BURTON REFERENCE GUIDE

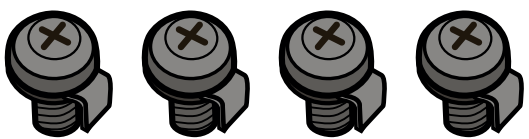
# BINDINGS

# YOU ARE STOKED!

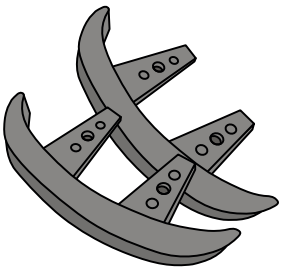
**You just picked up a pair of Burton bindings, the most comfortable and trusted bindings on the mountain. Now it's time to set them up and start riding.**

# WHAT'S IN THE BOX?

1. **Four pieces of EST-to-Channel mounting hardware.**
2. **Gas Pedal Extensions for Diode EST and Escapade EST models.**



4 M6 X 13 BLACK SCREWS WITH 4 TABBED WASHERS



GAS PEDAL EXTENSIONS

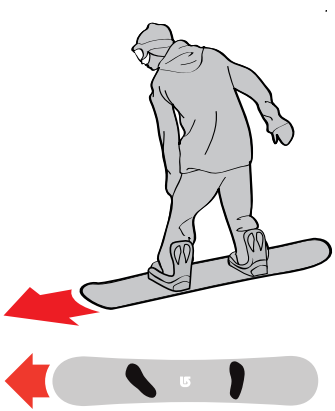
# WHAT YOU NEED TO MOUNT 'EM UP?

1. **#2 Phillips screwdriver, #3 Phillips screwdriver**
2. **About 15 minutes and a patch of flat space**

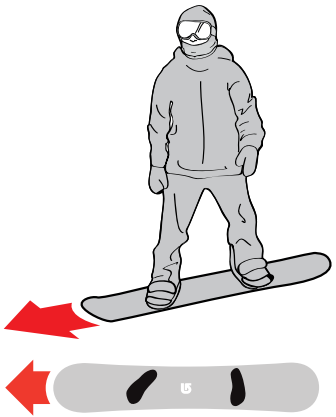
# ARE YOU REGULAR OR GOOFY?

**This one is more of a life choice, so if you don't already surf or skate, you will need to figure this one out. To sort it out from scratch try one of the following three tests:**

1. **Have your buddy push you—lightly—from behind. The foot you put out to stop your fall is your front foot. If you land on your face, try again.**
2. **Slide across a slippery floor in your socks. The foot you naturally lead with during the slide is your front foot. If you crash into the wall, slow down.**
3. **Sprint up a flight of stairs from a standing start. The lead foot that hits the first stair is your front foot. If you can't sprint up the stairs, start exercising more.**



**Left foot forward means you're regular.**



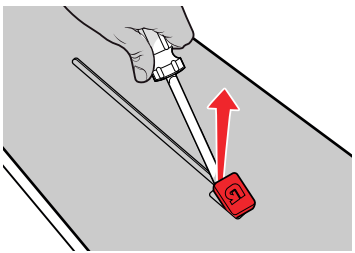
**Right foot forward means you're goofy.**

# MOUNTING YOUR CHANNEL SETUP

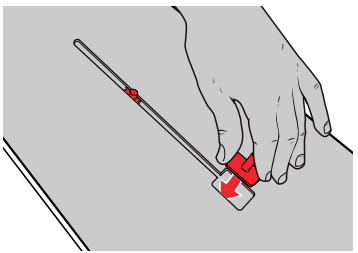
## USE THE RIGHT SCREWS. Black EST screws come with their own lock washer and mate to the tracked insert that slides into The Channel.

WARNING: Standard (silver M6 x 16) are too long and will not work.

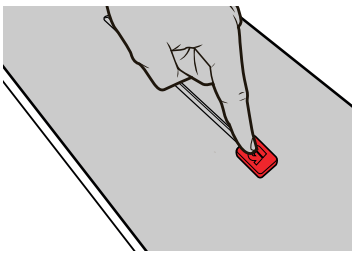
WARNING: Never Use Loctite® or threadlock on your screws. It can corrode or weaken your bindings.



