

# xSPINE

# FITTING GUIDE

## ADJUSTING THE HEIGHT OF THE xSPINE

All adjustments should be made after removing all padding from the xSPINE and separating the vest into a front and back piece. This makes it much easier to perform the adjustments. When you're done you'll join the front and back piece with the straps and buckles, and insert the padding again to test your settings.

The following adjustments are for operators that like the load on hips, upper back and stomach. To have the load distributed more towards the shoulders and lower back, reduce the back plate, back shoulder, front shoulder and front rods by 0,5cm to 1cm until you get the preferred feel.

Operating style and load distribution is a very personal thing and if you feel other settings are working better for you, please use them. This guide is to be used as a starting point. For videos on how to adjust the xSPINE, go to:

[www.flowcine.com/documentation/xspine-documentation/](http://www.flowcine.com/documentation/xspine-documentation/)

### EXAMPLE 1: Operator height 1.72m / 5'7.71"

Back plate: 5cm



Back shoulder: 1.5cm



Front shoulder: 2.5cm



Front rods: 0cm



### EXAMPLE 2: Operator height 1.60m / 5'2.99"

Back plate: 2.6cm



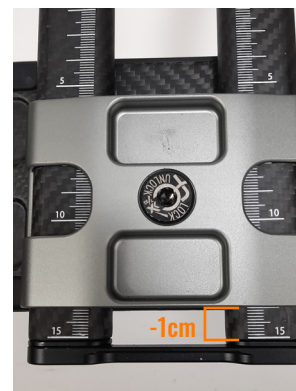
Back shoulder: 0cm



Front shoulder: 0cm



Front rods: -1cm



HEIGHT, M	HEIGHT, In ft	BACK PLATE, CM	BACK SHOULDER, CM	FRONT SHOULDER, CM	FRONT RODS, CM
<1.60	<5'2.99"	2.6	0.0	0.0	-1.0
1.61	5'3.38"	2.8	0.0	0.0	-0.8
1.62	5'3.78"	3.0	0.0	0.5	-0.6
1.63	5'4.17"	3.2	0.0	0.7	-0.4
1.64	5'4.56"	3.4	0.0	0.9	-0.2
1.65	5'4.96"	3.6	0.0	1.1	0.0
1.66	5'5.35"	3.8	0.3	1.3	0.0
1.67	5'5.74"	4.0	0.5	1.5	0.0
1.68	5'6.14"	4.2	0.7	1.7	0.0
1.69	5'6.53"	4.4	0.9	1.9	0.0
1.70	5'6.92"	4.6	1.1	2.1	0.0
1.71	5'7.32"	4.8	1.3	2.3	0.0
1.72	5'7.71"	5.0	1.5	2.5	0.0
1.73	5'8.11"	5.2	1.7	2.7	0.0
1.74	5'8.50"	5.4	1.9	2.9	0.0
1.75	5'8.89"	5.6	2.1	3.1	0.0
1.76	5'9.29"	5.8	2.3	3.3	0.0
1.77	5'9.68"	6.0	2.5	3.5	0.0
1.78	5'10.07"	6.2	2.7	3.7	0.0
1.79	5'10.47"	6.4	2.9	3.9	0.0
1.80	5'10.86"	6.6	3.1	4.1	0.0
1.81	5'11.25"	6.8	3.3	4.3	0.0
1.82	5'11.65"	7.0	3.5	4.5	0.0
1.83	6'0.04"	7.2	3.7	4.7	0.0
1.84	6'0.44"	7.4	3.9	4.9	0.0
1.85	6'0.83"	7.6	4.1	5.1	0.0
1.86	6'1.22"	7.8	4.3	5.3	0.0
1.87	6'1.62"	8.0	4.5	5.5	0.0
1.88	6'2.01"	8.2	4.7	5.7	0.0
1.89	6'2.40"	8.4	4.9	5.9	0.0
1.90	6'2.80"	8.6	5.1	6.1	0.0
1.91	6'3.19"	8.8	5.3	6.3	0.0
1.92	6'3.59"	9.0	5.5	6.5	0.0
1.93	6'3.98"	9.2	5.7	6.7	0.0
1.94	6'4.37"	9.4	5.9	6.9	0.0
1.95	6'4.77"	9.6	6.1	7.1	0.0
1.96	6'5.16"	9.8	6.3	7.3	0.0
1.97	6'5.55"	10	6.5	7.5	0.0
1.98	6'5.95"	10.2	6.7	7.7	0.0
1.99	6'6.34"	10.4	6.9	7.9	0.0
2.00	6'6.74"	10.6	7.1	8.1	0.0
2.01	6'7.13"	10.8	7.3	8.3	0.0
>2.02	>6'7.52"	11.0	7.5	8.5	0.0

## ADJUSTING THE WAIST OF THE xSPINE

These adjustments are made symmetrical, both on the left and right side panels on the xSPINE. Note that the different pads makes a difference for these settings, so this chart is a starting point and then you fine tune for perfect fit.

WAIST, CM	WAIST, In	SIDE PANEL ADJUSTMENT, CM
70 - 90	27.55" - 35.43"	0 - 1
90 - 100	35.43" - 39.37"	1 - 2
100 - 110	39.37" - 40.30"	2 - 3
110 - 120	43.30" - 47.24"	3 - 4
120 - 130	47.24" - 51.18"	4 - 5
130 - 140	51.18" - 55.11"	5 - 6
140 - 150	55.11" - 59.05"	6 - 7
150 - 160	59.05" - 62.99"	7 - 8
160 - 170	62.99" - 66.92"	8 - 9
170 - 180	66.92" - 70.86"	9 - 10