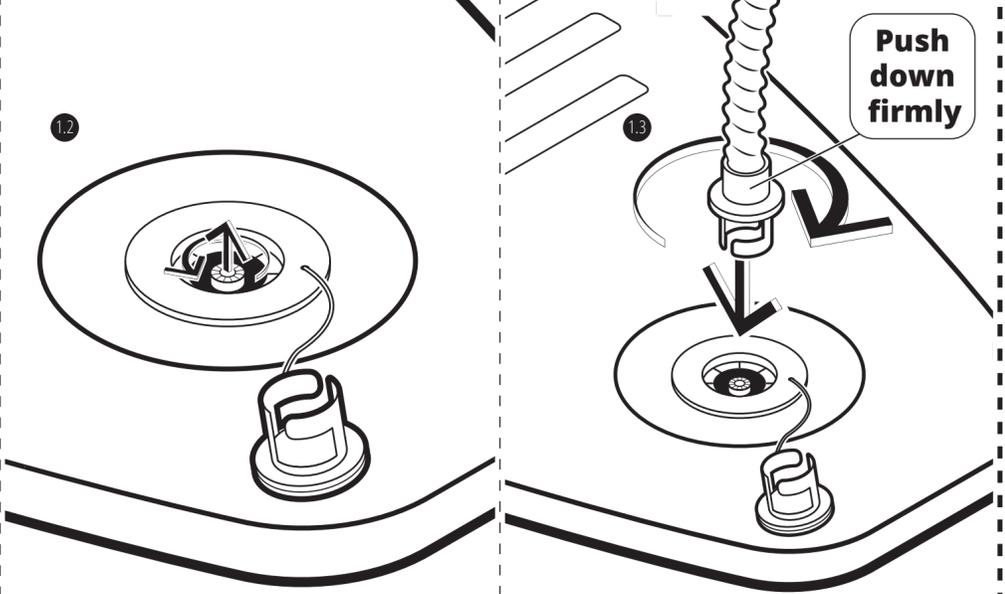
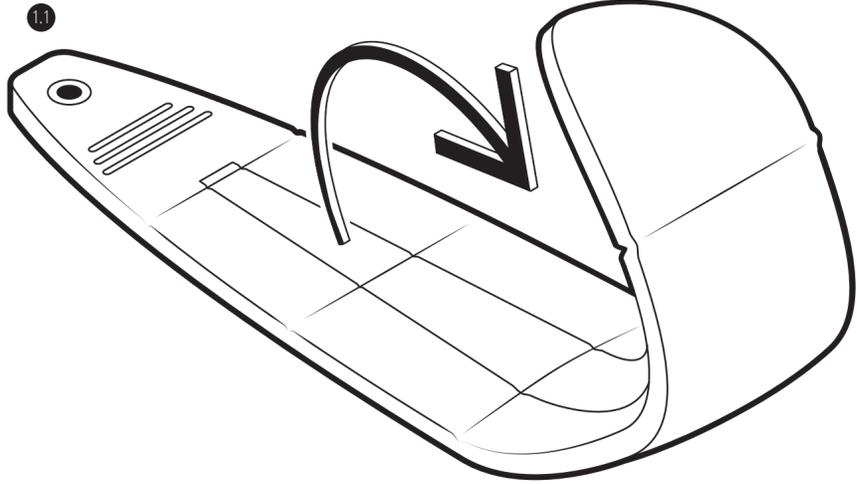
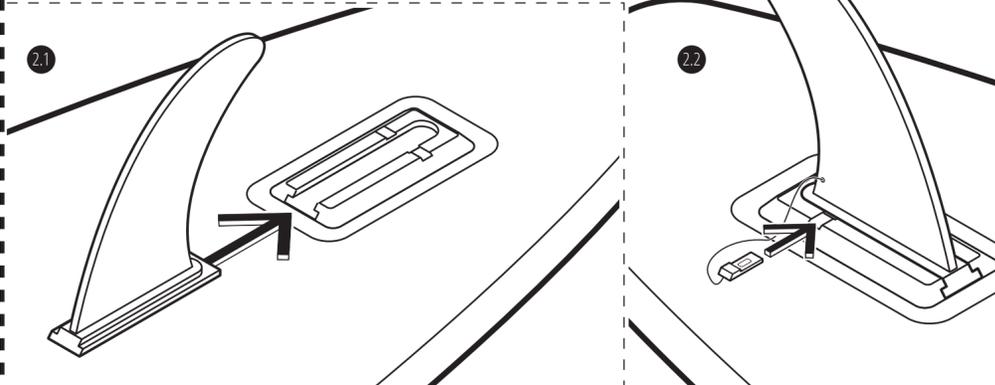