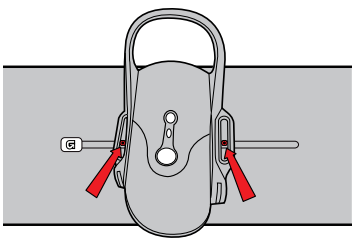
1. With a standard screwdriver, pop out the rubber Channel plug.



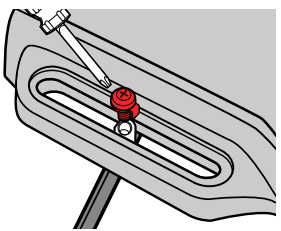
2. Slide in the tracked insert through the open square entry point.



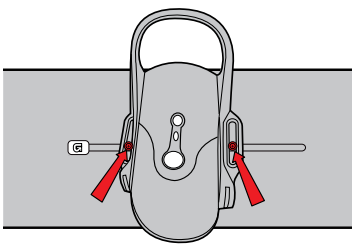
3. Re-plug the rubber Channel plug to prevent the tracked insert from exiting.



4. Line up the tracked insert with EST binding slots.



5. Insert EST screws into tracked inserts with washer tab in EST binding slot.



6. Tighten screws one full turn at a time until they are equally tight – it may help to alternate screws as they are tightened.

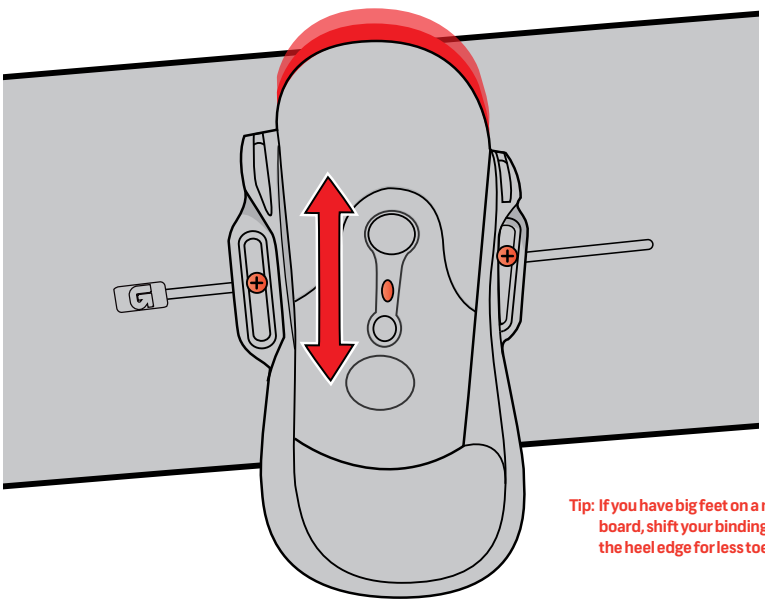
Check your binding screws every time you ride, every Sunday afternoon, and every full moon.

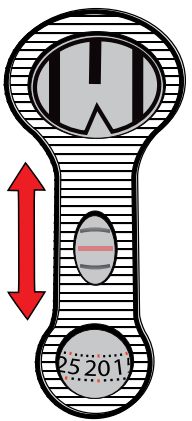
# STANCE ADJUSTMENT: BOOT CENTERING

## Toe drag is bad. Heel drag is worse.

**Both act like a snow anchor by preventing your board from sliding smoothly through a turn.
Centering boots between the toe and heel edge is the fix to prevent drag and to maximize edging power.**

**Tip: If you have smaller feet on a wider board, shift your bindings toward the toe edge for more power on toeside turns.**





