



***Woody Valley***



***Relax-Bar***

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## 1- GENERAL INFORMATION

The RELAX-BAR is a product for all pilots who wish to fly with their legs stretched out forwards and their feet supported. In fact, many pilots consider this position more comfortable than the classic seated position with feet dangling. This product is made in a universal size, and it is easy to adjust according to pilot height. The RELAX-BAR is an optional extra that can be installed on all harnesses which include two loops at the edge of the seat; the other two fastening points are the main karabiners.



The product is supplied disassembled. The package includes all the parts necessary for satisfactory installation.



## 2- INSTALLATION

In order to provide a clear explanation of how the product is fitted, this chapter has been divided into two parts. The first refers to the installation of the RELAX-BAR to the harness, and the second regards the way in which the RELAX-BAR is used with the SPEED-SYSTEM. The RELAX-BAR was designed in order to ensure an optimum link with the SPEED SYSTEM, as both are very important components in paraglider flight.

### 2.1- RELAX-BAR

First, insert the Lycra tubes into the RELAX-BAR straps. Adjust the strap length, and then move the two Lycra tubes above the buckles, improving overall appearance and locking the adjustment.



Once the Lycra tubes have been inserted, fasten the two straps supplied in the pack to the two loops at the edge of the harness seat. These straps prevent the RELAX-BAR from getting tangled in the reserve parachute handle under the seat if the RELAX-BAR starts swinging under the harness. Fasten these straps to the harness loops by means of a larkshead knot.



Lastly, to complete assembly, pass the end of the RELAX-BAR straps into the elastic loop, and hook the straps onto the main karabiners. We recommend turning the karabiners so that the screw collar on each karabiner is towards the pilot, as shown in the photograph.



## 2.2- RELAX BAR with SPEED-SYSTEM

As mentioned previously, this paragraph has been compiled to illustrate the method of linking these two important components in paraglider flying. For the correct assembly of your SPEED-SYSTEM, please refer to the manual supplied with your harness. In this case, we have used a three-step SPEED-SYSTEM, with one rigid and two flexible steps, because we feel that this is the best system for illustrating the method of linking the SPEED SYSTEM to the RELAX-BAR.

Once you have assembled the RELAX-BAR and the SPEED SYSTEM, take the elastic cords from the package, and tie them to the red loops at the bottom of the RELAX-BAR. It doesn't matter what type of knot you use, as long as they are securely fastened.



Then pass the last step inside the second step, so that the two are fastened to a degree. Twist the elastic cords previously tied to the RELAX-BAR around the two steps of the speed system, as shown in the photo.



Lastly, tie the elastic cord to the loops on the speed system. This procedure ensures that the SPEED-SYSTEM is taut, ready for use, and above all neat and tidy.



*Every effort has been made to ensure that the information contained in this manual is correct, but please remember that it has been produced for guidance only.*

*This owner's manual is subject to change without prior notice. Please check at [www.woodyvalley.com](http://www.woodyvalley.com) for the latest information regarding the RELAX-BAR.*

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