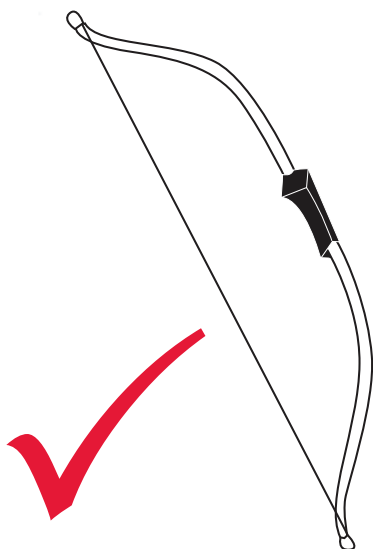


Bow String

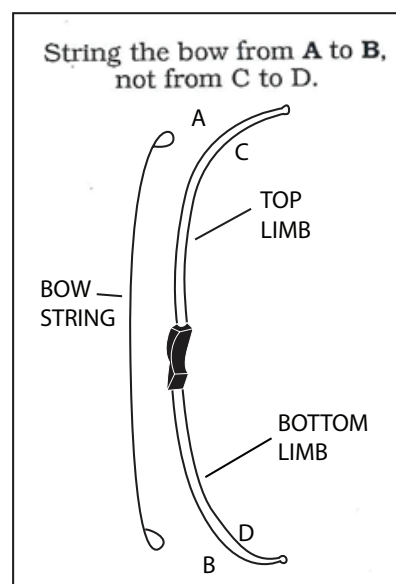
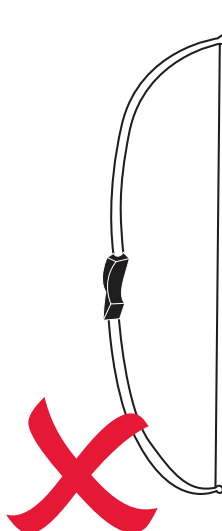
WARNING SHEET

Please also refer to Fred Bear Instructions for Beginning Archers accompanying your fibreglass recurve bow. The bow is to be strung the **RIGHT** way. If it is strung up and shot the **WRONG** way, it could cause damage to your bow and will **VOID** your warranty.

the **RIGHT** way



the **WRONG** way



Stringing your fibreglass Bow:

- 1) Hook string into the end of the lower limb so that the string runs along the face of the bow.
- 2) Grasp the loose end of the string with your left hand & grasp the upper limb near the top with your right hand. Your right hand should be on the back of the bow.
- 3) Lay curve of lower limb over left ankle. (see Figure 1)
- 4) Step right foot over bow so that the face of the bow touches the back of your right thigh.
- 5) Push slightly against the bow with your right hand.
- 6) Raise left heel off ground, lock right knee & push forward with right hand so bow bends naturally. Hook string onto end of bow & relax pressure slightly. (see Figures 2 & 3)
- 7) Check to see that the string is seated properly before releasing remaining pressure.

Unstringing your fibreglass Bow:

- 1) Reverse the above process to de-string the bow.
- 2) You should always take the string off the bow when you have finished shooting.

The above instructions **ONLY** relate to fibreglass bows. For take down recurve bows (i.e. where the limbs come apart from the handle or riser) and all longbows, you must use a bowstringer to string or unstring the bow; if you do not use a bowstringer, you will **VOID** your warranty.



Fig. 1



Fig. 2



Fig. 3