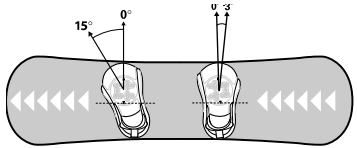

**Tip: If you have big feet on a narrower board, shift your bindings toward the heel edge for less toe drag.**

# STANCE ADJUSTMENTS: STANCE ANGLE

## Some riders like a little angle, some like a lot.

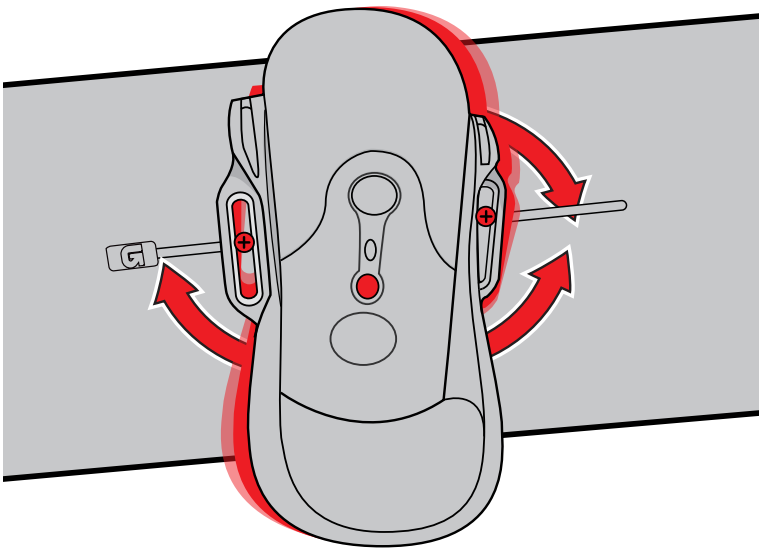
**It's all personal preference and what feels comfortable for you, but typical front foot angles range from positive 6 to positive 22 degrees. Typical back foot angles range from negative 15 to zero degrees. Ladies can comfortably run a bigger difference between front foot and back foot angle due to hip anatomy.**

**Your stance can always be tweaked and adjusted until you find what feels best, just make sure your screws are tight before riding.**

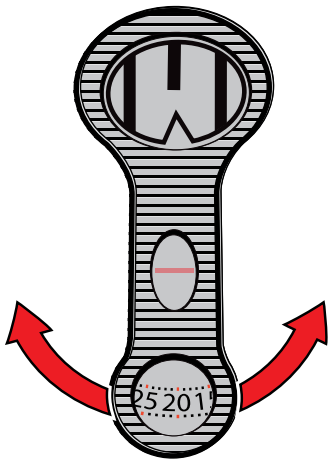



**If you have no clue, start with positive 15 on the front and negative 3 on the back.**

**Trust us.**



1. **To adjust stance angle, loosen mounting hardware and rotate binding around EST binding. Slide to desired angle.**



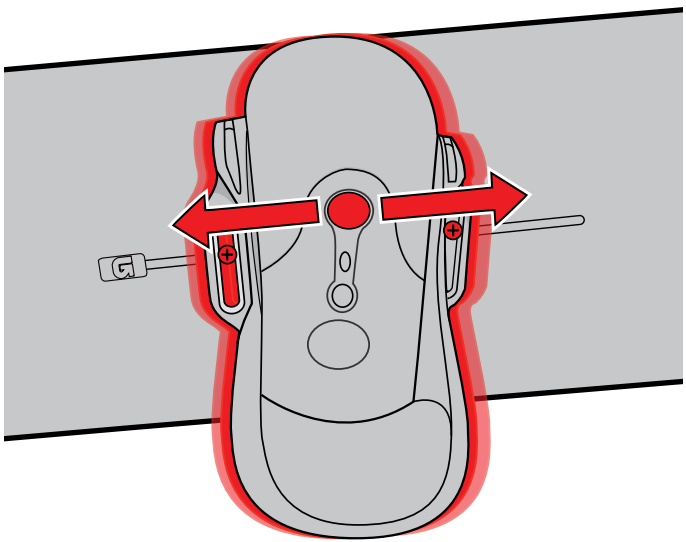

2. **Check angle mark to numeric guide on disc or binding then retighten mounting hardware.**

# STANCE ADJUSTMENTS: WIDTH AND CENTERING

## All Burton boards come stock with a suggested reference stance.

Some riders like to rock a slightly wider stance for easier grabs and more stable landings. Some narrow the stance width for greater turning power and responsiveness. Ultimately it's just a matter of what feels comfortable. Some of our team riders are still trying to find their perfect stance.

To experiment with stance widths, loosen screws and move bindings closer together (for a narrower stance) or further apart (for a wider stance) iin 1-in, 1/2-in or even 1/4-in increments, then re-tighten. The Channel let's you get extremely picky and precise with your stance width, so take advantage.



To shift your stance centering, loosen screws and move both bindings equal distances toward tip or tail, then re-tighten.

