



Complement to the user manual for your
MACFLY SOL REV harness




The Macfly Sol REV harness has many adjustments, so it is important to take the time to identify the action of each adjustment in order to use it to the best.

In this photo, the settings are circled in different colors, then the explanatory table:





	Stock	Tight adjustment	Loose adjustment	Tuning advice
Blue Mark 	Seat lever movement	- Easy in harness installation - Difficult out harness exit	- Difficult in harness installation - Very easy exit	- On gantry, adjust according to the pilot's template
Pink Mark 	Setting thigh high boots	Thigh Boots: - Restricted range of motion for driven running	Thigh Boots: - Possibility that the motor goes up in the back during the piloted race	
Green Mark 	Adjusting the half board			- Put in the continuity of the large planchette - Tighten a little to raise the legs in ballad flight
Yellow Mark 	Lumbar back adjustment	- More lumbar support	- Loose lumbar strap	- On a gantry, put the strap just in tension, tighten according to the comfort of each one
Orange Mark 	Belly adjustment	Limits weightshift movements	- Full potential weightshift movements	- To be tightened according to the size of the pilot
Grey Mark 	Height Adjustment Straps and Pectoral	Straps: Sensation of restricted movements	Straps: - Worse carry - Possibility that the motor goes up in the back during the piloted race	Pectoral: To be positioned at the highest level once the straps have been adjusted
Back Mark and Arrow 	Adjustment under seat Double-size harnesses: S/M or L/XL	Reduced size and height in the harness (S or L setting)	Increase in the height and depth of the harness (M or XL setting)	- On gantry, adjust according to the pilot's template

This document should be completed with:

- [Service bulletin - Security note - Adjustment of rings and leg straps](#)
- The harness manufacturer's user manual