

APPLICATION GUIDE

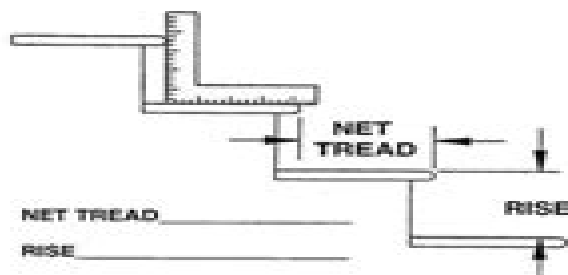


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SRE-3000 ELAN APPLICATION GUIDE AND ORDER FORM

Dealer No.: _____ P.O. No. _____ Customer: _____ Date: _____

Step 1: Determine Staircase Angle



RISE	NET TREAD						
	12"	11"	10"	9"	8"	7"	6"
6"	27	29	31	34	37	41	45
7"	30	33	35	38	41	45	
8"	34	36	39	42	45		
9"	37	39	42	45			
10"	40	42	45				
11"	43	45					
12"	45						

NOTE: ANGLES ABOVE ARE ROUNDED TO THE NEXT DEGREE. FOR ANGLES ABOVE 45 DEGREES, CONSULT BRUNO FOR SPECIAL ORDER DETAILS.

Step 2: Define Stairway Dimensions and Details

stair tread material _____ staircase width _____
lower landing material _____ obstructions _____ (32" min. for standard unit)
upper landing material _____ (ex. handrails, moldings)

Step 3: Specify Chair and Rail Details

hand (looking from bottom of stairs):

☐ left ☐ right

NOTE: All SRE-3000 carriages are set for left-hand installation when shipped from the factory.

chair upholstery

☐ tan vinyl

additional options

☐ folding rail

☐ adjustable clamps

_____ (indicate number of clamps)

Refer to Step 3 on following pages.

Step 4: Determine Rail Length



DETERMINE THE STAIR LENGTH: _____
ADD "B" TOP RAIL EXTENSION: _____
PLEASE REFER TO "STEP 4" ON THE FOLLOWING PAGE FOR DETAILS.
Overall Rail Length Required:
16" nominal (std. and folding rail) _____
18" nominal (folding rail only) _____
20" nominal (std. rail only) _____
optional track length up to 32" (31'-6" actual) _____

Bruno Installation Manual

Thomas Griffiths



Bruno Installation Manual:

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web a macrocycle is simply a period of time maybe 4 6 weeks in which you set a very definite outcome and follow a very specific type of training here s how after a macrocycle of functional strength training i e 4 weeks you might then train for hypertrophy or increased bulk for 4 weeks another macrocycle

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web sep 4 2018 the microcycle 1 week microcycles 4 microcycles making up a mesocycle week 1 4 your goal for the first 4 weeks would be to build up muscular endurance for the first 4 weeks you might train 4 times a week doing between 12 15 repetitions of each exercise for 4 sets with 60 120 second breaks in between each set

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web each macrocycle might last between 3 and 6 weeks for the sake of ease we ll assume that each cycle lasts for a calendar month the training objectives and methods vary within each cycle and there s an important reason for this

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