



VITAGLIDE®

OWNER'S MANUAL



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**For complete warranty details, additional information
about VitaGlide® or to register to receive important
production updates, visit:**

www.vitaglide.com

Your VitaGlide® serial number: _____

**PLEASE READ THROUGH THE MANUAL IN ITS ENTIRETY
BEFORE ASSEMBLING YOUR VITAGLIDE®.**

Designed & Assembled in the U.S.A.
from American and imported parts.



All VitaGlide® components are CE/UL compliant.

Safety Information

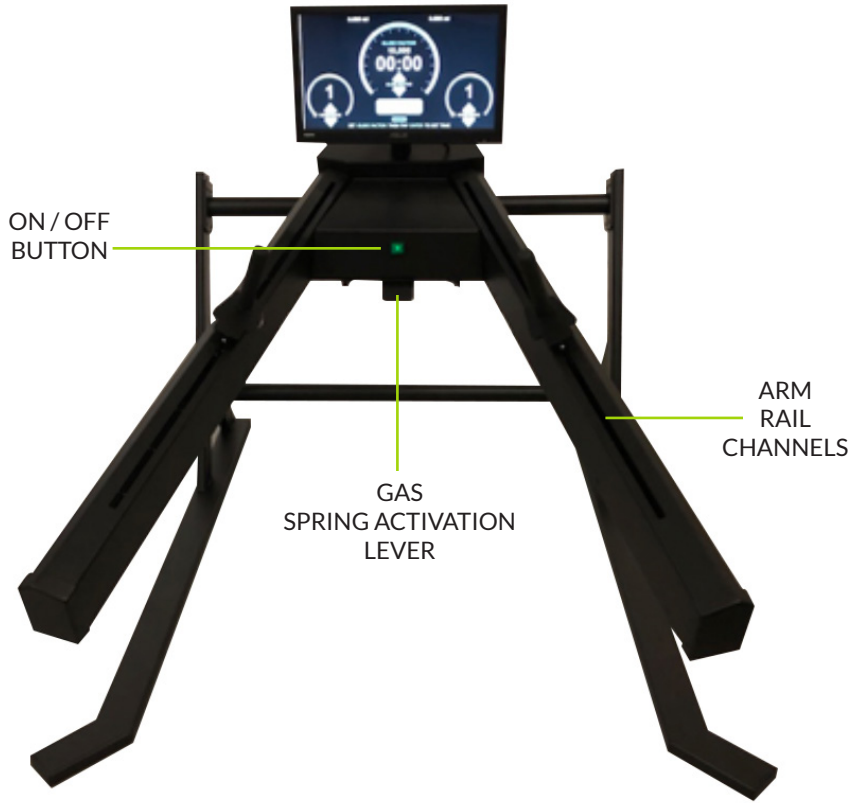
- Your safety is your personal responsibility. Please read all safety information prior to assembling and using your VitaGlide®. The owner is also responsible for ensuring that all other users of the machine are aware of all warnings and safety precautions.
- Before starting, CONSULT YOUR PHYSICIAN. Be sure that using the VitaGlide® device is not a threat to your health by undertaking a strenuous exercise program.
- If you experience shortness of breath, chest pain, or other unusual symptoms, stop exercising immediately and consult a physician.
- Monitor your comfort level. You are your own best coach. As with any physical activity, if you increase the level of resistance and timed activity too quickly, you increase the risk of injury.
- Gliding at too high a resistance level could be detrimental to your training, conditioning, and/or strengthening program and may reduce your output and increase your risk of injury.
- ^{VV} Become very familiar with the VitaGlide®, understanding the various components and resistance levels. The top section of the machine that includes the handles, cowling, and screen will be referred to throughout this manual as the “V”. Be sure to adjust the “V” appropriately to avoid injury. Test the different components on the touch screen (timer, resistance, Glide Factor™).

