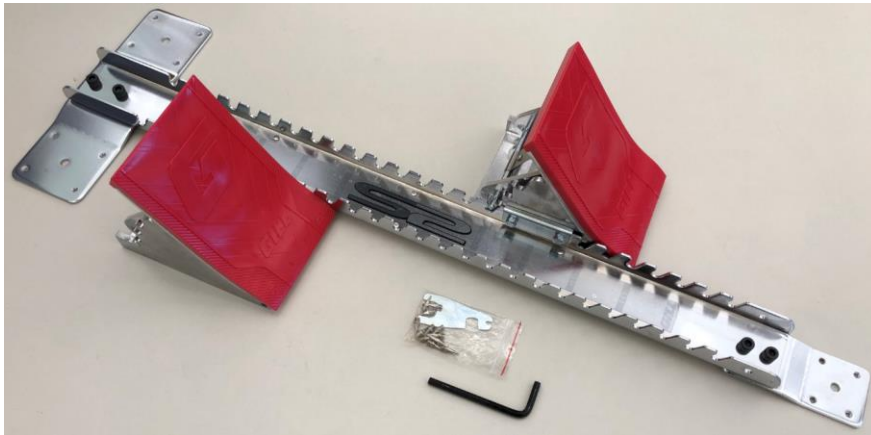




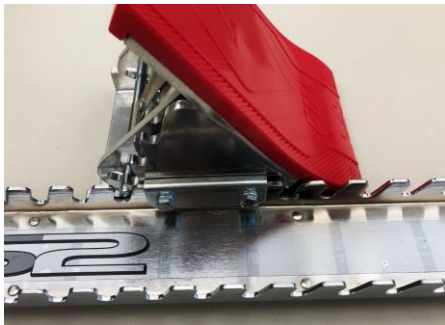
www.gillathletics.com
800-637-3090

412 – S2 STARTING BLOCK CUSTOMER INSTRUCTIONS



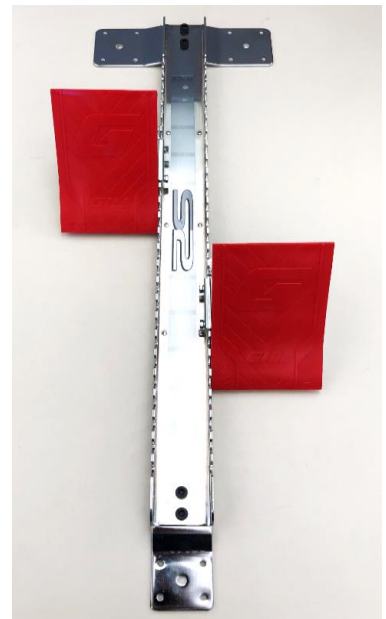
Designed for high level competition. Constructed of aircraft quality aluminum. Pedals feature four angle adjustments.

Includes ½" pyramid spikes for synthetic tracks.



Pedals adjust easily along the length of the rail.

Ruled decal makes repeatable pedal set-ups quick and easy.



45°



55°



65°



75°

Pedals feature four angle adjustments.



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412 – S2 STARTING BLOCK CUSTOMER INSTRUCTIONS

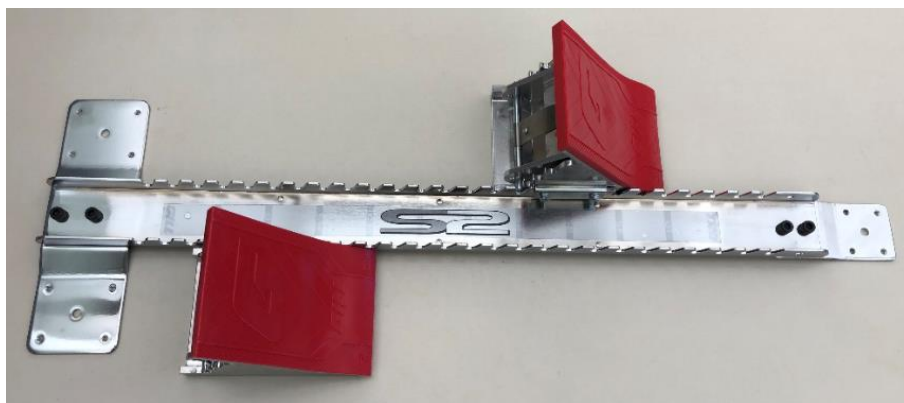


The 412 S2 Starting Block consists of the following:

- 1x Rail (41210)
- 1x Front Stake Plate (P41204)
- 1x Rear Stake Plate (P41205)
- 1x Right Pedal (41220)
- 1x Left Pedal (41220)
- 4x Stake Plate Screw (P41211)
- 12x Pyramid Spikes ½" (P41001)
- 1x Allen Wrench
- 1x Spike Wrench



Using the four screws and provided Allen wrench, fasten the front and rear stake plates to the rail. The front stake plate should be at the end of the rail with the "10" marking. The rear stake plate should be at the end of the rail with the "55".



Turn the starting block back over and place the pedals on the rail so that they engage the "teeth" of the rail. The pedals should face the front of the rail, towards the "10" marking. Adjust the angle of the pedals as needed.



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412 – S2 STARTING BLOCK CUSTOMER INSTRUCTIONS



P41001
Pyramid Spikes (bag of 12)



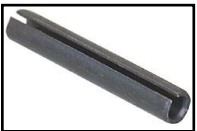
P41402
Anchor Pin (bag of 3)
Sold Separate



P41211
Stake Plate Screw, 5/16"-18 x 1/2"
Socket cap (single screw)



P41213
Adjustment Spring and Rod



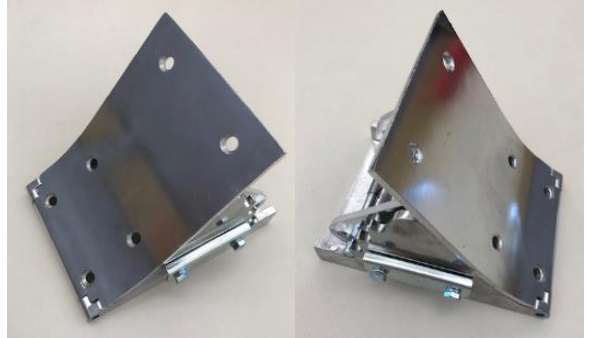
P41215
5mm x 20mm Spring Pin



P41214
Pedal Bracket + Hardware



P41006
M6 x 25mm Set Screw



41220
Left & Right Pedal Block (without pads)



41210
S2 Rail



41040C02
Blue Pad



41040C03
Red Pad



41040C12
Black Pad



P41205
Rear Stake Plate



P41204
Front Stake Plate