



HOME AERIAL SET-UP DOCUMENT

HOME AERIAL INSTALLATION

OVERVIEW & DISCLAIMER

This document is a guide where to buy the most suitable at-home aerial yoga equipment. IT IS NOT ADVICE ON INSTALLATION. If installing rigging equipment to your ceiling you should seek professional advice. If using any apparatus in this document, you acknowledge that you use and install at your own risk and agree that Bend + Fly is not liable for any mis-use, damage or injury caused by these activities.

AERIAL RIGGING IS POSSIBLE IN ANY ENVIRONMENT!

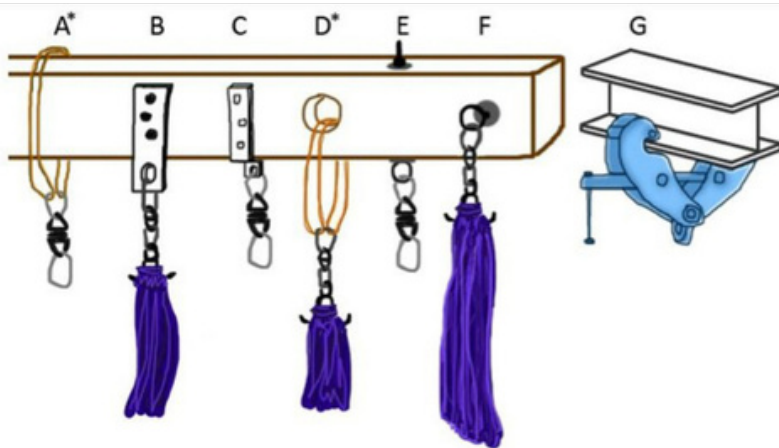
Through the use of a ceiling mounted rig, portable rig or outdoor structure - installing a home aerial set-up is possible in any living situation. Your choice of rigging will depend on living arrangements and financial considerations.

If you have any questions re setting up your home hammock, give us a call on 07 30632050.

Dan & Team

MOUNTING EXAMPLES & SAFETY

Ensure your rigging point is inspected by a rigger or builder to ensure it is suitable for load bearing associated with aerials. Ensure a rigger or builder installs a suitably rated eyebolt or system.



- A. Wrap sling loop tightly around beam/joist/support point
- B. Attach rigging plate to beam with secure bolts (minimum thickness .5inch)
- C. Attach rigging plate to beam with secure bolts (minimum thickness .5inch)
- D. Drill 1" hole through middle of beam, thread sling loop through
- E. Eyebolt drilled vertically - washer, lock washer, and nut on other side.
- F. Eyebolt drilled horizontally - washer, lock washer and nut on other side
- G. Steel I-Beams can be easily rigged with a simple 1ton clamp.

ILLUSTRATION OF MOUNTING EXAMPLES ONLY.
YOU SHOULD SEEK PROFESSIONAL ADVICE ON SAFE MOUNTING FOR YOUR HOME.

PORTABLE RIGGING

You can use an outdoor structure such as park equipment or a lightweight aerial rig like the one sold at Bend + Fly (page 4).



STUDIO QUALITY AERIAL HAMMOCKS



PROFESSIONAL ONE-WAY STRETCH HAMMOCKS AS USED AT BEND + FLY

40 Denier Tricot Nylon Hammocks are the hammocks used at Bend + Fly and are superior in quality to other hammocks, rated and tested for dynamic loading to over 300KG. These hammocks are made from the best quality aerial material that is unique in the way it provides one-way stretch (sideways stretch but not downwards). This stretchability gives this hammock a more natural feel to the contours and movement of your body – something inferior hammocks cannot achieve (most are too stretchy and cannot invert with confidence)

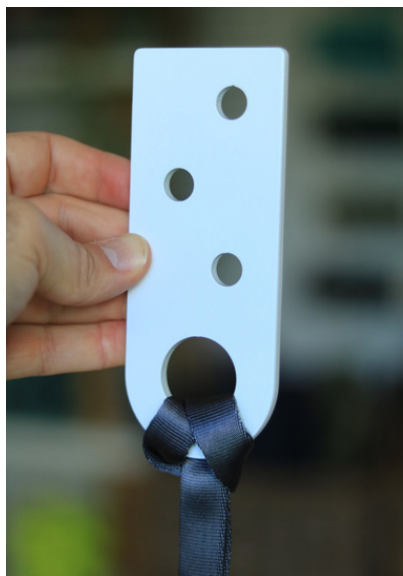
This hammock is the most effective apparatus to practice aerial yoga.

