

## zTrak Bed System Loft: One Person Set-Up

**Instructional video** <https://youtu.be/EQZprUqcCgE>

1. Prepare to set up the bed by placing all components within reach
  - >> Prop one bed end against a wall with the spring base placed in front of it on the floor in the correct orientation
  - >> The other end should be oriented so the pins are facing the same direction as the propped end, within reach of the other end of the spring base (may need to rotate 180-degrees)
  - >> If the spring base and stabilizer are equipped with zLok knobs, turn the knobs counter clockwise to the unlocked position
2. First, attach one end of the spring base to one bed end
  - >> Starting with the end that is propped up, use one hand to lift the spring base, and the other hand to tilt the bed end toward the spring
  - >> Attach to the set of hooks at the desired height
3. Next, attach the other end of the spring base
  - >> Move the second bed end to the end of the spring, making sure the pins are facing the same direction as the other end
  - >> Lift and attach to the pins so spring base is level
4. Secure the spring base by using one of these two methods:
  - >> For standard spring base, use a rubber mallet to secure
  - >> If equipped with zLok knobs, hand-tighten all knobs to secure
5. Install the stabilizer bar at the desired height
  - >> Holding the stabilizer at an angle, approach the bed from the side. Place the higher end hook plate into the zTrak bed end slot
  - >> Place the lower end into the other slot, make sure the stabilizer bar level
  - >> Place both ends of the stabilizer bar on the desired pins, and secure with a rubber mallet or by tightening the zLok knobs

