



PARTS COME UNASSEMBLED. Please follow these instructions for best results:

Cut plastic sleeve to convenient lengths. Place one sleeve onto the cable up to the loop. Place loop over the structural suspension point and run free cable end through loop. Tighten and adjust so that sleeve protects cable from rough surfaces at suspension point. Run free cable end through Pushmepullyu at approximate height of fixture. Place other sleeve onto cable and run cable through fixture attachment point and back up into Pushmepullyu so that the sleeve cushions cable. **ADJUST FIXTURE HEIGHT** by drawing cable through both gripper mechanisms to raise fixture, or by depressing plungers to lower fixture. **NOTE THAT PLUNGERS WILL NOT DEPRESS WHILE THERE IS ANY WEIGHT ON MECHANISM.** You will need to take the weight off the system before depressing plungers.

