust the heel so that the heel of the boot fits snugly in the contour of the heel lever. Take the boot out and

- |   |                 |    |                    |
|---|-----------------|----|--------------------|
| 1 | Tour Lever      | 7  | Binding Screws     |
| 2 | Ski Brake       | 8  | Boot Fitting Screw |
| 3 | Heel Lock       | 9  | Ski Screws         |
| 4 | Heel Lever      | 10 | Switch Pad         |
| 5 | Toe Cage Cover  | 11 | Low Climber        |
| 6 | Spring Adjuster | 12 | High Climber       |

hand tighten the boot fitting screw. When the boot is in the binding, it should be a snug fit, with about 5mm of a gap between the Knuckle and Rear Case.

## STEPPING IN AND OUT

Simply step in and out of the binding like our fixed heel brothers and sisters. We recommend that you always flip the Heel Lock [3] up and under the Heel Lever [4] while skiing. To step out, first flip the Heel Lock [3] down. A slight twisting motion with your toe works best to get the toe out, especially with 75mm boots.

## PERFORMANCE ADJUSTMENTS

You can adjust the "activeness" or force to flex the binding by screwing the Spring Adjusters [6] in (more active) or out (less active) with a screwdriver. Use the lines marked on the tube for guidance, and make sure that the Spring Adjuster is at least flush with the back of the tubes.

## TOUR MODE (BMF-R)

Pull up and back on the tour lever [1] to go into free pivot tour mode. This should be done with your hand. To go back into ski mode, ensure the binding is firmly down on the ski (heel resting on switch pad), and snow is cleared from under the Toe Cage Cover [5]. Using your hand, push the tour lever Forward and then Down. **DO NOT** force it. If there is resistance check and clear the binding of snow or ice.