

RYDE ADJUSTABLE

Ryde Adjustable is developed to be able to adapt to your unique needs as a rider. The different settings on the stirrups will help your leg placement and give the foot full contact and support from the footplate. This allows your body to find better balance, crucial to performance and safety.



FEATURES

- The footplate is adjustable in three different directions. By adjusting these angles each rider can find an individual setting suitable for their needs to create full contact, balance and stability.
- The footplate is 8 cm from front to back (3.15 inches) which creates a solid support for the front part of the foot. The width combined with the ability to adjust laterally ensures that the whole front pad of the foot is evenly supported.
- The footplate has a slight concave shape to follow the natural curve of a foot in movement. This design does not only offer comfort, but also help create a more natural way for the foot to follow the horse's movements.
- The magnetic safety feature in the outer branch of the stirrup will release regardless of which way the foot is going during a fall. This significantly reduces the risk of the foot getting stuck in the stirrup.



Learn more about settings here:
www.ryde-equestrian.com/manual

Specifications
Aluminium/ABS/Stainless steel /Titanium | 580g | Torx 25

SAFETY ACCORDING TO RYDE

Ryde Adjustable is developed to give all types of riders an opportunity for better performance at the highest level of safety. Our stirrups are the result of a collaboration between an extraordinary experience within the fields of biomechanics, riding technique, horse care as well as an innovative engineering approach. Ryde Adjustable offers unparalleled safety features to minimize the risks in riding.

Active Safety: Ryde Adjustable has a unique safety feature developed to ensure that the rider will not get stuck with the foot in the stirrup during a fall. The outer branch of the stirrups will open completely regardless of the rider falling forward, backward, or to the side. This significantly reduces the risk of a rider getting stuck with their foot and getting dragged if an accident occurs. The outer branch is fastened with a steel spring which guides it back to its place after opening during a fall.

Passive Safety: Ryde Adjustable has a wide footplate with rows of grip knobs which is adjustable to the rider's own preferred angle. The wide design creates a stable place for the foot on a non-slip surface which signals comfort and stability to the rider's body. The footplate is designed with holes to let sand and dirt through to further minimize the risk of slipping.

CHECK YOUR STIRRUPS

We recommend making a habit out of regularly checking that the screws for adjustment are thoroughly tightened. Use the tool included in your stirrup kit to check and tighten them, the process is easy and only takes a minute.

Keeping your stirrups clean is recommended, especially before changing the adjustments. This will prevent dirt and sand from getting stuck and will keep the grip knobs of the stirrup from getting dull and slippery. Simply use a soft bristled brush and water, and dry thoroughly with a towel. Doing this on a regular basis will ensure the stirrups to continuously perform you at their best. Only mild cleaners suitable for aluminum and plastic should be used.



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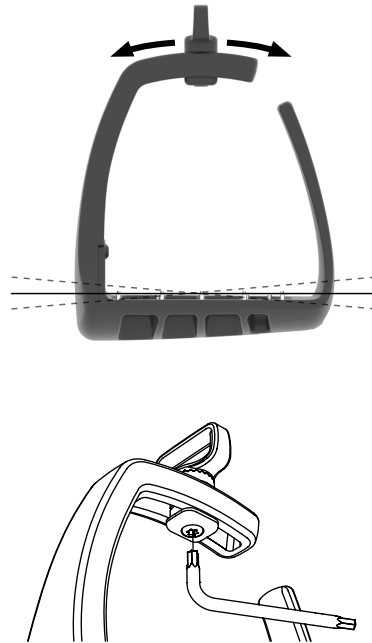
ADJUSTING THE STIRRUP

1 Lateral Adjustment - the most important adjustment

You can adjust the height and lateral angle of the footplate by loosening the screw underneath the top of the stirrup and then slide the top sideways. To get the best feel when you are adjusting, stand in two-point as you try the different adjustments. This will help you feel how your balance shifts with each setting you try.

Use the scale on the front of the top of the stirrup and start around +2 and see how that feels. Keep adjusting until you feel an even support under your foot. If you experience that one foot is weaker than the other, give that foot more support. Adjust that one to a +3 for example.

A correct adjustment where the ankle bone and front part of the foot meets in straight lines helps prevent that the foot slides out in front of you when you ride.



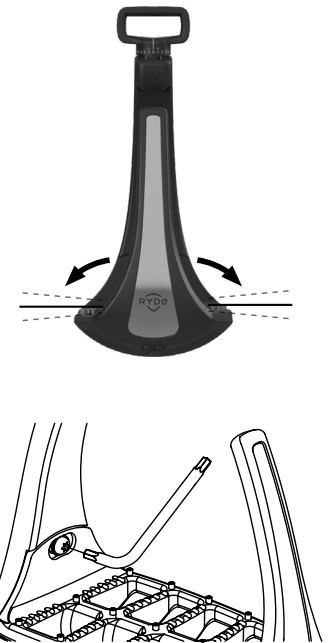
2 Tread Angle - adjusts the foot plate's incline

The incline of the foot plate is easy to adjust with the screw on the inside bottom of the stirrup. This setting is especially helpful for feet who lack full functionality because you can angle it both forwards and backwards to find full support.

The neutral angle is preferred as the foot then gets the best conditions to handle force and distribute weight evenly.

The backward angle (+) is used when your foot puts more weight towards the back of the foot plate,

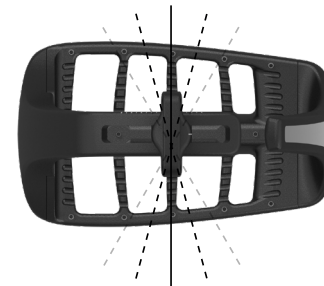
Using a forward leaning angle (-) can be useful if the foot lacks the ability to flex, for example due to an injury.



3 Stirrup Leather Attachment- adjusts the angle with which the stirrup hangs from the leather



This adjustment is important to ensure that the knee joint and the foot gets stability straight over the foot plate. By loosening the same screw, you used for the lateral adjustment (a few more turns), you can now turn the leather attachment so the stirrup follows a natural direction your leg, knee and foot. Adjust outward with the + scale, and inwards with the - scale.



This adjustment minimizes the pull the stirrup leather has on the stirrup which sometimes results in a foot that is slanted over the footplate.