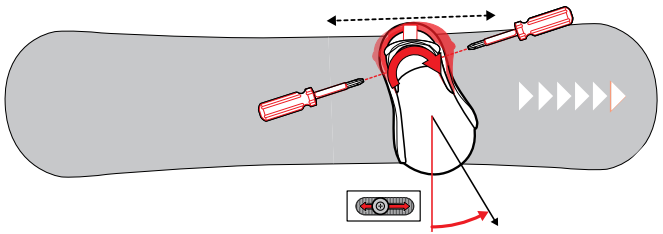
A centered stance (same distance to tip and tail) is best for park, groomers, or firm snow.

A back-of-center stance (shifted about an inch or two toward tail) is better for powder, backcountry or freeriding since it naturally sinks the tail and helps the board float in deep snow.

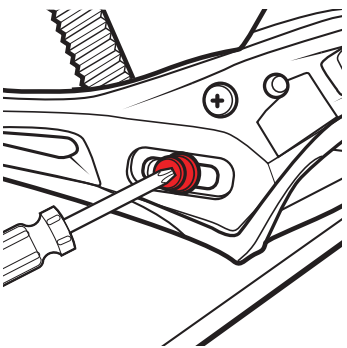
Tip: A good solution for recurring back-leg burn is to shift only the back binding an inch toward the tail.

# HI-BACK ROTATION

**For maximum power and easier trickery, hi-backs should be rotated parallel to the board's heelside edge.**



1. To rotate, loosen the screws on either side of the binding that connect the hi-back to the baseplate.



2. Twist hi-back—between zero and thirty degrees—so that it is parallel to the board's heel edge.

3. Retighten screws.

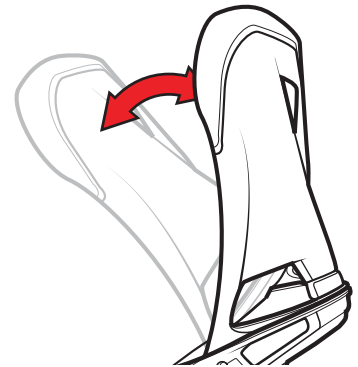
Tip: For greater hi-back rotation the plastic washer can be rotated within the slot to extend even further for those extreme angles.

Tip: When re-tightening hi-back screws, make sure the hi-back is snug in the heelhoop and the forward lean adjustor is properly seated on the heelhoop (MicroFLAD models only).

# FORWARD LEAN

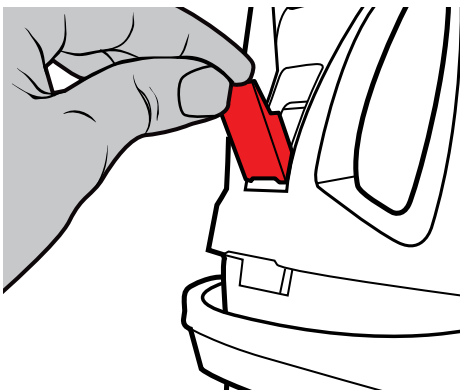
**More forward lean equals quicker turns and more response.**

**Less forward lean means more freedom and freestyle tweak-ability.**



## MicroFLAD

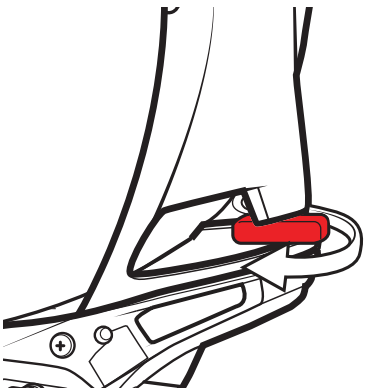
1. To adjust forward lean, first unlock the forward lean adjustor (FLAD™) lever on the back of the hi-back.
2. Slide FLAD block to desired position and re-lock lever.



Tip: Use "F" markings on the hi-back's FLAD block to precisely set your forward lean.

## DialFLAD

1. To adjust forward lean turn FLAD™ dial to desired position.
2. Once desired position is found, ensure that dial is flush with hi-back inner and outer surfaces.



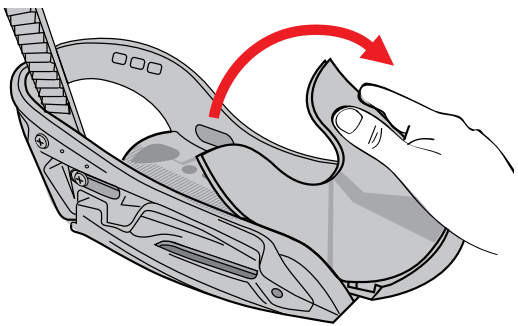
Tip: "F" markings for reference can be found on the FLAD post.