\$269 HAMMOCK WITH HANGING ACCESSORIES / \$199 HAMMOCK ONLY

FREE
DELIVERY

[ORDER HERE](#)

HANGING ACCESSORIES



STEEL RIGGING PLATES

We now sell machined steel and powder-coated 5mm aerial yoga rigging plates that can be mounted to a timber beam.

\$70 FOR 2 PLATES

[ORDER RIGGING PLATES](#)

ENJOY
AERIAL YOGA
ANYWHERE!



PORTABLE AERIAL RIG

HIGH GRADE INDOOR/OUTDOOR FRAME

- ✓ Strong - made of magnesium alloy & stainless steel
- ✓ 600KG weight rated
- ✓ Light enough to be portable at 30kg
- ✓ Telescopic legs extend from 1.4m to 3.4m

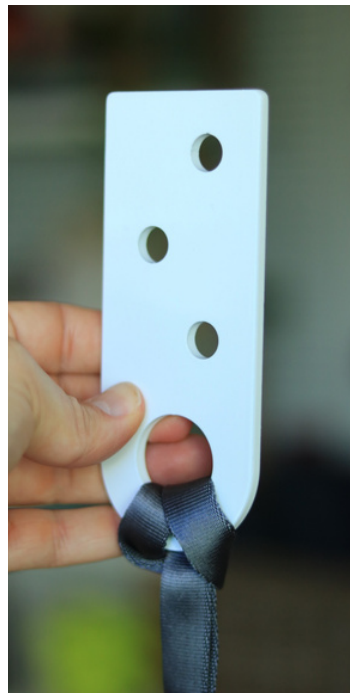
ONLY \$1387 | OR HAMMOCK & RIG BUNDLE \$1600
SAVE \$56

[ORDER HERE](#)

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 PayPal  afterpay

AERIAL RIGGING INSTALLATION



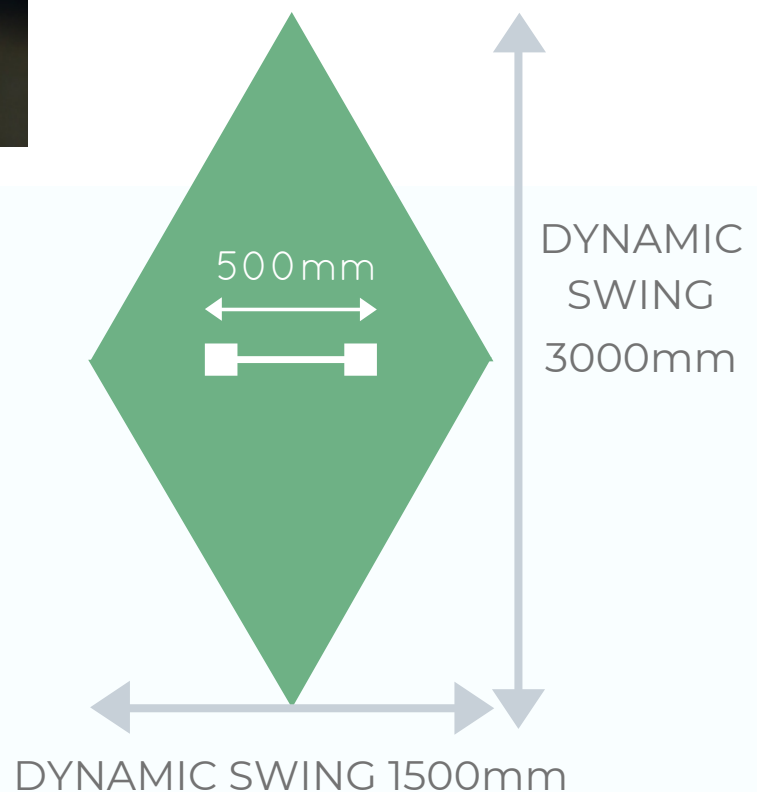
EXAMPLE OF RIGGING & MOUNTING

This set-up has used a rigging plate, daisy chain, carabiner and choke loop tie off the hammock.

