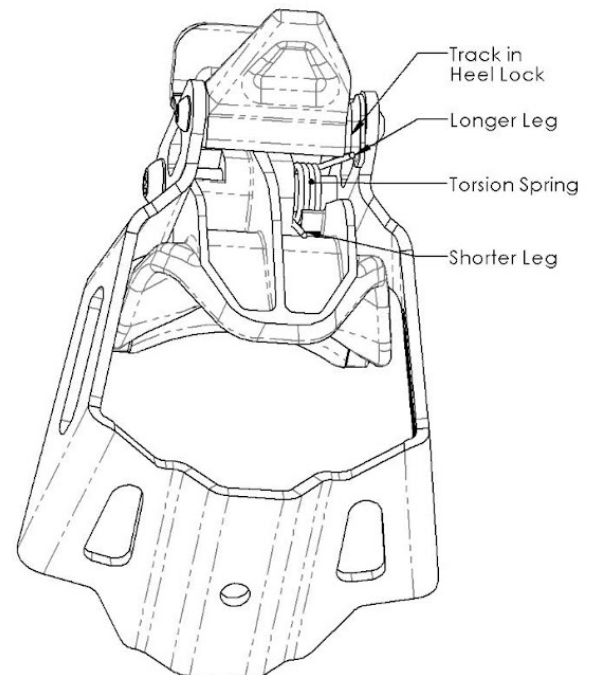
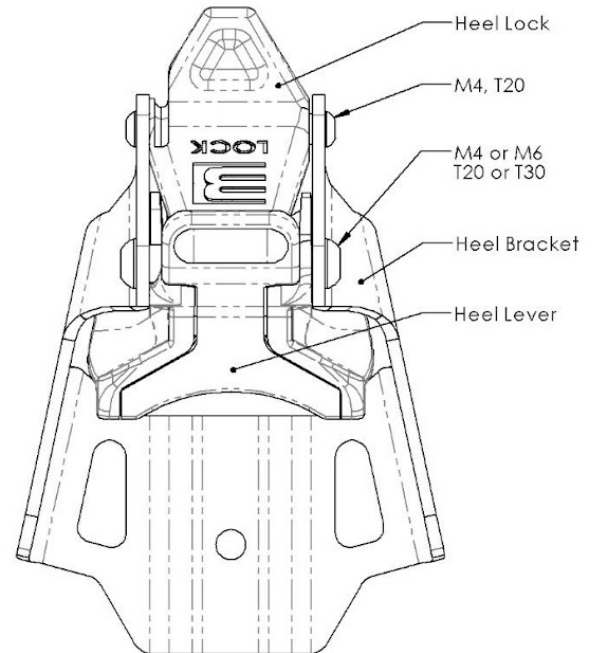


BMF Heel Lock Upgrade



Tools needed: 2x T20 Torx drivers, 2x T30 Torx drivers, RED Loctite (if screws are not pre-treated)

- 1 The binding can stay on the ski. Open Beer (if applicable)
- 2 Using two T20 torx drivers (one on each side), loosen and remove one of the M4 screws on the rear shaft that the Heel Lock rotates around. This shaft has Loctite, so it may be difficult to break the screws free
- 3 Using two T20 or T30 torx drivers (depends on model year), loosen and remove one of the M6 screws on the front shaft that the Heel Lever rotates around. These screws have Loctite, so it may be difficult to break the screws free
- 4 Slide the rear and front shafts out and remove Heel Lock and Heel Lever. BE CAREFUL: the torsion spring is applying force to them. Put the beer down (if applicable)
- 5 Insert the new Torsion Spring onto the Heel Lever so that the shorter leg is on the INSIDE (see image), and holding the Heel Lever in position, slide the front shaft through the Heel Bracket, Heel Lever and Torsion Spring as it was before.
- 6 If screws are not pre-treated, Apply a tiny bit of Loctite to the threads of the screw, and hand tighten it to the shaft.
- 7 This part can be a little tricky. Bend the longer leg of the Torsion Spring down, and place it into the track on the side of the new Heel Lock (see image). It will tend to hold the new heel lock in place so you can reinstall the rear shaft. MAKE SURE THE LEG OF THE TORSION SPRING IS IN THE TRACK.
- 8 Slide the rear shaft through the Heel Bracket and Heel Lock. If not pre-treated, apply a tiny amount of RED Loctite to the screw and hand tighten using two T20 Torx drivers.
- 9 Repeat and you're done! Finish your beer, recycle the can/bottle, high-five yourself, and go shred!



Questions? Email us at info@bishoptelemark.com. THANK YOU for supporting and choosing BISHOP TELEMARK!