

USING THE HOOP STAND EasySpinner™ SitUpon™ or LapStand™

Attach the hoop to the stand with the short finger bolt by lining the hole in the hexagon plate of the hoop with the empty insert nut in the top hexagon plate on the stand. Place the washer next to the ring on the finger bolt, not between wood pieces.

Adjust the finger bolt on the bottom of the swivel ball joint to give a gentle tautness to the hoop position so that you may continue to tilt and rotate the hoop as you work. **Do Not Over Tighten.** You may have to adjust the flat headed screws occasionally to keep the plates parallel.

When two or three people are working at a large hoop, tighten only a slight amount more to maintain the position securely.

Should the ball joint squeak when new, rub a thin film of bar soap on the ball to make it operate smoothly and quietly.

To adjust the height of the EasySpinner™, lift up and rotate the post to desired position . Push post toward base to reseal the post into the gear box securely.

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