

Firenock Micro-Adjust AeroRest Manual

TOOLS NEEDED for installation

1. 1.0 X 5.5 slot screw driver
2. 0.5 X 3.0 slot screw driver
3. 2.0 mm Hex key/driver
4. T40 Torx key/driver
5. T10 Torx key/driver

MOUNT THE MIRCO-ADJUST AEROREST ON BOW

1. One can mount bow bracket with two ball bearings in reverse the position of the vertical adjust knob from top to bottom which will provide enough clearance for cable guard mount in some bows (e.g., Obsession Evolution, PSE 2014)
2. Insert the T10 locking screw into its threaded hole and install the slide bar onto the dual-axis bracket (see diagram on the bottom right).
3. Mount the AeroRest on your bow by inserting the large T40 mounting screw into the slot of the bracket, then tighten the screw snugly into the threaded hole of bow riser.
4. Position the bow vertically and adjust the bracket, so the arrow supports fingers will support the arrow in a way that the arrow is level with the nock for true arrow flight. Once this is achieved, gently tighten the T40 mounting screw and T10 Titanium locking screw.

CONFIGURING AEROREST FOR YOUR ARROW

1. Using a small flathead screwdriver, turn the Finger Tension Adjustment Screw until it is flush then continue to loosen the entire finger unit until it is removed from the main G-Frame.
2. Spacers are used to adjust the height of the fingers. Spacers come in two sizes, 0.11 mm and 0.44 mm thick. The bottom two fingers should have an even amount of spacers in order to work.
3. Base on the standard spacer chart on the right, install the spacers onto the lower two fingers.
4. Place your arrow in AeroRest to verify whether the correct number and size of the spacer(s) have been installed with the top finger for arrow clearance.
5. Repeat steps three and four until there is no more than 1/16" between the arrow and the top finger.

MICRO ADJUSTING SPRING TENSION OF ARROW SUPPORT FINGERS

1. At the end of each finger, as on the top finger above, there is a brass Tension Adjustment Screw. Using a small flathead screwdriver, turn the Tension Adjustment Screw of each bottom finger until they are flush.
2. Back the screw out one full turn as your starting point for tension adjustment. This is the recommended default position.
3. The spring tension of each finger can now be independently adjusted until the crossbow is tuned

MICRO ADJUSTING AEROREST DUAL AXIS BRACKET

1. Adjust the x-and y-axis of the AeroRest following these steps:
 - a. Using a T10 driver, loosen the X&Y Axes Lock Screw a half turn only.
 - b. To adjust the y-axis, use a medium flathead screwdriver on the Y-Axis Adjustment Screw until your arrow sits level. View the amount of adjustment through the Y-Axis Adjustment Window.
 - c. To adjust the x-axis, use Z-Axis Adjustment Knob on the right side of the main AeroRest body.
 - d. Retighten the X&Y Axes Lock Screw.
2. Make minute adjustments until the true center position is achieved.

CAUTION: Excess force will cause the T10 locking screw head to break / de thread the locking nut.

IMPORTANT NOTICE

1. It is critical that one must not drop their bow holding hand until arrow hit the target
2. Surprise release/back tension releases are usually not compatible with AeroRest
3. Spine your arrow correctly before shooting with AeroRest.

Spacer Table for Standard Cock Feather Down Configuration

The information listed in the table below is for AeroRest configured with 2 arrow support fingers at the bottom and 1 arrow support finger on the top. This table is a general guide for common arrow sizes.

This package contains 9 thin spacers (0.11 mm) designated as "A" and 9 thick spacers (0.45 mm) designated as "B" in the below Table. Individual preference, arrow finish, manufacturing tolerances and other factors may require you to add or subtract spacers from what is listed in the table.

Quick Setup Guide for Bottom 2 Fingers of 96° C-Frame.

Arrow	Shaft ID	Number of Spacer
Standard size	0.242" - 0.246"	1B 0A
Slim size	0.202" - 0.204"	2B 0A
Ultra Slim size	0.165" - 0.166"	3B 0A

