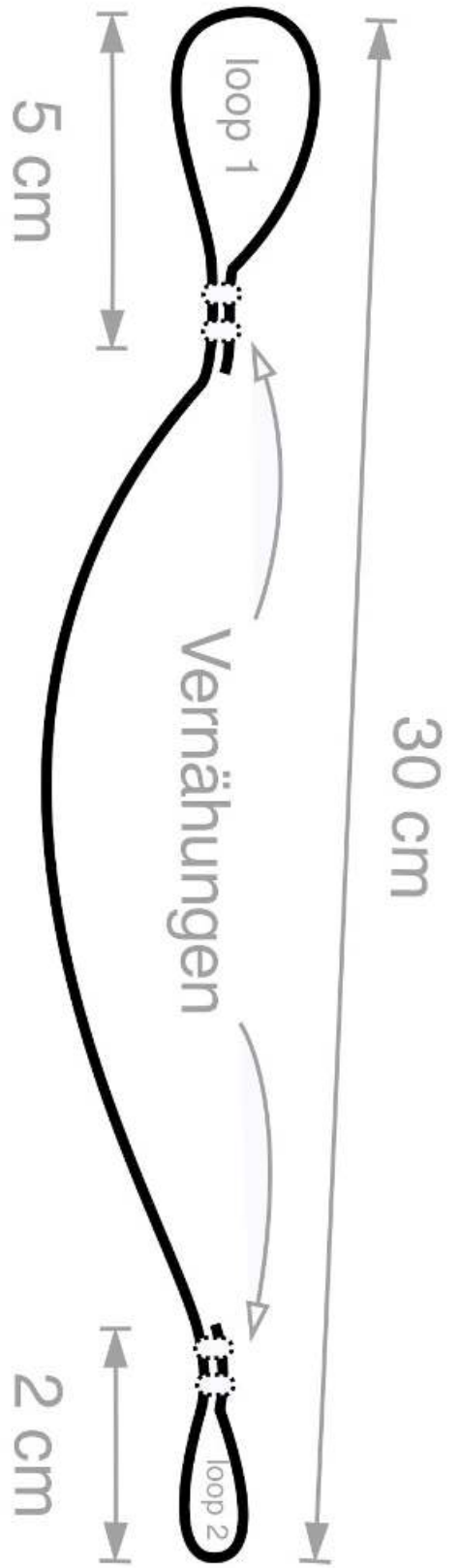
aerobis fitness GmbH | Dieselstr. 6 | 50859 Cologne / Germany | office@aerobis.com

