



## Rail Mount Bike and Ladder Lift ABL-1R

**Weight Limit 75 lbs. (34 kg)**

**Warning:** Please read installation instructions carefully prior to installing lift. Before using the lift, thoroughly test the fully weighted lift with bike or ladder in place to insure the rack has been installed securely and is functioning properly. Racor, Inc. is not responsible for any damage resulting from improper installation, overloading, or product failure.

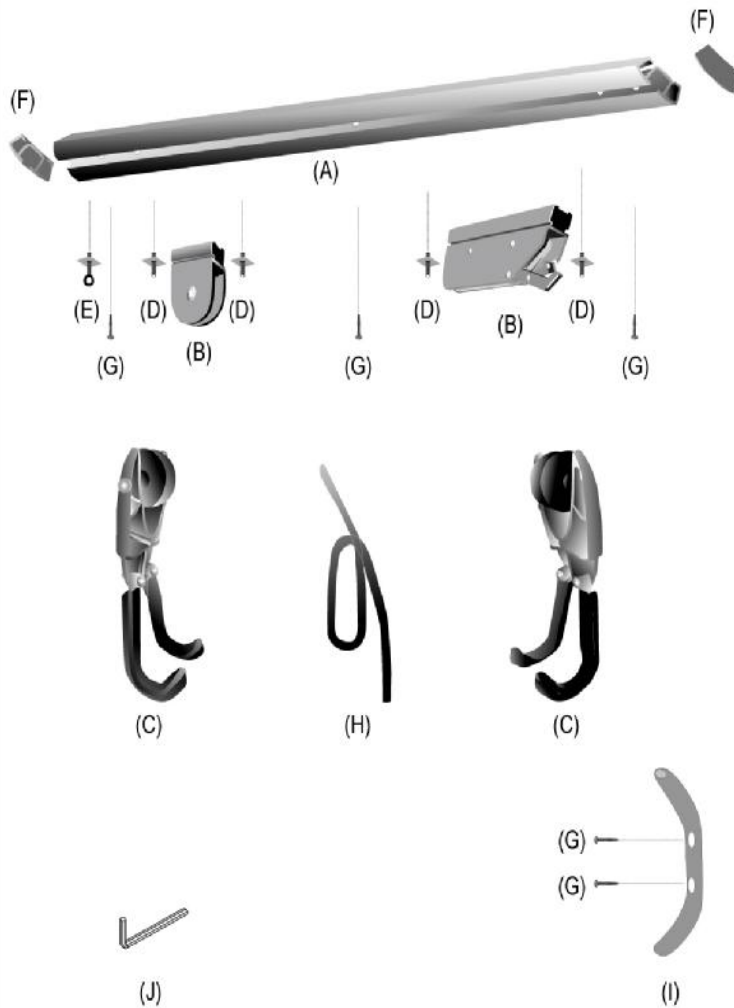
### In the Box

- (A) 1 Rail
- (B) 2 Pulley assemblies
- (C) 2 Hooks
- (D) 4 Pulley stop blocks
- (E) 1 Pulley stop block with loop
- (F) 2 Orange end caps
- (G) 5 Wood screws
- (H) 1 54 ft rope
- (I) 1 Rope cleat
- (J) 1 Allen wrench

### Tools Required:

Phillips and hex head screwdriver (or drill)  
Tape Measure  
Stud Locator for ceilings with drywall

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1. Locate ceiling studs. Rail A can be mounted on one stud parallel or across two or three stud's perpendicular.
2. Secure rail A to studs using wood screws.
3. Slide two pulley stop blocks D on to rail A.
4. Slide each pulley assembly B on to rail A from opposite sides as shown.
5. Slide two remaining pulley stop blocks D on to each end. Slide pulley stop block with loop on the single pulley side. This is used to tie off rope E.

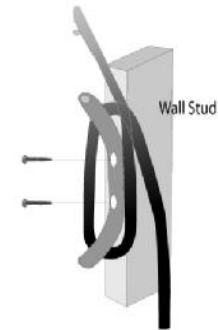


6. Tie one end of rope to stop block E. Thread rope as shown through pulley assemblies. Be sure rope threads down through both sections of the locking mechanism (see above).



7. Measure distance from handle bar to back of seat. Use this measurement to approximate the distance of the hooks.
8. Position the pulley assemblies to insure that the hooks are the approximate distance measured between the handle bar and back of seat.
9. Once pulley assemblies are in correct position, tighten all four stop blocks with the provided allen wrench to prevent movement of the pulley assemblies.

10. Attach two end caps F to rail A.



11. Attach rope cleat to wall for excess rope storage. **DO NOT CUT ROPE.**



12. Lower hooks to attach to bike handle bars and behind seat.
13. Raise bike by pulling rope.
14. Release bike by pulling towards center of bike, keeping tension on the rope and lowering similar to a Venetian blind.
15. If storing a ladder, make sure ladder is balanced and the hooks are spaced appropriately for the ladder to hang level.

If you have difficulty with raising and lowering bike go to [www.racorinc.com](http://www.racorinc.com) click on RacorPro, Click on Bike Lift. Video will show raising and lowering. Video is not the same product but raise and lower function is the same.