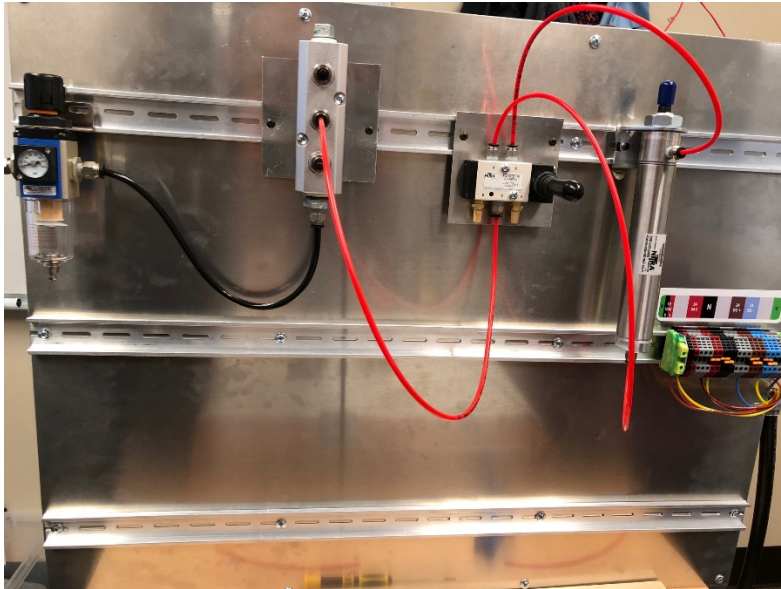


## Trainer Lab #5

### Extend and Retract Double Acting Cylinder w/ DCV



#### Trainer Lab Instructions:

##### Steps:

- 1- Make sure you are wearing safety glasses.
- 2- Make sure that the orange shut off valve is shut off before you start hooking up any components.
- 3- Make sure that 2 of the 3 ports on the silver manifold are plugged.
- 4- Take a hose from the silver manifold, and run it to the "P" port on the Manually Operated Valve.
- 5- Take a 12" hose (approximate length) and run it from the "A" port on the Manually Operated Valve to the Non-Rod side of the Double Acting Cylinder.
- 6- Take a 12" hose (approximate length) and run it from the "B" port on the Manually Operated Valve to the Rod side of the double acting Cylinder.
- 7- Push the Manually Operated Valve to the right.
- 8- Video yourself doing Steps: 9-11 and submit.
- 9- Turn on the orange shut off valve and set the "FR" unit to 60 PSI. Check to make sure that your cylinder is retracted.
- 10- Shift the Manually Operated Valve back and forth and check to make sure the cylinder is extending and retracting.
- 11- Turn off the orange shut off valve, cycle the Manually operated valve back and forth a couple of times so that there is no stored air in the system. Un-hook the hoses and put everything away.