

# Getting Started

1. After unboxing, get to know your SWINGiT. There should be a latch bolted to the tube near each cup. This is called a "strap lock". You will be using this to secure your controller strap (applies for most controller brands).
2. On the cup will be writing to indicate if it is for the left or right controller. This should be the same as what you chose when placing the order (Laterality - left or right). Underneath the cup, where you see it bolted to the SWINGiT, you might also see some more writing indicating which brand the cup is for (i.e. Quest 2). Make sure the cup is lined up with the strap lock.
3. Before putting your controller into the cup, it is suggested to wipe down the part of the controller that will go inside. This is to ensure optimal friction so it does not slide out easily. This friction is the primary thing holding your controller in your SWINGiT. Next, observe the small hole in the cup (found on cups for most controller brands). This is intended for feeding the wrist strap through, and should be facing you, or away from the trigger button on the controller.
4. To install, simply start with the wrist strap and feed it through the small hole. Then push the controller into the cup until it cannot go any further. Use of excessive force is not required as it should easily go in until it hits friction, and then with a little bit of force you should be able to continue pushing in until it won't go any further. That is the point at which you should stop and it is considered installed in the cup. **Please note: if you are using Index or PSVR 2, we have videos in [Website tutorials](#) under Cup.**

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