

## ***How can you hang The Althea at home?***

***For any following question please contact Efi Love Light***

### **Purchase at OBI:**

1. 2\* CARABINEERS 11/13mm (can hold up to 300k)
  2. 2\* Hooks 13-16mm (can hold up to 300k or more)
- (The ropes of The Althea and The Althea can hold up to 600k)



***Big carabineer***

***Hook***

***(can be similar & not exactly the same)***

### **Installation in the house:**

1. Try to find the **concrete poles** in the ceiling by knocking on the ceiling with a broom. You will hear a different sound.

Sometimes you can see it on the ceiling. If your ceiling is all made of concrete, you can skip this part.

2. Choose **two points** in the ceiling with a **60-75cm distance between them**. Mark those points.
3. **Drill** a hole in the concrete ceiling **with an 8mm boring head**.
4. **Change to a 13\16mm boring head** (according to your hooks) and make the hole bigger.

5. **Clean the hole** with a brush or blow residual dust out with a straw.
6. Gently insert the fisher first.
7. With the help of a hammer, gently **screw the bolt in maximally**.
8. Insert the lag bolt with the hanger and the washer already reinforced inside.
9. screw the bolt until it is securely tightened. **Screw it only clockwise**.
10. Connect the **big carabiners to the screws on the ceiling**.
11. Tie your **ropes on the big carabiners** and connect your Althea to the ropes.

**Don't attach the ropes directly to the loops that are installed in the ceiling, because it may damage the loops with the movement.**

12. Start with gently sitting inside your hammock to see if the hangers are installed safely and securely.

**WARNING:** Incorrect installation could result in a risk of injury. Ensure all work is carried out by a person competent in this type of job. Periodically check the hook for signs of excessive wear and particularly stress cracks and replace if necessary.

**The installation is the responsibility of the customer alone and following the instructions is necessary for safe practice.**

**Enjoy your practice with The Althea!**

**P.s - for OUTDOOR practice:**

**You don't need the big carabineers. You take only your ropes with you and tie them on a metal \ wooden structure, or a strong tree :)**