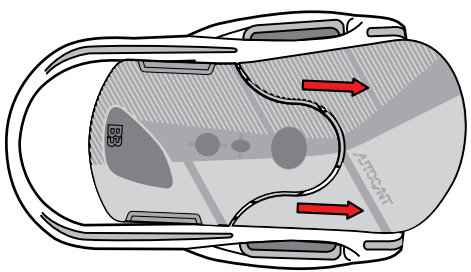
# GAS PEDAL ADJUSTMENTS

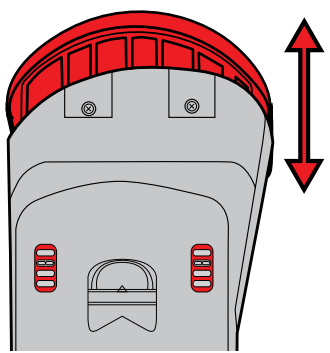
## Gas Pedals reduce toe drag, cut down on foot fatigue, and add more power to your turns.

**Tip: The Gas Pedal should only go as far as the contact point of the sole of the boot to the binding BED. Excess adjustment can lead to major toe drag.**

1. Pop Gas Pedal tabs up and out of the heelpad.



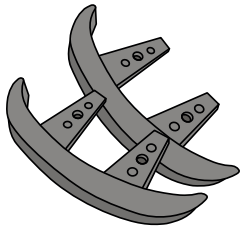


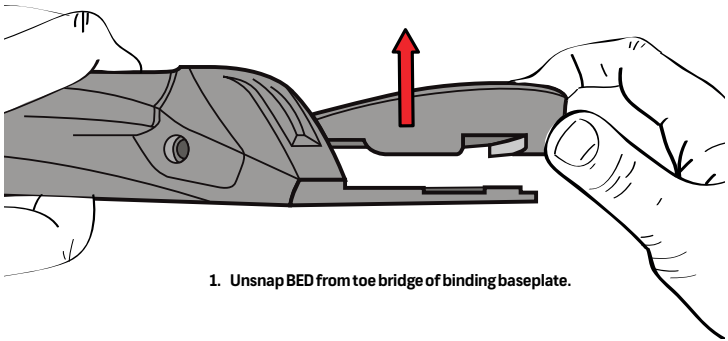


2. Slide it forward to desired position, pop tabs back into the heelpad's preset locations.

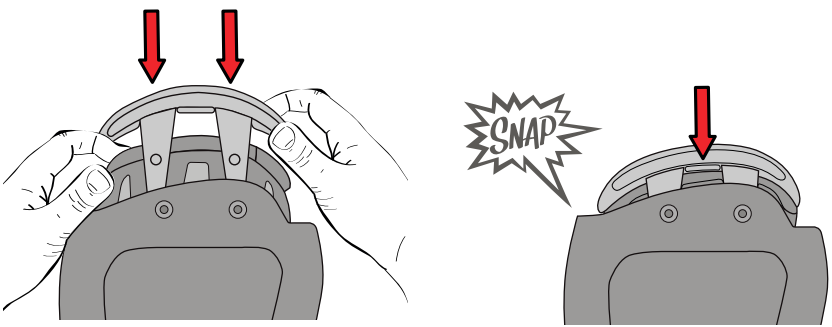
# GAS PEDAL ADJUSTMENTS: PREMIUM EST

## For Diode EST and Escapade EST models





1. Unsnap BED from toe bridge of binding baseplate.

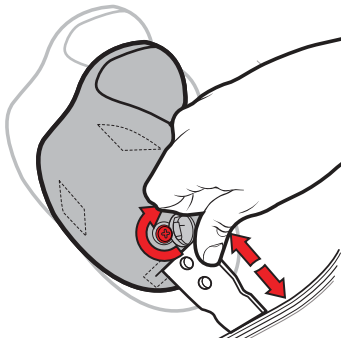



2. Slide Gas Pedal extension in and snap BED back into toe bridge of baseplate.

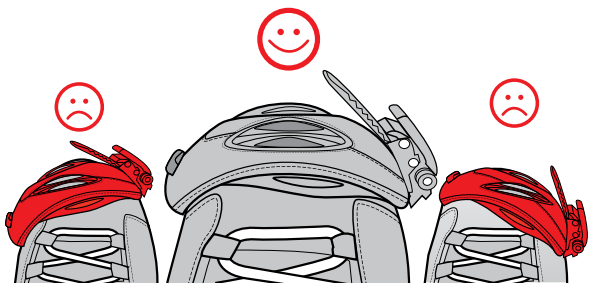
# ANKLE AND TOE STRAP ADJUSTMENTS

## Strap Length

1. To adjust strap length, first loosen screw that connects strap to slider. Slide strap to desired length and match up slider hole to screw.



