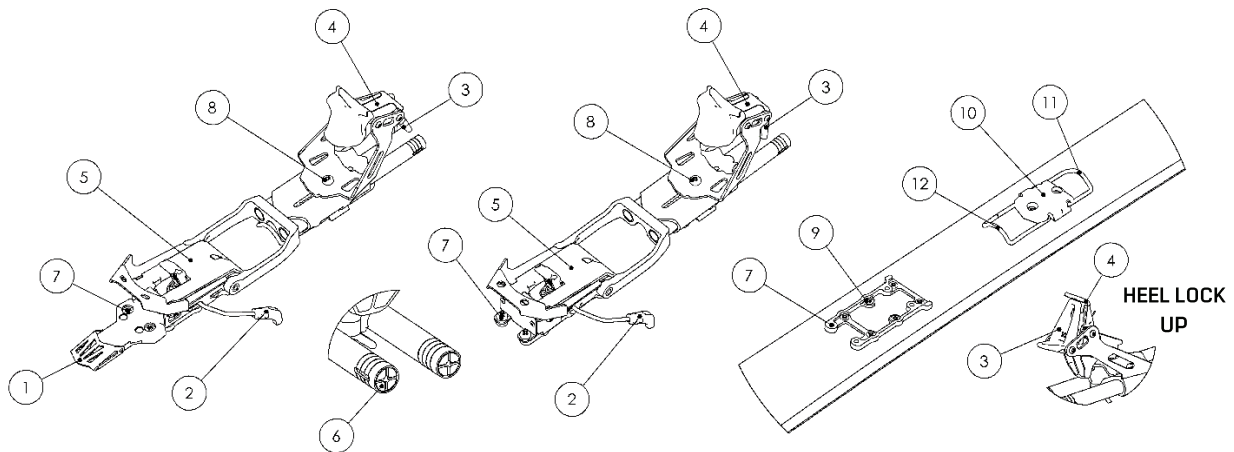


For instructional videos visit BISHOPSHREDS.COM



MOUNTING THE SWITCH KIT

You will need: Drill, drill bit, paper template, marker, ruler, glue and a #3 pozidriv screwdriver. Note that some Switch Plates allow for an extra middle screw to be placed at the back [not shown]. Take it to an experienced ski mounting technician or follow our video. Measure three times.

MOUNTING & SWITCHING BINDINGS

Use a #3 pozidriv screwdriver (a standard #3 Phillips will work in a pinch) to screw in the four Binding Screws [7] per binding. 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

For the BMF/3, remove the Toe Cage Cover [5] by pressing in the side snaps and rotating up, then remove from the Switch Plate. For the BMF/R, place the binding in tour mode (see below) to access the Ski Brake area [2]. 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 until snug. **DO NOT over tighten screws. CHECK THAT BRAKES ARE NOT LOOSE OR FLOPPY. IF THEY ARE LOOSE CHECK TO MAKE SURE THE SPRING LEGS ARE ON THE BASEPLATE AND NOT STICKING OUT BELOW THE BASEPLATE AND NOT ENGAGED.**

SIZING BINDINGS FOR YOUR BOOTS

Loosen boot fitting screw [8] using a #3 pozidriv screwdriver until you feel gentle resistance. Slide Heel bracket back. Place boot toe in toe cage and adjust the heel forward so that the heel of the boot fits snugly in the contour of the Heel Cup [4]. Take the boot out and hand tighten the boot fitting screw. Now step the boot into the binding.

- | | | | |
|---|-----------------|----|--------------------|
| 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 |

USE THE BOOT FIT CHECK ON THE BACK OF THIS GUIDE TO ENSURE PROPER BOOT FIT AND BINDING PERFORMANCE.

STEPPING IN AND OUT

Put your toe in the Toe Cage [NOTE: 75mm bindings have a dedicated LEFT and RIGHT], align heel and step down. If the Heel Lever doesn't flip fully up onto the top of your boot heel, give it a little tap. Then use your pole to push the Heel Lock [3] UP into place under the Heel Lever [4] – see image above. To step out, *gently* push the Heel Lock [3] down with a pole, boot or ski, then push the Heel Lever down while lifting the boot heel out. 75mm "duckbill" boots require some practice to get the toe out smoothly. A slight twisting to the outside while pulling back and keeping the boot low works best.

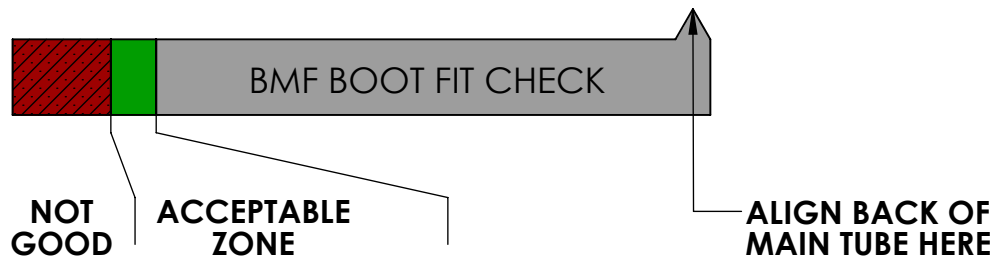
PERFORMANCE ADJUSTMENTS

Adjust the activeness and flex by screwing the Spring Adjusters [6] from position 1 to 4. Position 1 at the back of the tube is least active, with less force to bend the knee, while position 4 towards the front is most active, with more force to bend the knee. You can purchase the Softer Spring Kit to lower the overall force by 30%. The Spring Adjuster threads must be fully engaged with the tube threads.

TOUR MODE (BMF-R)

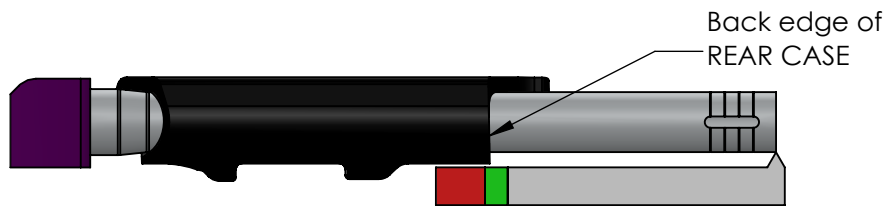
Pull UP and BACK on the tour lever [1] to go into free pivot tour mode. This should be done with your hand. To go back into ski mode, ensure snow and ice is cleared from under the Toe Cage Cover [5]. Using your hand, push the tour lever FORWARD and then DOWN - do NOT force it. If there is resistance, clear the area under the toe cage cover of snow or ice and try again.

Questions? Email INFO@BISHOPSHREDS.COM or call us at 970-306-6123. THANK YOU for choosing BISHOP!



Use this tool to make sure your BMFs are properly adjusted for your Telemark boots with a proper amount of spring "pre-load."

1. Place your boot fully in the binding with the Heel Lock engaged
2. Align this tool with the back end of the tube, as shown below
3. Check that the back end of the REAR CASE lines up somewhere in the ACCEPTABLE zone like shown below



GOOD TO GO SHRED!