- Keep hands, fingers, and foreign objects away from moving parts. Be sure to only grasp the tapered handle grips.
- Do not allow anything, i.e., hands, fingers, clothing, foreign objects to enter the handle channels (slots) on each arm. This could cause damage and will void the warranty.
- Use of the VitaGlide® device with a worn or weakened part, such as the roller chains, sprockets, gas spring, belts, pulleys, handles, or handle-cars, may result in injury to the user. Contact VitaGlide® immediately. Authentic parts from the manufacturer should replace any damaged or worn parts. Installation of other parts may result in injury or poor performance of the device and will void the warranty. Unapproved changes or modifications to the VitaGlide® will void the warranty.
- The VitaGlide® is for indoor use only. This device should not be exposed to water, outdoors, or high humidity. Doing so will void the warranty.
- Always unplug the VitaGlide® before cleaning. Contact VitaGlide® LLC before any repair is performed on the machine.
- Turn off the VitaGlide® after each use. This is an electrically energized device. Always practice safety first.

VitaGlide®



Specifications



Length 57"

Width 42"

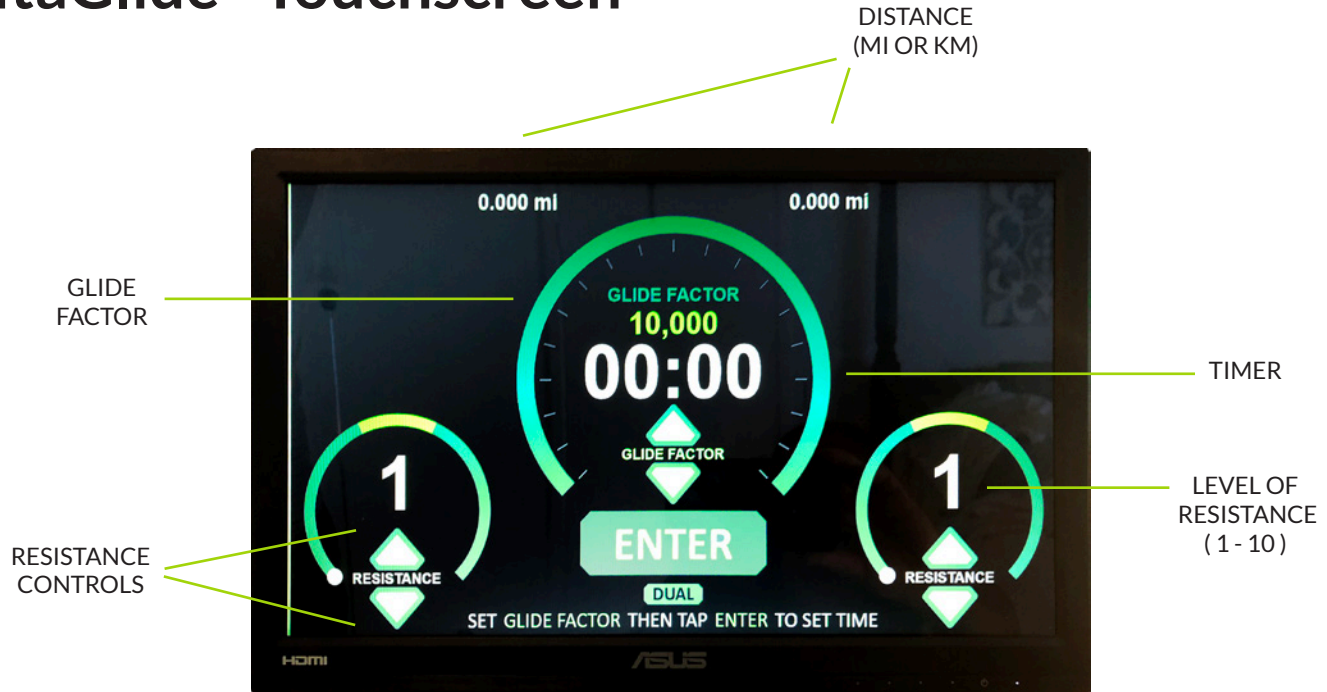
Height 46.38"

Screen 15.6"

