1. Slide the binding onto the NIS plate from the top until it stops. Use the NIS Key.
   by placing the tip into the slot, push down (1) and backwards (2) to neutral position “0”.
   Slide the heel from rear, adjust the heel to match shoe size with the NIS Key.

2. Move binding **forward**: Place tip into slot, push down (1) and forwards (2) to preferred position.

3. Move binding **backwards**: Place tip into slot, push down (1) and backwards (2) to preferred position.

- For better grip in classic skiing.
- For more control in skate skiing.
- For better glide in classic skiing.
- For more speed and power in the kick in skate skiing.

For Roller ski: Use Xcelerator Roller ski binding with safety screws only in combination with
Xcelerator Mounting Plate!