



# Indoor Setup

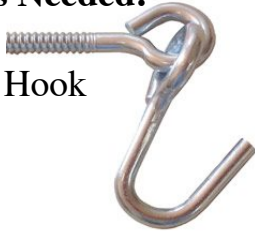
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There are those who love chairs/hammocks so much that we seek their comfort, even in the winter, there is a solution: **Set your hammock up indoors!** ... Come on in, out of the cold! Here we show you how!

## Materials Needed:

1. Screw Hook



2. Drill



3. Hammock / Chair

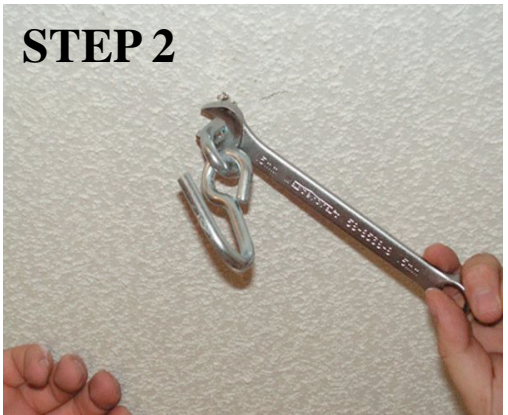


## STEP 1



- Find ceiling stud/rafter beam (being sure to locate the exact center of the stud). A regular 2x4 ceiling stud should be strong enough to support a large adult (250 lbs).
- Pre-drill a hole with a bit that has a diameter slightly smaller (1/8th inch smaller) than the threads of a screw-hook.
- This same technique can be used to attach a screw-hook to a wall-stud through white-wall jip-roc or through panelling.

## STEP 2



- Place the tip of the screw portion of the screw-hook into the pre-drilled hole, and screw it in placing constant pressure towards the stud.
- The screw should be threaded in right until the eye contacts the ceiling material, giving it the most strength possible for staying firm inside the stud.
- Any adequately sized wrench or screw-driver may be used to make it easier to turn in the screw-hook.



## STEP 3



- The screw-hook is now ready for the chair. Place the loop onto the hook and enjoy.

\* Note: the hook should be at a minimum of 2 feet (60 cm) from any wall or furniture, to prevent the tops of the wood piece from contacting the material directly.