aeroSling grip knot assembly instructions

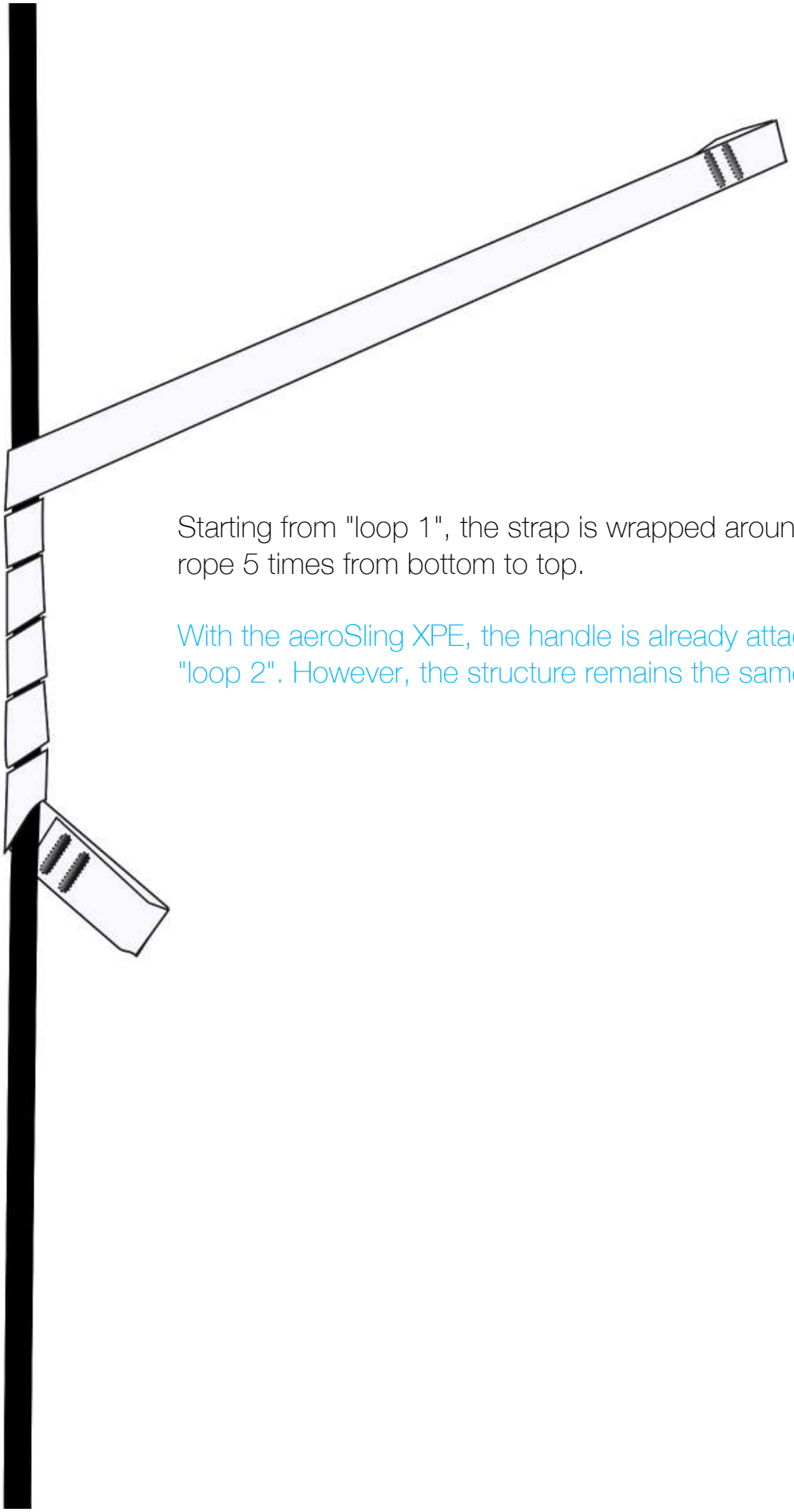
The grip knot of the aeroSling is designed as a clamp knot and usually does not need to be opened. This is also described accordingly in the instructions. Should you however open the knot, you are responsible for the proper condition and hold from now on.

In the following we will show you how to wrap the knot. If you have any doubts or the knot does not work as expected, the device must be sent in for service.

Contact our service team at office@aerobis.com to arrange service for your aeroSling.