Shipping Weight 230 lbs*

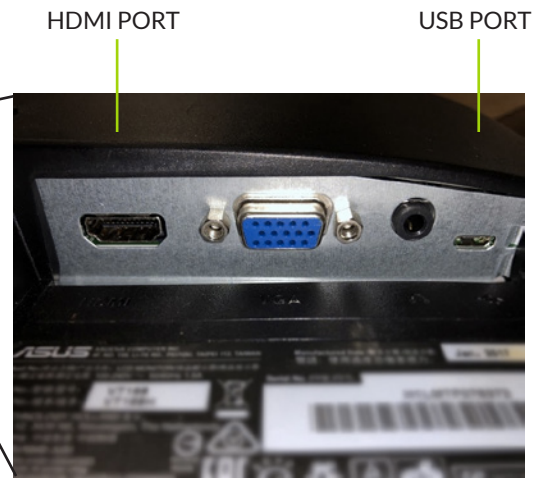
*[1st package = 145#; 2nd package = 85#]

VitaGlide® Touchscreen





POWER CORD
FOR MONITOR



HDMI PORT

USB PORT

VitaGlide® Hardware

Base



x 16

Thread-Locking Button Head
Hex Drive Screws
Alloy Steel, 5/16"
18 Thread
1" Long



x 16

Black-Oxide Steel
SAE Washer
for 5/16" Screw



x 1

Hex Wrench
3/16"
6" Length

Handles



x 4

Screw (2 per handle) -
1/4-20 X 1" Button Head
Hex Drive Screw



x 4

Nut (2 per handle) - 1/4-
20 Nylon-Insert Locknut

"V"



x 6

Hex Nut
5/16"-18



x 6

Black-Oxide Steel
SAE Washer
for 5/16" Screw



x 2

Split Lock Washer
for 5/16" Screw



x 2

#8-32
Lock Nuts
with External
Lock Washer

Monitor



x 1

M6X25mm,
25mm Length
Socket Head
Cap Screw



x 4

M4x0.7mm
8mm Length
Pan Head Screws
with Spring Lock Washer



x 3

M4x0.7mm
12mm Length
Pan Head Screws
with Spring Lock Washer



x 1

Hex Wrench
5mm
5" Length

Assembling YOUR VitaGlide®

Placement

- The VitaGlide® device must be set up and used on a stable, level surface. It is highly recommended that you set up your VitaGlide® on the surface where you will be working out.
- It is not recommended that the VitaGlide® be located on a carpet with deep piled surface.

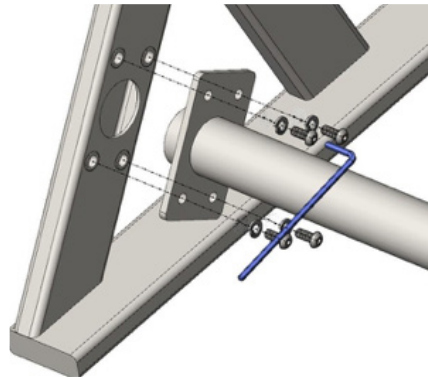
Tools Needed

- You will need the following tools to assemble the VitaGlide® base, “V”, and touch screen:
 - Phillips Head Screwdriver
 - Adjustable wrench
- All other materials for assembly are provided.

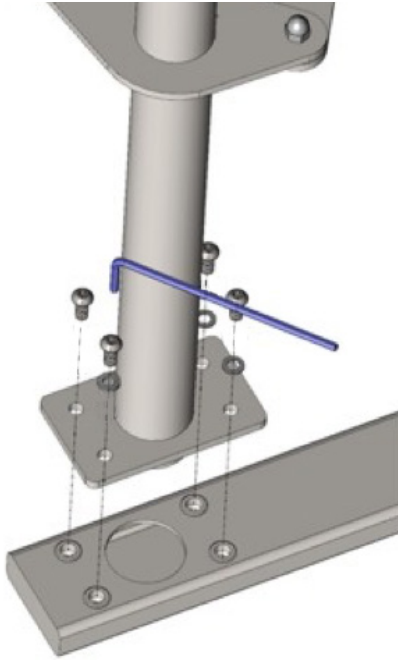
Step 1: Assembling the Base

The VitaGlide® is an exercise machine that will require some assembly. The machine will arrive in two large boxes. The key components have already been assembled to make the job of final assembly as easy as possible. Primarily, the assembly process involves installation of bolts, nuts, washers, and screws. The base consists of a left leg, right leg, and (2) crossbars: (1) with the “V” platform/gas spring and (1) without. Locate the packet labeled “Base” that holds the fasteners.