2. Place empty boot in binding, check length and re-tighten strap screw. Contour of the ankle strap should align with the contour of the boot so that the strap is centered on the boot.

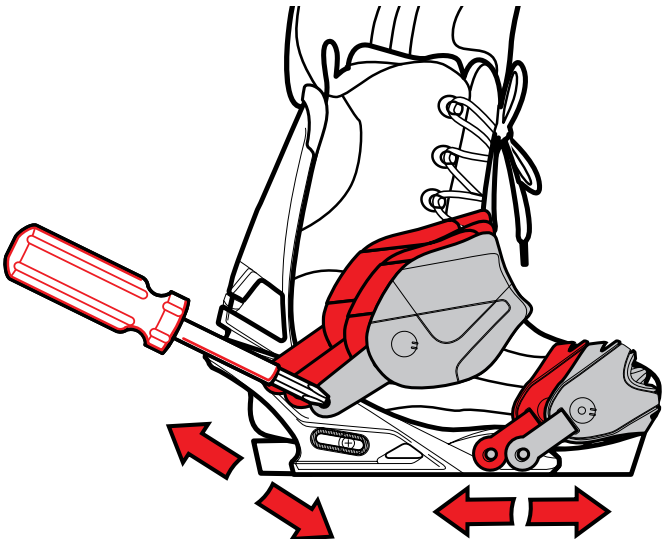


Note: Even though these adjustments can be made on the mountain, it's best to spend more time riding and less time tweaking by checking the fit before you leave the house, the lodge, or the shop.

Note: Straps don't stretch, but boots break in, so slight adjustments may be needed with new gear as the season progresses.

# ANKLE AND TOE STRAP ADJUSTMENTS

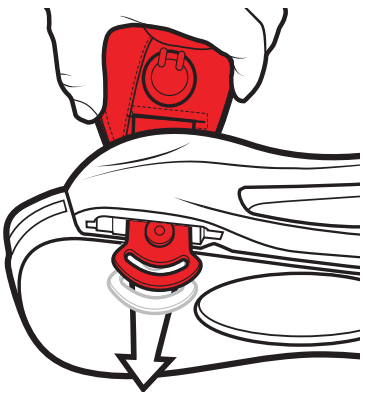
## Strap Height



1. To adjust strap height, first unscrew strap to baseplate connection.
2. Remove strap and screw. Reposition at either high or low hole.

Note: There is a D-nut inserted into the inside surface of the baseplate. This will also need to be removed to reposition strap.

3. Align strap slider or ratchet tongue with new baseplate mounting position. Insert D-nut to hold part in place. Retighten strap screw with screwdriver and re-check strap length to boot size.



Straps can be mounted high for greater support and power or low for more flexibility and tweakability. Not sure which way to go? Then just play around with the strap height until you find what's most comfortable for you.

Note: Strap height adjustment options vary by baseplate/binding model.

# Warning

**Keep it rad.** Look both ways before you cross the street. Bathtubs are slippery. Do not stand on the top step of a ladder. Life has risks...Snowboarding is one of them. These are the best bindings in the world, but they are not designed to release. The best protection you have is yourself. Read the instruction manual...Learn to ride. Accept the risks you can handle without putting others at risk.

A runaway snowboard is a dangerous thing. When not attached to your feet they can slide away and cause serious injuries. Remember YOU are responsible for preventing your board from hurting others. Make sure your ride doesn't fall off a rack or get dropped when you're hiking. In compliance with ISO Code 14573, you are required to use a leash at all times when strapped in. The leash must be attached to the binding by looping it through the notch on the interior side of the front foot baseplate, and securely fastened to your body on the other end. No one gets hurt and we all shred another day!

Avoid compression damage by folding down your high-performance hi-backs before loading / unloading.