loop 1
5 cm
30 cm
Vernähungen
2 cm
loop 2

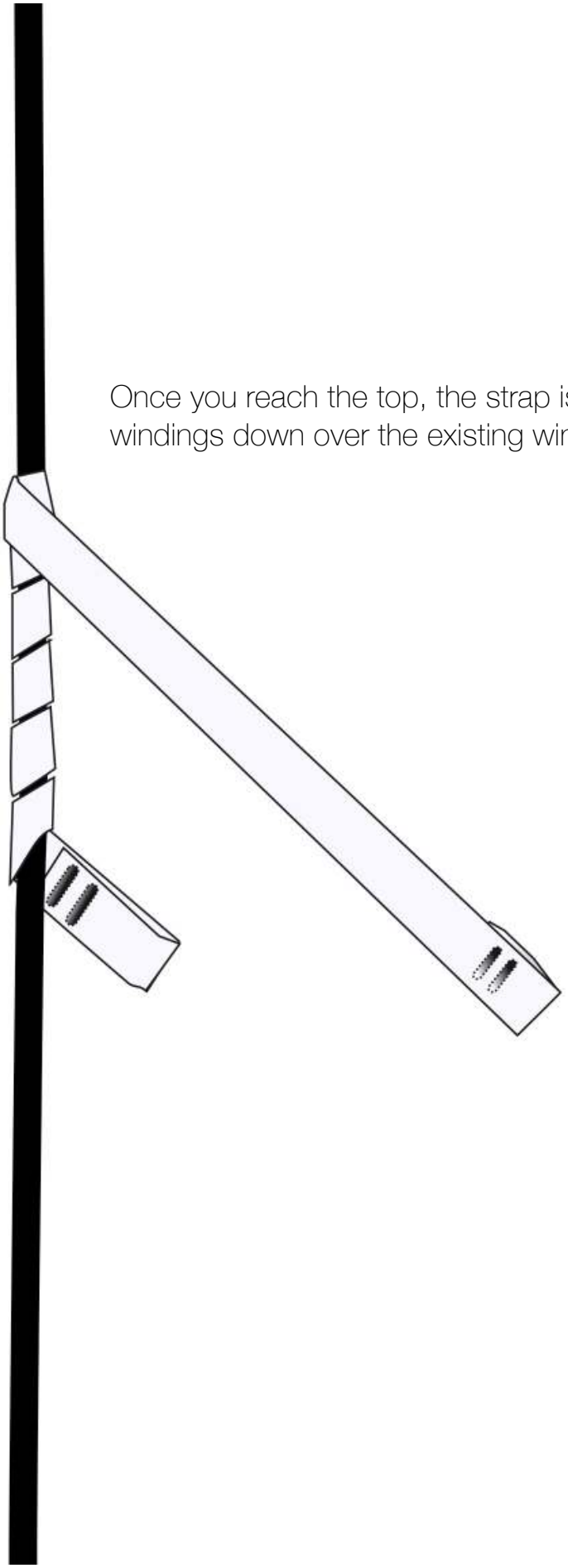


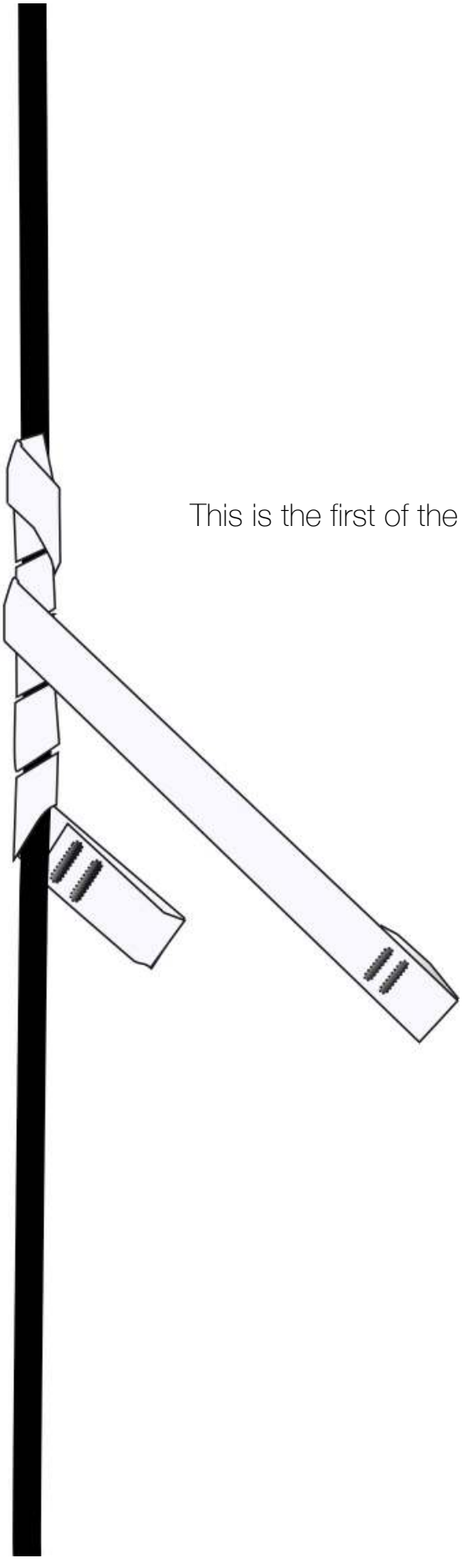


Starting from "loop 1", the strap is wrapped around the main rope 5 times from bottom to top.

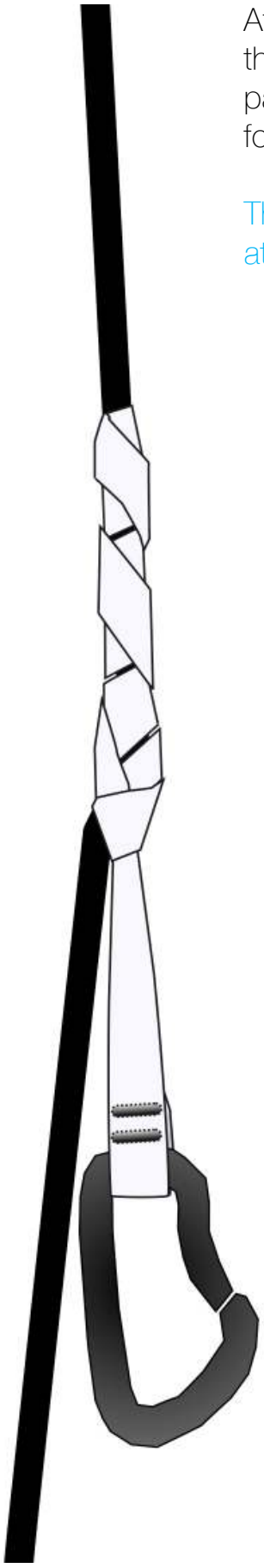
With the aeroSling XPE, the handle is already attached to "loop 2". However, the structure remains the same.

