

# Firenock Standard 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

## INITIAL ASSEMBLY

1. Insert the T10 locking screw into its threaded hole and install the side bar onto the standard bow mounting bracket (see photo on the right).
2. Mount 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.
3. Position the bow vertically and adjust the bracket, so the arrow support 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 locking screw.

**CAUTION: Do not over tighten the T10 locking screw or it can be broken. When it feels snug, just adds about a quarter turn to tighten it).**

## CONFIGURING AEROREST FOR YOUR ARROW

1. Flush the brass spring tension screw at the end of each arrow support finger to prevent scratching and deforming the screws while removing all three arrow support fingers from the C-Frame.
2. Please check your arrow diameter (ID) by referring to your arrow manufacturer web site or measuring the arrow with a micrometer.
3. Refer to the table on the right, add Titanium spacers on the fingers and then reinstall the arrow support fingers to the C-frame

**NOTE: From mid 2014, it is no longer mandatory to add precise amount of Titanium spacers to the bottom 2 arrow support fingers due to the new 96-degree design.**

4. Place an arrow in the rest to verify the correct number and thickness of spacers which have been installed. There should be no less than 0.005" - 0.015" inch of space (i.e. No more than 3 sheets of paper) between the top of the arrow and the ceramic ball bearings of the top finger.

## ADJUSTING SPRING TENSION OF ARROW SUPPORT FINGERS

1. At the end of each arrow support finger, there is a micro spring tension screw. Turn the micro spring tension screws for all 3 fingers till they come flush with the finger body, then back the screws out one full turn as your starting point for spring tension adjustment.
2. It is suggested to adjust the spring tension of the bottom 2 fingers first before adjusting the spring tension of the top finger as the spring tension of the top finger may depend on the flex of the arrow and its tension needs to be slowly adjusted until the bow is tuned (i.e. not tear).

## ADJUSTING AEROREST BRACKET

1. Loosen the T10 locking screw to free the side bar; usually add a quarter turn when it feels free.
2. Adjust the side bar until your center shot position is acquired.
3. Once adjustment is completed, tighten the T10 locking screw, usually add a quarter turn when it feels snug.

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

## IMPORTANT NOTICE

1. Aerorest cannot be used with any arrow wraps, bulldog collars, or nocks that is larger than the shaft diameter. Doing so will cause permanent damage to the rest.
2. Spine your arrow correctly before adjusting AeroRest or shooting with AeroRest.
3. Tune your bow correctly before adjusting AeroRest or 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 Set Up 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

## AeroRest Standard

