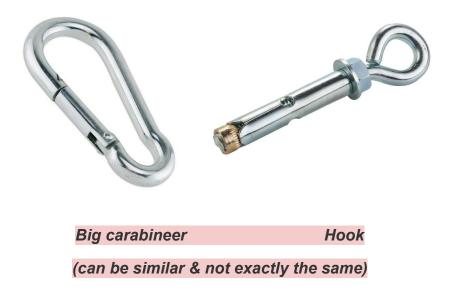
## How can you hang The Althea at home?

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)



#### 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 :)

