

Dear Customer,

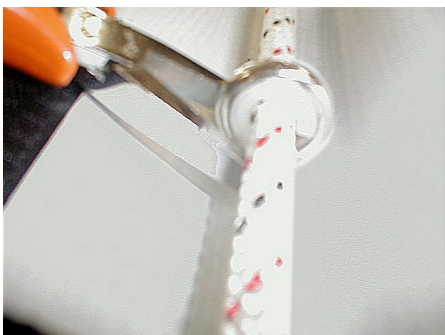
This is the technical description how to change the main rope on the back board of the HG harness TENAX.

- remove the back board from the harness fixed by Velcro and open the Maillon carabiner which attaches the safety strap to the harness.
- cut the main rope and remove the two parts from the back board.
- introduce the plastic parts into the forgedhead eye bolts using pliers, as shown in photos 1-2-3.
- insert the longer part of the rope into the rear bigger hole, under the back board, as photo 4.
- insert the same end of the rope into the rear "forgedhead eye bolt", as in photo 5, then into the plastic part of the main strap, as in photos 6-7-8, then into the front "forgedhead eye bolt", at the end into the front larger hole, as in photos 9-10.
- catch the end part of the rope in a vicelike grip, photo 11.
- take the shackle from the old cut rope and put it on the rope close to the front hole, keeping it close, as in photo 12.
- Put a soft foam between front part of the back board to the vicelike grip, to avoid damaging the backboard, as in photo 11.
- unscrew the forgedhead eye bolts from the back board to simplify the stretching of the main rope.
- press down with your arm on the other end of the back board, to lever on the rope and stretch it, photo 13.
- tighten the shackle to stop the rope stretched, as in photo 14.
- put an overhand knot in the rope close to the shackle, for more safety, as in photo 15.
- reattach the forgedhead eye bolts with the screw, in the original position, as in photo 16-17.
- put the back board back in its place, fix it with the Velcro **and reattach the safety strap to the Maillon carabiner, then close the screw.**

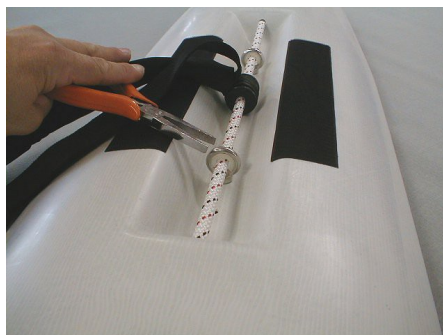
Different stretch on the rope is not a safety problem.

Low stretch = harness too stable on the pitch.

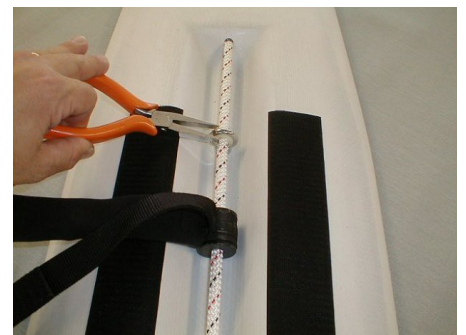
Too stretch = harness too sensible on the pitch.



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18