



THE OG SPRING™

LST SUPER TOOL

STEP BY STEP INSTRUCTIONS

How To Set Up & Train Your Plants with The OG Spring LST Super Tool

To See an Expanded Video Version of these Step-By-Step Instructions, Go to www.theogspring.com and Watch: How To Train Plants with The OG Spring LST Super Tool

Low Stress Training + The OG Spring = Apical Tuning

Turn an Ordinary Garden Stake into an Incredible Low Stress Training Tool with The OG Spring. By Bending and Attaching the UNTOPPED Main Stem of Your Plant to the Spring Wire and Reattaching it as it Grows, you will Gently Break Apical Dominance and Redistribute Hormones throughout Your Plant with Low to NO STRESS. The Result is Faster Veg Times and Consistently Higher Quality and Yield.

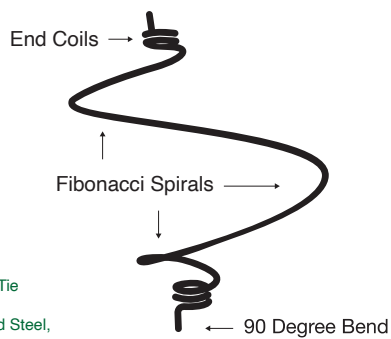
Anatomy of The OG Spring

Specs:

Wire Size: 3/32" Stainless Steel
Length: 29" Trainable Length of Wire
Weight: 37 Grams
End Coils: 1/2" Diameter

What You'll Need:

- 1 - OG Spring
- 2 - 4-6" Zip Ties
- Optional Fasteners: 2 - 1/4-1/2" Hose Clamps,
2 - 4" Pieces of Garden Soft Tie
- 1 - 20-24" Stake 7/16" Diameter or LESS
Garden Stakes Made of Plastic Coated Steel,
Bamboo or Wood Dowel are Preferred
- 3ft - Garden Soft Tie or Similar



Setting Up The OG Spring

Tips:
-All Training Tools & Supplies, including The OG Spring, should be cleaned before each use with Bleach & Warm Water (At a Ratio of: 1/3 Cup Bleach to 1 Gal. Warm Water).

-It's Nice to Start with a Plant that is 6" to 12" tall

1). Start by planting your clone or seedling into a 1 gallon or larger pot. Do this just a couple days before setting the stake, or on the same day, to avoid damaging your plant's expanding root system. Plant it slightly (1.5-2") to the left or the right of center in the new pot.

2). Fig. 1 Set the Stake into the new medium 2.5-4" inches to the left or right side of your plant, OR at least enough to avoid damaging the rootball.

For example: If you planted your seedling on the left side of the center of the pot, you'll set the stake on the right side of the center. This should leave about 3-4" between the plant and the stake.

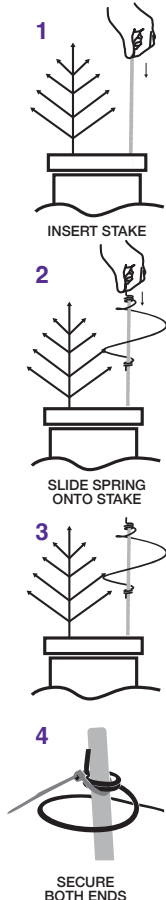
3). Fig. 2 - Slip both 1/2" coiled ends of the spring over the top of the stake. Either end of the spring can be top or bottom.

4). Fig. 3 -Set the height of the spring on the stake so that the main top of the plant ends up somewhere BETWEEN the bottom and the top end coil of the spring.

Note: If you're setting up the spring and your plant is still just a seedling or a small clone, and not quite ready for training, then set the bottom coil of the spring at about the same height as the top of the plant or slightly above. Then once the plant grows tall and strong enough to train, it can easily be attached to the spring.

5). Fig. 4 - After deciding on the height of the spring, you'll attach it to the stake by threading a 4-6" zip tie around the stake and each end coil. For the best attachment make sure that the zip tie will cross the 90 degree bend coming off the end coil when secured. Now secure a zip tie around the stake and upper end coil.

6). Next expand the spring by pulling the lower end coil downward a bit. Ideally there should be a distance of 7-9" between the coiled ends. This will add tension to the spring and increase the angle of the spring wire to about 35-45 degrees. Now secure a zip tie around the stake and lower end coil.



Begin Training on The OG Spring

*Dotted line replaces the spring & stake in figs. 5-10

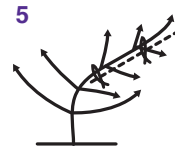
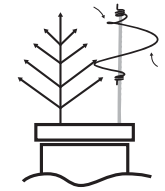
Tips:

-Avoid Sharp Bends When Attaching the main stem to the Spring.

-For quick & easy attachment prepare your soft tie by cutting into 4" lengths and bending into a "U" shape.

- When setting the main stem to the spring for the first time, it's helpful to have at least 1 full internode length between the soft tie attachment points. An internode is the stem portion between the nodes where branches and leaf emerge.

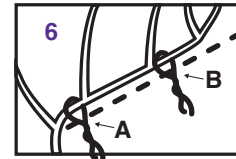
7). Fig. 5 & 6 - The first part of the main stem you'll attach to the spring is about 2-3" down from the very top of the main. Gently bend the main stem down toward the spring wire & attach with soft tie.



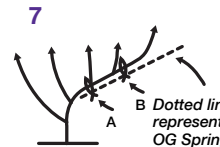
8). Fig. 5 & 6 - Attach the 2nd soft tie down where the main stem bends to meet the spring wire. This will help lock the main stem in place on the spring wire.

*Free any tangled branches and leaves.

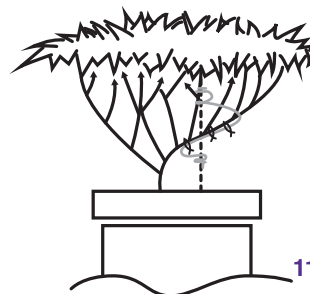
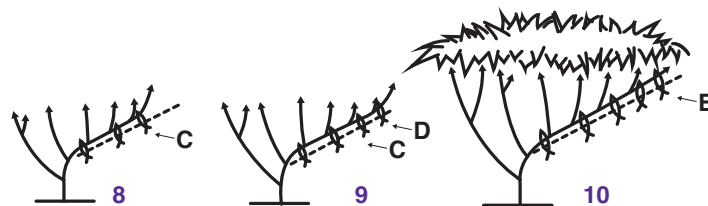
!! Caution: Don't over-tighten main stem to spring with soft tie. Leave enough slack between the stem and spring wire to fit a pencil in-between. As the plant grows, watch out for pinch points between the soft tie & the main stem - remove & adjust as necessary.



9). Fig 7 - After just a couple hours, the tip of the plant's main stem will have turned back upright. Now you can check to make sure that the very top of the main stem is still higher than all the lower shoots. This helps to keep lower & middle shoots from quickly attempting to become the new dominant top. Adjust the main stem and soft tie if needed now.



10). Fig. 8, 9 & 10 - Follow up training of your plant to the spring is done by attaching the top of the main stem to the spring node by node as it grows. By keeping the top of the main stem above the lower & middle shoots, you can continue training and increasing the number of shoots. Once the desired number of shoots/tops have developed, the top of the main stem should be brought down to same height as, or lower than, all the other shoots, Do this by tying enough of the main stem down to the spring, that it brings its dominance to an end.



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