## Attention / Achtung / リフトに乗る際の注意

⚠ Attention. Sois prudent. Regarde des deux côtés avant de traverser la rue. Une baignoire, c'est glissant. Ne te place pas debout sur la dernière marche d'une échelle. La vie comporte des risques...pratiquer le snowboard en est un. Voici les meilleures fixations au monde. Par contre, ces fixations ne sont conçues pour dégager tes pieds. La meilleure protection que tu peux avoir c'est toi-même. Lis le mode d'emploi...apprends à rider. Assume les risques que tu peux prendre sans mettre les autres en danger.

Un snowboard qui s'échappe sans contrôle sur les pistes peut être très dangereux. Lorsque le snowboard n'est pas attaché à tes pieds, il peut glisser et provoquer des blessures graves. Souviens-toi que c'est TA responsabilité d'empêcher que ton snowboard ne blesse quelqu'un. Assure-toi que ta planche ne tombe pas d'un support ou ne chute pas lors d'une ascension. En conformité avec le Code ISO 14573, tu dois utiliser une courroie de sécurité en permanence lorsque tu as ton snowboard aux pieds. Cette courroie doit être attachée en permanence à la fixation à l'aide d'une boucle autour du cran situé du côté interne de la base du pied avant. La courroie doit être accrochée solidement à une partie de ton corps lorsque tu utilises ton snowboard. Personne ne sera blessé et on peut rider une journée de plus!

Évite les dommages de compression en pliant toi-même le hi-back de fixation avant de prendre le télésiège.

⚠ Sei wachsam, adlerauge! Schau links und rechts, bevor du die strasse überquerst. Pass auf, dass du nicht in der badewanne ausrutschst. Balanciere nicht auf der obersten stufe einer leiter. Das leben ist voller gefahren ... und snowboarden ist eine davon. Wir bieten dir die besten bindungen der welt, aber denk dran – auch sie gehen nicht automatisch auf. Der beste schutz vor möglichen gefahren bist du selbst. Lies die bedienungsanleitung ... lerne snowboarden. Akzeptiere risiken, die du bewältigen kannst ohne andere in gefahr zu bringen.

Ein den Hang hinunter schiessendes Snowboard kann sehr gefährlich sein. Ist es nicht richtig an deinem Fuss befestigt, kann es dir entgleiten und damit schweren Schaden anrichten. Denk dran, dass DU dafür verantwortlich bist, dass andere durch dein Board nicht verletzt werden. Sorge dafür, dass dein Brett sich nicht vom Dachträger oder während des Anstiegs aus der Boardbefestigung lösen kann. Gemäss ISO Code 14573 ist der Gebrauch einer Leash beim Snowboarden zwingend vorgeschrieben. Die Leash muss an der Bindung befestigt sein, indem sie durch den Schlitz an der Innenseite der Vorderfuss-Baseplate gezogen und mit dem anderen Ende am Bein befestigt wird. Wenn niemand verletzt wird, können auch in Zukunft alle Spass am Fahren haben!

Druckschäden durch Vorklappen des Highbacks vor dem Ein- bzw. Ausladen des Snowboards sind zu vermeiden

⚠ 道を渡る時には左右をしっかり確認しよう。お風呂場は滑りやすい。ハシゴのてっぺんに立つのは危ない。生活の中には危険がイッパイ・・・スノーボーディングもその 1 つです。これは世界最高のバインディングですが、リリース（開放）するようにはデザインされていません。最高のプロテクションはあなた自身です。インストラクションマニュアル ( 取扱説明書）をきちんと読んで、他の人々を傷つけることなく、自分のリスクは自分自身で負いましょう。

警告：足から外れ、斜面を流れていくボードは凶器です。ボードを足につなげておかないと、時として大きな事故を引き起こす可能性があります。スノーボーダーには、自分のボードで誰かにケガを負わせないようにする責任があるということを忘れないで下さい。ハイク中に背負ったボードがバックパックから落ちたり、脇に抱えたボードを手から落としたりしないようにしましょう。ISO Code 14573 に従い、ボードを装着している時は常にリーシュコードを使わなければなりません。リーシュは、バインディング前足ベースプレートの内側にループにして通し、反対側を自分の体にしっかり固定します。誰もケガをすることなく一日を終えて、また次の日も皆でライディングを楽しみましょう。

リフトを使用する際には、ハイパフォーマンス・ハイバックを前に倒し、リフトとの接触によるハイバックへのダメージを防ぎましょう。

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