

swing instructions

Parts (for 8' ceiling)

Ceiling attachment and basic support:

2x D-ring tie-down anchor points (<https://www.homedepot.com/p/Husky-Light-Duty-Anchor-Points-4-Pack-54522/206967313>)

4x 1/4" x 3" lag bolts (<https://www.homedepot.com/p/Everbilt-1-4-in-x-3-in-Zinc-Plated-Hex-Lag-Screw-801366/204645601>)

2x 18" lengths of 3/16 in. (1" long links) welded-link chain (<https://www.homedepot.com/p/Everbilt-3-16-in-x-1-ft-Grade-30-Galvanized-Steel-Proof-Coil-Chain-806656/204630509>)

4x (12kN or higher rating) carabiners (https://www.amazon.com/gp/product/B07GTJB5QK/ref=ppx_yo_dt_b_search_asin_title)

Butt and Back straps:

4" x 30' tow strap (<https://www.harborfreight.com/4-in-x-30-ft-Cargo-Strap-with-D-Ring-64509.html> OR <https://www.harborfreight.com/4-in-x-30-ft-Cargo-Strap-with-Flat-Hook-64508.html>)

4x laser-cut 4" strap ends

4x laser-cut 4" tri-glide slides

4x 5/16" anchor bow shackles (<https://www.homedepot.com/p/Sea-Dog-Screw-Pin-Anchor-Bow-Shackle-147808-1/308675553>)

4x 5/16 quick links (<https://www.homedepot.com/p/Crown-Bolt-5-16-in-Zinc-Plated-Quick-Link-42724/205887588>)

Head strap:

1x 10' length of 1" nylon webbing (<https://www.amazon.com/Strapworks-Heavyweight-Polypropylene-Webbing-Strapping/dp/B01KTVG0KI>)

Shoulder pad (https://www.amazon.com/gp/product/B01AR79CCC/ref=ppx_yo_dt_b_search_asin_title)

Ankle cuffs (duplicate for wrist cuffs if desired):

2x 4' lengths of 1" nylon webbing (<https://www.amazon.com/Strapworks-Heavyweight-Polypropylene-Webbing-Strapping/dp/B01KTVG0KI>)

2x 1" metal D rings

8x 1" cam locks (https://www.amazon.com/10-Inch-Lever-Plastic-Buckles/dp/B00GS9L5U6/ref=pd_ybh_a_5) (or tri-glide slides, <https://www.amazon.com/dp/B01KTVE3YI>)

Because we already had these cuffs (<https://www.liberator.com/cuff-kit-for->

[black-label-wedge-or-ramp.html](#)), we selected nylon buckles to mate with them:
2x Duraflex Stealth nylon locking buckles (to match cuff attachments) (<https://www.amazon.com/gp/product/B003SZ023A>).

If you don't already have cuffs, I'd use instead:

These (or similar) cuffs (for weight machine use): (<https://www.amazon.com/DMoose-Fitness-Ankle-Straps-Machines/dp/B01IQ85QYM>).

2x 1" D rings (in addition to the ones above, for a total of 4)
2x carabiners

How to attach the two tie-down anchors:

- Locate a ceiling joist or beam using a stud finder
- Mark the pairs of holes, 4' apart, along the center of the joist
- pre-drill 3/32" pilot holes 3" into the ceiling
- pre-drill 1/4" clearance holes just through the ceiling drywall
- Screw the 3" lag bolts into the holes and tighten

How to make the two big straps:

- Cut two pieces 15 feet long from the 4" tow strap
- Fuse the cut ends of the strap using a lighter or gas burner to stop fraying
- Pass each strap end through a tri-glide slide and a strap end, then back through the tri-glide slide
- Adjust the total length of each strap later, after you have looked at the length when hung from the ceiling (you will have extra strap length.)

How to make the (ankle and optional wrist) cuff straps:

- Cut the 1" webbing into 2 pieces 5' long
- Thread each upper end of each piece through two tri-glide slides or cam locks, a D ring, then back through the slides or locks
- Thread each upper end of each piece through two tri-glide slides or cam locks, a D ring (or cuff buckle), then back through the slides or locks
- Adjust for a total length of 3 feet to start.
- Adjust for length later

How to make the head strap:

- Cut a 12' long piece of 1" webbing
- Pass the webbing through the shoulder pad
- attach a D ring and cam lock or tri-glide slide on either end as above (but you only need one cam lock or slide for the head rest)

Final Assembly:

On each side, attach one carabiner to the end of the chain, and another carabiner down about 6 inches. On the second carabiner, thread on the D rings and links

from all of the pieces you have assembled.

Adjustment:

Adjust the relative lengths of the three straps so that the butt strap is slightly longer than the back strap, and the head strap is shorter than the back strap.

Adjust the positions of the carabiners on the chain to do an overall adjustment of height.

If this will be used by multiple bottoms, make sure that you can adjust the carabiner positions quickly for each top.

You will want the lowest point of the longest strap to be just below the crotch height of your top.

Testing and Operation:

Make sure that all the carabiners are screwed shut.

Have the bottom sit on the longest strap, then lean back into the back strap, putting that under their arms. Rest their head on the head strap.

You can use a chair under the feet of the bottom to help adjust the longer strap at the base of their spine.

Then attach the ankle straps and adjust the positions of the big straps for comfort.

Lube well and enjoy yourselves!