# VILANO SUP Board Assembly

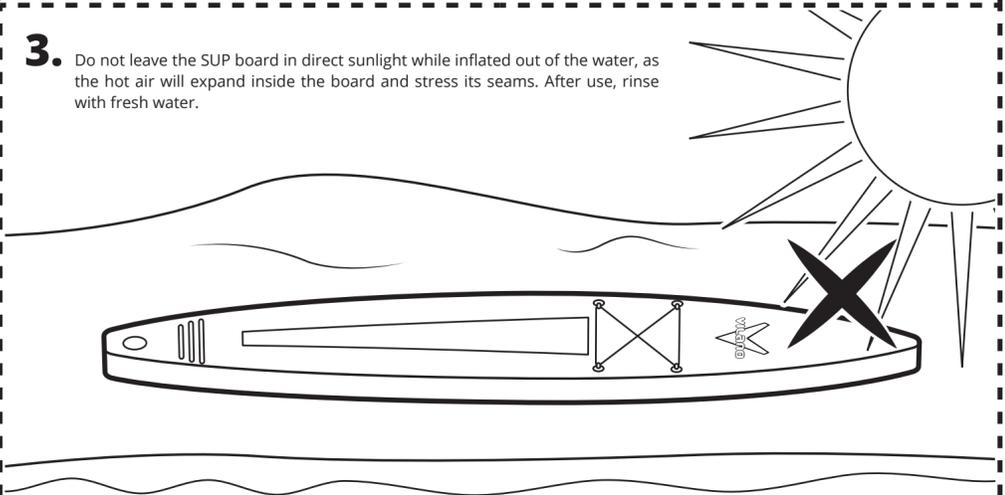
- 1.** Unfold SUP board. Locate inflation valve. Make sure valve pin is in "inflate" (out) position. Insert pump hose nozzle into inflation valve and pump air into board. Inflate to 15 psi. After repeated inflation/deflation of board, you may need to use the enclosed valve wrench to tighten valve. Use tool for this purpose only, never for inflation or deflation. Remove pump nozzle, replace inflation valve cover.



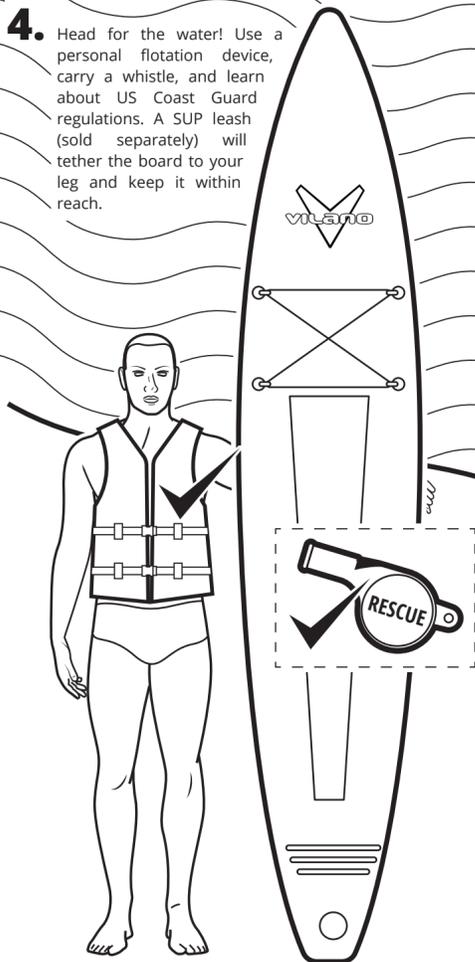
- 2.** Turn the board over, remove ladder shaped fin protector from fin box and discard. Insert fin so fin clamp is lined up, slide in fin, then clamp. Do not stand on board with fin inserted while it's on the ground or any hard surface as damage could occur.