A) Lay the left leg on its side and slide the bottom crossbar (without “V” platform/gas shock) into the opening. You may need to gently tap the crossbar into the circular opening. Attach the crossbar to the leg by inserting (4) bolts and tightening using the 3/16” hex wrench.

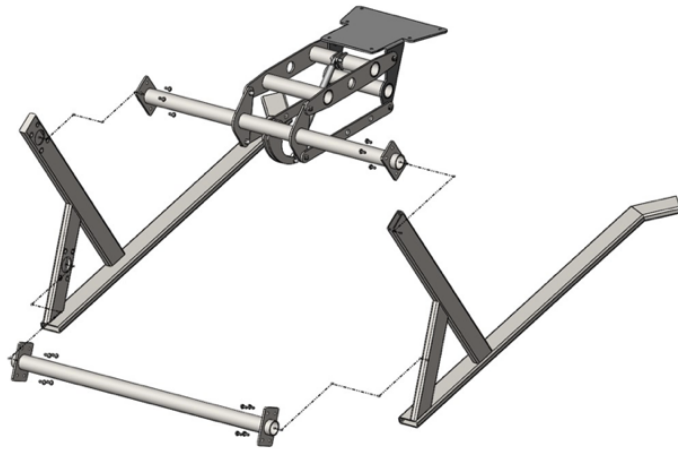


B) Slide the top crossbar (with the “V” platform/gas shock) into the top opening, insert (4) bolts and washers and tighten using the 3/16” hex wrench.



C) Stand the assembly up and slide the (2) crossbars into the right leg, insert the (4) bolts into the top crossbar and the (4) bolts into the bottom crossbar and tighten using the 3/16" hex wrench.

D) If the machine is preassembled in an area other than where it will be used, be aware that the base may not be in full contact with the floor surface. To adjust, gently loosen all 16 bolts and allow the machine to 'settle'. The base will be stable as the crossbars are inserted into the legs.

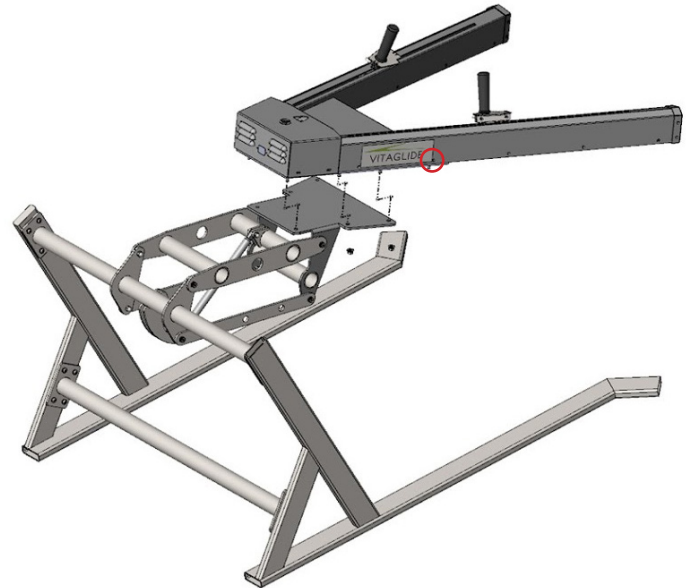


Step 2: Attaching the “V”

The “V” consists of the VitaGlide® arms, cowling, monitor, and fasteners preinstalled on the underside of the V.

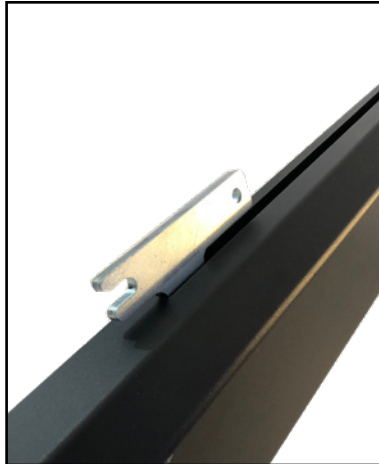
A) Remove the (3) nuts/washers on each side of the V. Do not remove the nuts/washers circled on the illustration. Please note the sequence of installation: flat washer → split-locking washer → nut.