If mounting daisy chains or carabiners direct to the eyebolt/rigging plate or over the beam, make sure you use rubber between the structure to reduce friction to protect the hardware.

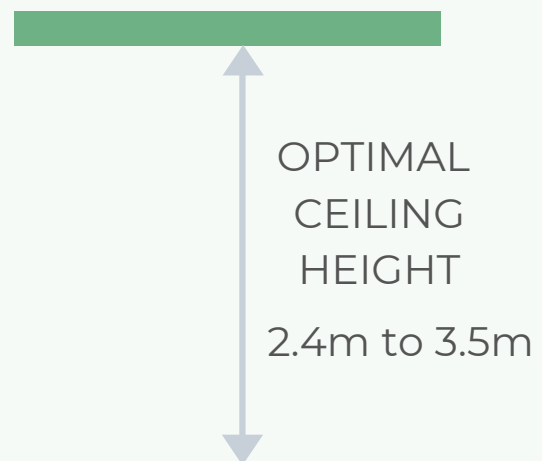
HAMMOCK SWING RANGE & MOUNTING POINTS

The two hammock rigging points should be mounted approximately 500mm apart. The dynamic swing range of the hammock will be approx. 3000mm L and 1500mm W. For static movements and standard inversions the swing range will be much less.



OPTIMAL CEILING HEIGHT

You can safely invert from ceiling heights above 2m. An optimal rigging point for most poses would be 2.2-3.5m. A rigging point above 3.5m may be too high to allow the hammock to sit waist high.



AERIAL RIGGING INSTALLATION



HOW TO TIE OR 'CHOKE' A HAMMOCK

We recommend using the 'choke' method (pictured above on left) using rock climbing slings to tie off the hammock and enable it to attach to the carabiners and daisy chains. Choking a hammock provides more stability and makes it easier to adjust and to take on and off the carabiner. You can also take the slings on and off easily to wash.

Tying the hammock off by knotting (pictured above on right) is possible but we don't recommend it because after applying weight into the hammock it can lock the knot so tight it can be impossible to untie. Plus this method requires more hammock length and makes getting accessories on and off more difficult.

AERIAL RIGGING INSTALLATION

RIGGING POINT LOADING



Each Rigging Point should have a static weight load rating of a minimum of 180kg or 360kg for two points



PROTECTION FROM FRICTION

If mounting daisy chains or carabiners direct to the eyebolt/rigging plate or over the beam, make sure you use rubber hose between the structure to reduce friction and protect the hardware.



HOW TO SET-UP YOUR HAMMOCK

PLAY THIS SHORT VIDEO DEMONSTRATING HOW TO SET UP YOUR HAMMOCK



RIGGING INSTALLATION TIPS

USING THE CORRECT BOLTS

The below 12mm bolts found at Bunnings are used with our rigging plates. We use stainless steel for longevity in all conditions. You will also need to use a stainless steel washer on each end of the bolt and nut.



WHO SHOULD GET TO INSTALL RIGGING?

We recommend using a licensed builder (or handyman who is a licensed builder) with knowledge of the load capacity of beams. Remember...ultimately it is your decision (and risk) on who and how you choose to install aerial rigging.

FINDING A TRADESMAN

We have had success using a tradesman finder website like [HIPAGES](https://www.hipages.com.au).



LOOKING FOR A INSTALLER IN BRISBANE AREA, CALL DALLAS FROM GREENLIGHT CONSTRUCTIONS ON 0417 109 595