

# HOW TO



## Turn the Shock Light anti-shock system on or off



1. Unlock the pole section
2. Set the desired pole length
3. Lock the pole section to automatically activate the Shock Light anti-shock system
4. To deactivate the anti-shock, hold the upper section of the pole in one hand and turn the lower section slightly counter-clockwise (when looking at it from the bottom) with the other hand; you should feel the Antishock lock out

**Descent: Shock Light anti-shock ON** to relieve your shoulders, hands and knee joints

**Ascent: Shock Light anti-shock OFF** for optimal stability and power transmission