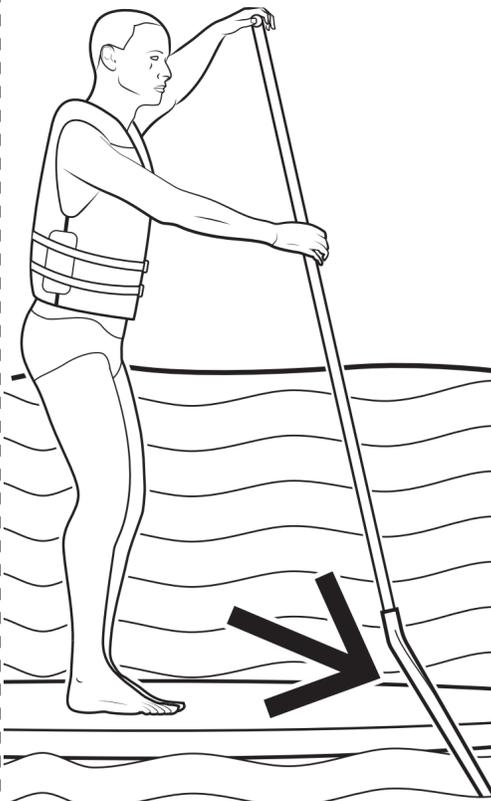
- 3.** Do not leave the SUP board in direct sunlight while inflated out of the water, as the hot air will expand inside the board and stress its seams. After use, rinse with fresh water.



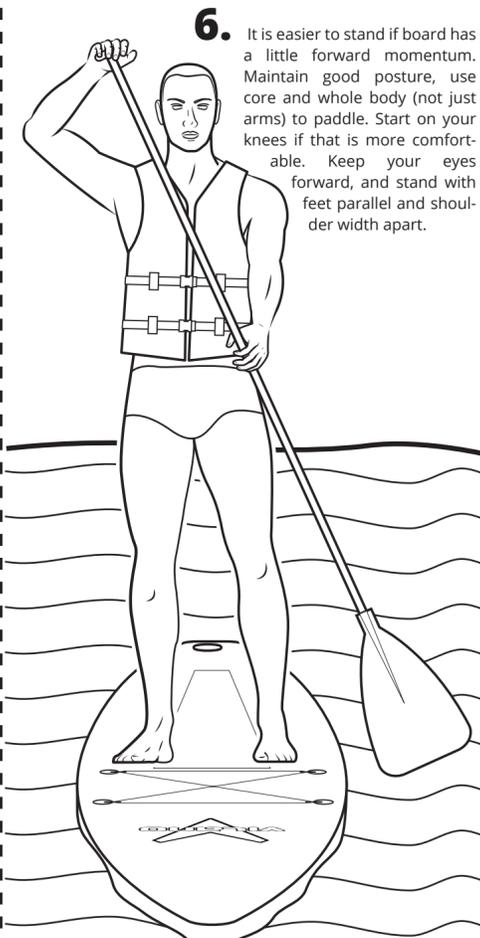
- 4.** Head for the water! Use a personal flotation device, carry a whistle, and learn about US Coast Guard regulations. A SUP leash (sold separately) will tether the board to your leg and keep it within reach.



