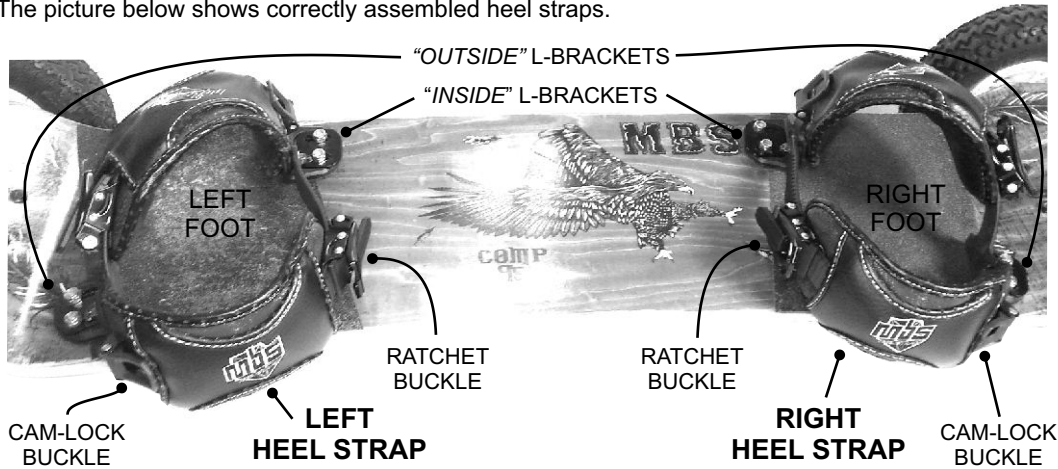


MBS F5 HEEL STRAP INSTALLATION

KNOW WHAT YOU WANT

The picture below shows correctly assembled heel straps.

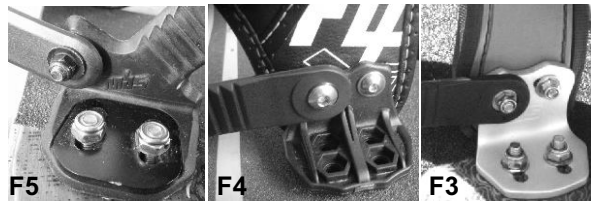


NOTE FOR OLDER BINDINGS

This manual shows installation on F5 bindings. Use short screws for F5 bindings.

F3 bindings: Assemble the same as F5 but use long screws.

F4 bindings: The direction of the mounting screws is reversed compared to F5/F3 so the screw head will be on the outside side of the L-brackets. Use short screws. Nuts are not required for F4 bindings; the screws screw directly into the binding strap.



F5 & F4 Bindings
Short Screws

F3 Bindings
Long Screws



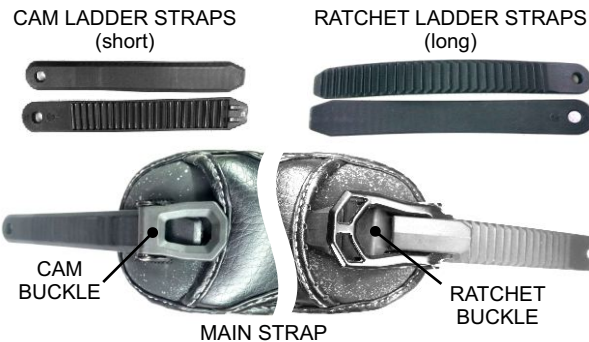
TOOLS

- 4mm Hex Key
- 8mm or Adjustable Wrench



ASSEMBLE LADDER STRAPS ONTO MAIN STRAPS

This may already have been done. Note difference between the ladder straps used for the ratchet buckles vs. the cam buckles (refer pic).



