



## KK CF Stirrup INSTRUCTIONS / RECOMMENDATIONS

**WARNING:** If you don't know how to put on a pair of climbing stirrups you should not have brought a KK product, they are for experienced / confident climbers only! Discontinue use !

You will notice the velcro straps have no 'pull back' bar to 'synch' them up onto your leg. This is because after a year of testing we decided it was not needed. The lack of this means there is no extra material flapping about as they wrap right around and stick back onto themselves. The best method to get them nice and tight is to use the memory and strength of the shin cup-

1: When your shin is pressed against the shin cup hold the strap tight in one hand and press the part of the shin cup you are about to stick the strap to hard against your leg. This squashes the shin cup and forces it to mold to the shape of your leg.

2: Then (making sure you don't collect any of your chainsaw trousers between the velcro) wrap the strap on nice and tight. The shin cup will try to flex back to its original position, this pushes the strap into your calf. The result is a nice tight fit and the lack of extra velcro hanging around means they won't come undone. Enjoy.

### Your climbers will arrive in pieces, you will need:

- Hex shaped allen keys size 5mm
  - Flat head screw driver
  - Blunt butter knife or similar
- to assemble them. Please watch this video for instructions: <https://youtu.be/wUaKM-xNKmU>

### Basic assembly instructions:

1. Attach rings to lower straps using blunt butter knife or similar.
2. Attach lower straps to stirrup eyelets insuring the velcro strap is toe side and it is able to fold back on itself
3. Mark up shin cup position ( instructions below )
4. Install shin cups onto stirrups. Insert cap screw from foam side, push through stirrup and tighten nylocs on stirrup side.
5. Install top straps onto shin cups – Velcro fluff going in through foam side first and facing toward thinnest part of cup when inserting
6. Install spikesender and spacer with M8 bolts, sandwiched between gaffs and stirrup. M8's need to be done up tight. Short M8 in top and Long M8 in bottom.

### Setting your shin cups:

1: Undo the bolts and Step into the stirrup with your work boots / chainys on. The stirrup will be in an upright position with the bottom on flat ground. Hold the shin cup so that the strap wraps around the fattest part of your calf or only just above.

2: Keeping the shin cup in that position, make a mark on the shin cup along the outside of the stirrup with a whiteboard marker or pencil.

3: Step out - line up the closest holes in the stirrup with the holes in the shin up. You may have to hold them up to a light to see where they line up.

4: Place bolts back in and do the nyloc nuts up on the stirrup side. It may be a bit 'fiddly' trying to do this and having patience will insure you don't cross thread the bolts into the brass inserts. Once they are done up it is advisable not to keep undoing and re-tightening so when you are trying to find the height that suits you a moderate tighten is advisable.

6: If you find shin cups digging into the top of your inner shin lower or raise the cup a notch find the best fit for you. Are you climbing with chainsaw protective trousers? You should be! If not try shin wraps, they are readily available from amazon and other online shopping sites.