Once you reach the top, the strap is placed a total of 2x full windings down over the existing windings.



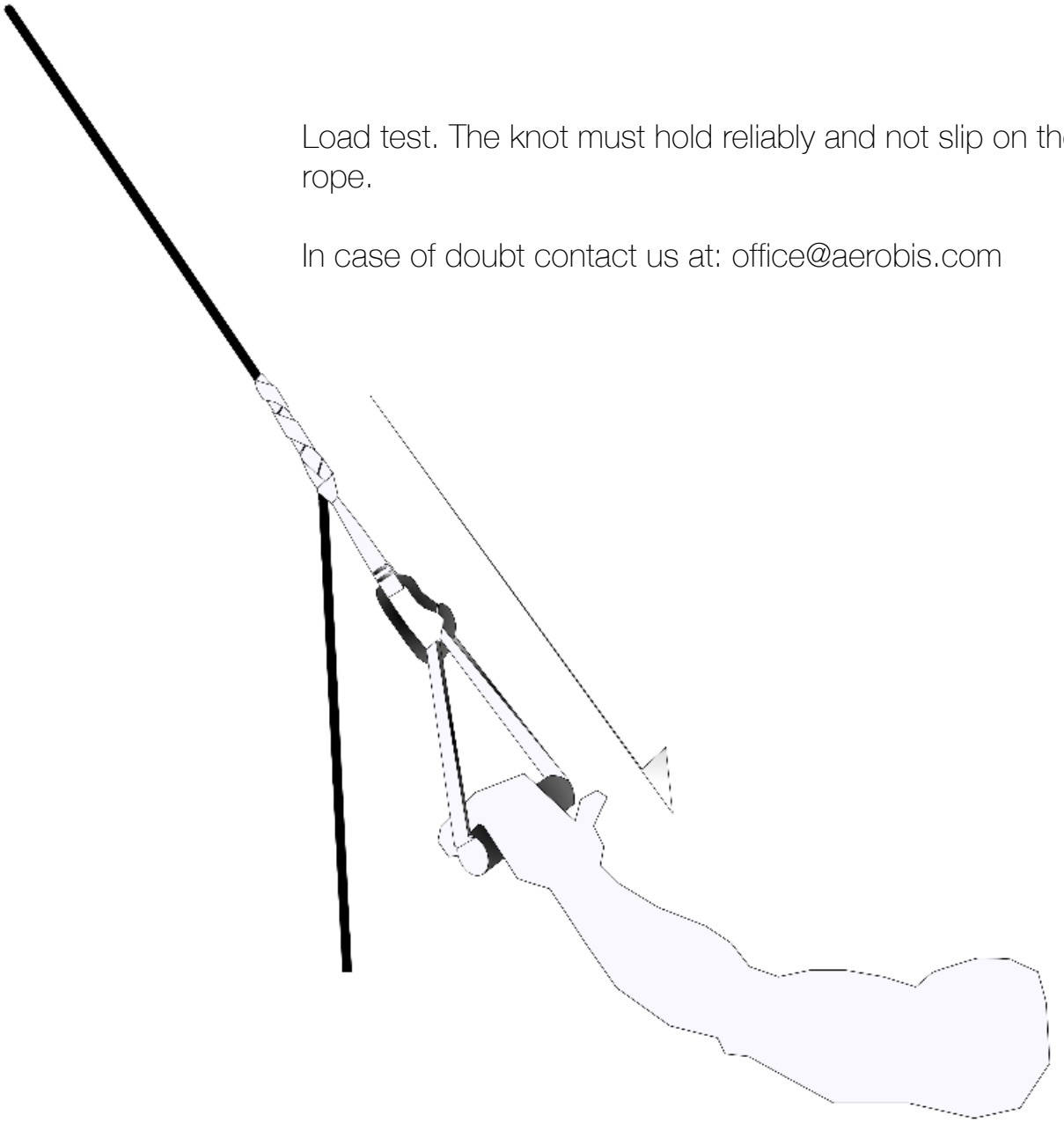


This is the first of the two full windings.



After the second full winding, the end of "loop 2" is passed through the opening of "loop 1". A carabiner can then be passed through "loop 2", which serves as a load attachment for loads.

The aeroSling XPE has no carabiner and the handle is attached directly to the handle knot sling.



Load test. The knot must hold reliably and not slip on the rope.

In case of doubt contact us at: office@aerobis.com