# www.arc-rolan.fr

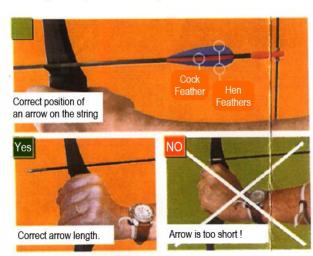
## Safety

#### Before Use:

- Always check the condition of your bow, your string and your arrows; never use a bow or arrows that have signs of wear and tear, such as cracks or breaks.
- Ensure that the cord is properly seated in the bow nocks and string grooves.
- Always wear an arm guard.
- Place the arrow on the correct side, on the left of the bow for right-handed, on the right side for left-handed.
- Check the positioning of the Cock feather.
- · Ensure that the arrow length is suitable to your size.

### After Archery:

- Remove the string from your bow.
- Never leave your bow in the heat. (for example: in the boot of your car, or in the sun.)









# Preparation

Your bow is ready to be strung.

This bow doesn't need a bow stringer, as the composite structure of the bow makes it quite flexible.

Proceed as follows to set up your bow.



Place right leg between string and bow.

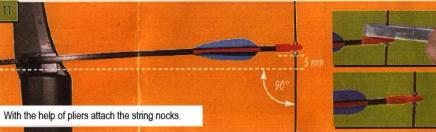






with your left leg.

















Give the cord a dozen twists and attach the small loop to the lower limb



Make sure the string is properly seated in the bow nocks before using your bow.



The right-handed rest is placed on the left, and the left-handed is placed on the right.





Install elastic onto the arm guard.





