

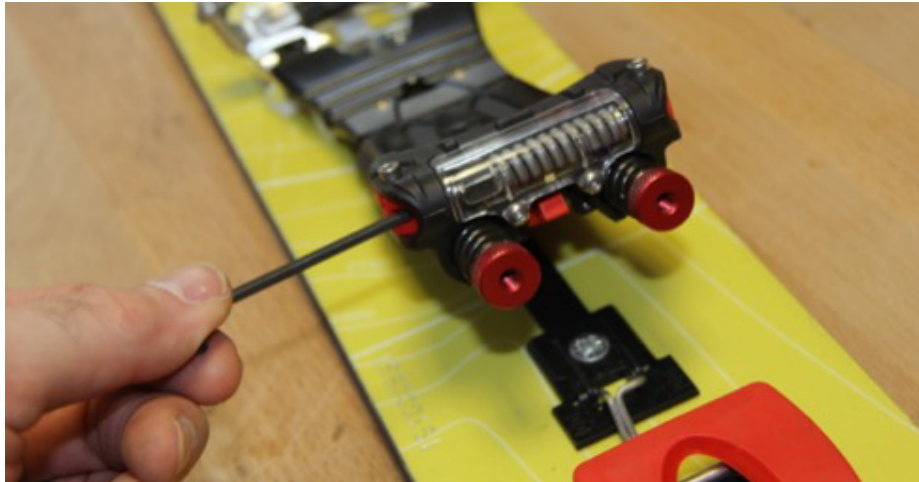
## Setting of the releasable system

### Tools :

To set the releasable system you must use a 3 mm allen key.

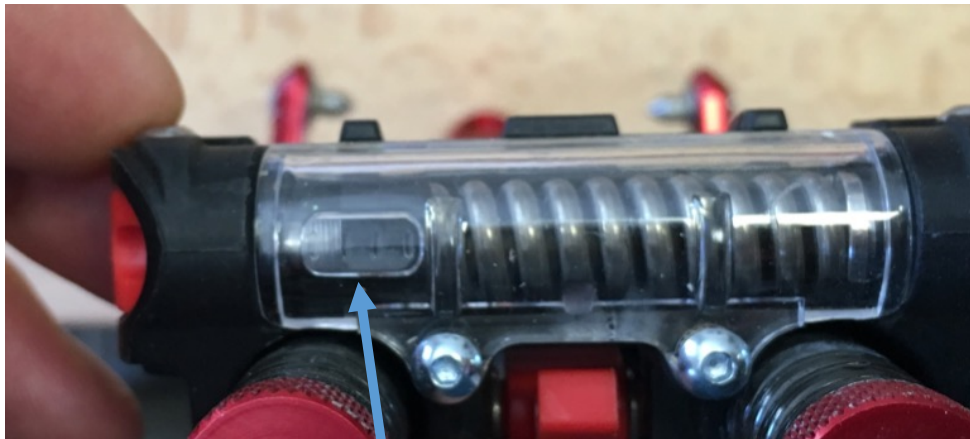
### How to do :

- Place the allen key into the left red knob (photo 1)
- Turn clockwise to decrease the tension
- Turn Anti clockwise to increase the tension



### Setting

Align the border of the black part between the 1 and the 4th setting line.



On this photo the setting is on level 2.

### Indication of level :

Warning these indication are for information – there is not norm for telemark.

- Level 1 : for woman = 3 to 4 DIN
- Level 2 : 5 to 6 DIN
- Level 3 : 8 to 9 DIN
- Level 4 : 10 to 12 DIN (very - very hard to release for competitor)