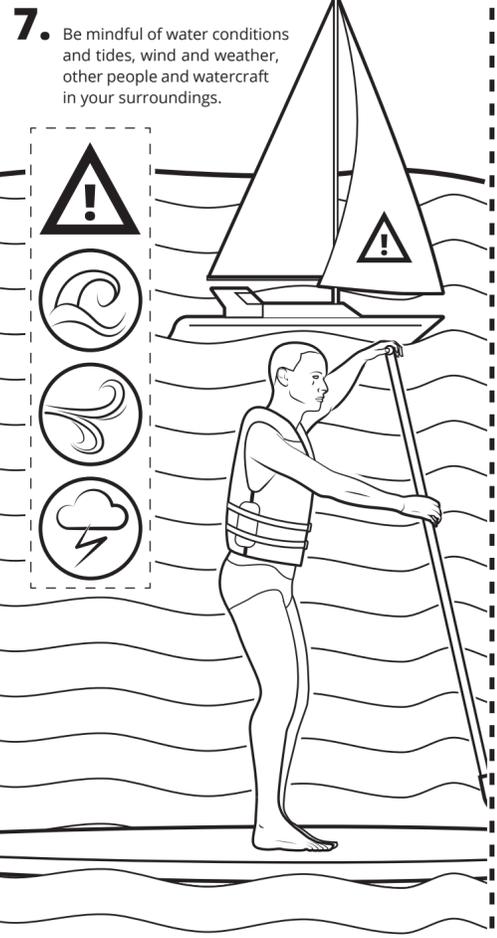
- 5.** Assemble paddle. Hold paddle so its blade (part that goes in the water) slopes away from you. When it's time to paddle, grip handle with one hand and the center of its shaft with other and paddle away.



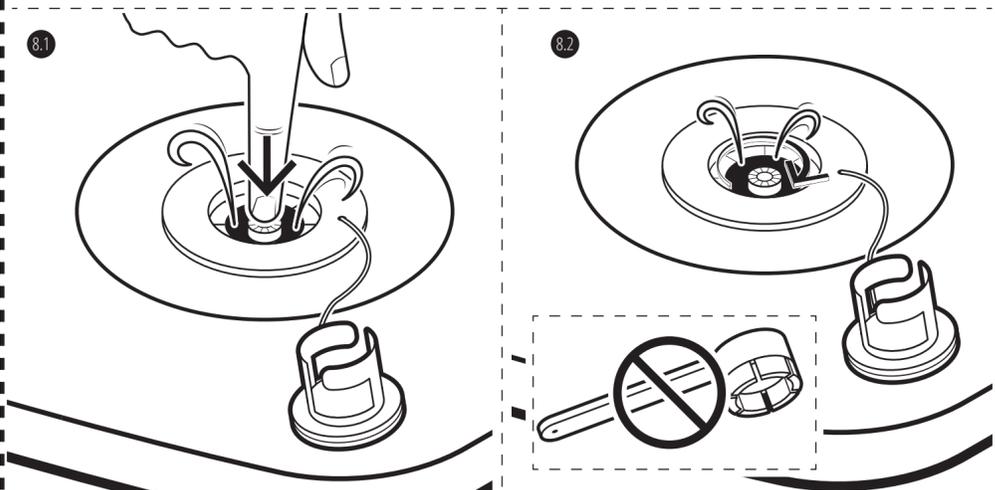
- 6.** It is easier to stand if board has a little forward momentum. Maintain good posture, use core and whole body (not just arms) to paddle. Start on your knees if that is more comfortable. Keep your eyes forward, and stand with feet parallel and shoulder width apart.



- 7.** Be mindful of water conditions and tides, wind and weather, other people and watercraft in your surroundings.



- 8.** To deflate board, slowly push the inflation valve in. Hold hand over valve as the initial strong burst of air expels, then lock pin in deflate (pushed in) position. Never use valve wrench to deflate the board.



- 9.** Visit [help.vilanobikes.com](http://help.vilanobikes.com) for more information and videos on SUP board assembly, maintenance, warranty resources and more. Call 855-438-2453, we are here to help.