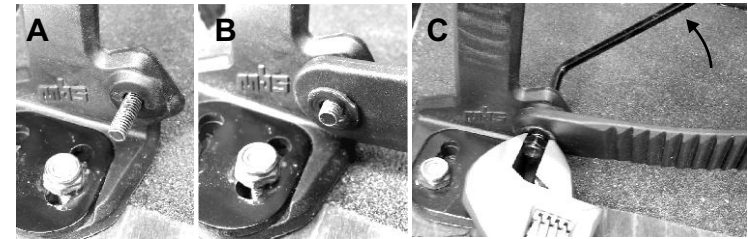
The teeth of the ratchet ladder straps will face outward when assembled. The teeth of the cam ladder straps will face inward when assembled.

RIGHT FOOT

Attach ratchet ladder strap to **inside** L-bracket.

- Insert screw into hole.
- Place ratchet ladder strap and washer onto screw (in that order).
- Tighten to the point the ladder strap does not fall down when rotated upward.

Note: For clarity we have removed the F5 binding main straps in the pictures shown. If you don't want to do this adjust them to largest setting to give you more room to work.

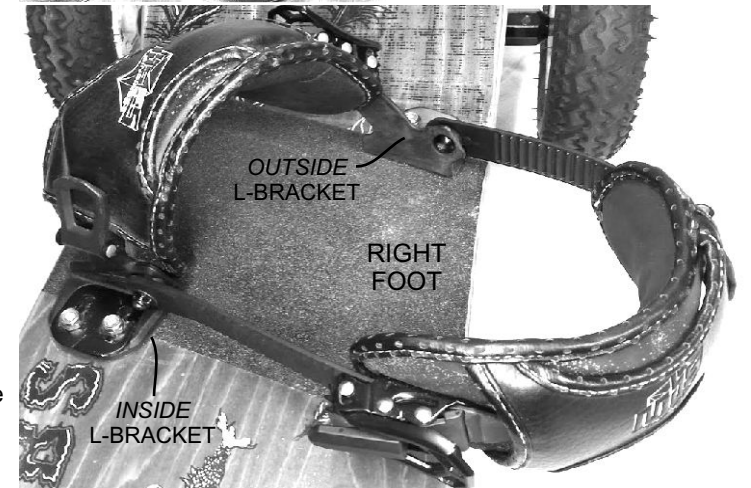


Attach cam ladder strap to **outside** L-bracket.

- Repeat instructions above, but for *outside* L-bracket.

Nuts should be on the outside of the L-brackets (away from your foot).

Your correctly assembled right heel strap should look like the picture to the right.

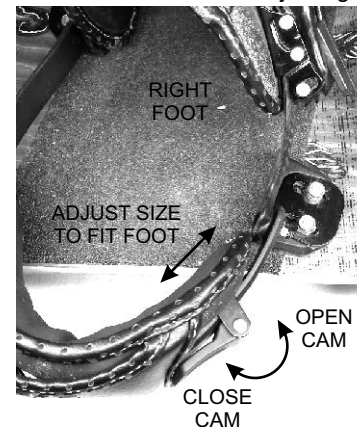


LEFT FOOT

Use the RIGHT FOOT instructions above to assemble left heel strap. The left be the mirror image of the right.

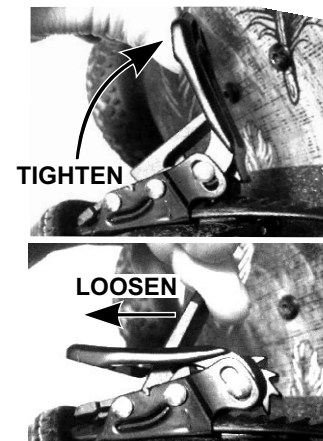
COARSE ADJUSTMENT

Open cam buckle to adjust the heel strap to the size of your foot. For average feet adjust so end of heel strap just touches L-bracket. Close cam when done adjusting.



FINE ADJUSTMENT

Use ratchet buckle to tighten/loosen heel straps. To tighten, lift ratchet lever. To loosen lift release lever.



RIDING WITHOUT HEEL STRAPS

Remove heel straps from ladders, then flip ladders over to toe side of board so they do not interfere with getting in/out of your bindings.