B) Install the “V” on the base frame platform, fitting the bolts into the holes on the plate. Secure with (6) 5/16” nuts/washers with an adjustable wrench.



C) Attach the gas spring activation lever right below the green on/off switch with (2) #8-32 lock nuts (finger tight only). DO NOT ENGAGE THE GAS SPRING ACTIVATION LEVER UNTIL THE MACHINE IS ASSEMBLED.

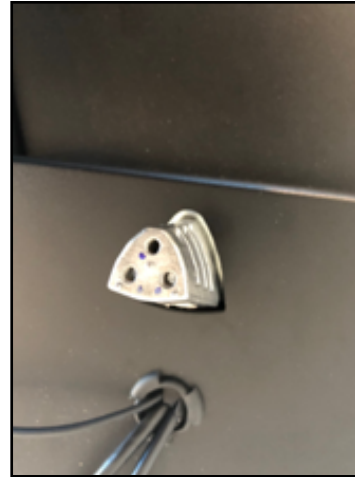
D) Position the handles on the handle bracket located in the arm channel. Align attachment holes. Align the front and back holes and through with the ring pull to the inside of the machine. with the 3/16" hex wrench, secure each handle to the handle bracket with a 1/4" socket head screw and locknut and tighten firmly.



Step 3: Attaching the Touchscreen Monitor

The monitor is composed of the touchscreen, the monitor interface bracket, the cover for the monitor interface bracket, the monitor post, the black base cover and the fasteners located in the package labeled “Monitor”.

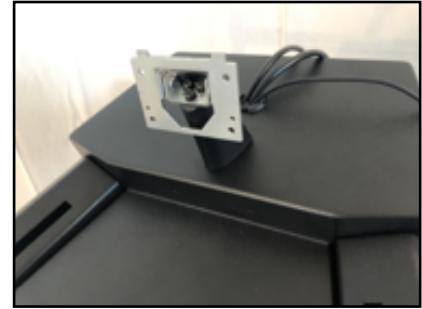
A) Insert the M6X25mm socket head screw to secure the monitor post using the 5mm hex wrench (provided). Be sure the monitor post is aligned with the cowling cutout with equidistant spaces on all sides. Tighten securely.



B) Slide the base cover over the monitor post. It should fit securely over the post.



C) Align the holes on the monitor interface bracket to the holes on the monitor post and using a Phillips head screwdriver, attach the bracket to the monitor post with the (3) 12mm pan head screws.



D) Slide the monitor over the monitor interface bracket; the bracket will slide into the space located in the middle of the backplate of the screen. With a Phillips head screwdriver, install the (4) 8mm pan head screws and washers connecting the touchscreen monitor to the post.



E) Snap on the black cover over the monitor interface to cover the bracket post.



F) Plug in the 3 cables: (left to right) a) power; b) HDMI and c) USB connection.



G) To complete assembly of your VitaGlide®, plug the power cord into the socket located in the back of the machine between the louvers.

Getting Started

Plugging In & Powering Up

- Once you have assembled your machine, plug the VitaGlide® into a power strip or a wall socket.
- Identify the green on/off switch located on the front of the machine. Turn the switch to “on” and the screen will automatically turn on. If necessary, VitaGlide® and the screen can be reset by turning off for 10 seconds, then turned back on.

Finding Your Correct Glide Position

- Guide your wheelchair or place a chair or bench in the opening of the VitaGlide® “V”. For power chair users: Be sure to raise the arms of your chair to accommodate the correct position of the rails.
- Position yourself between the “V” to allow full-extension of your arms. Remember to lock your wheels. Do not allow handles to impact either end of the rails as this abuse will damage the VitaGlide® and void the warranty.
- You can change the height of the “V” by activating the gas spring mechanism installed in the base. Depress and hold the black flap located at the front of the machine facing the user and raise or lower the arms of the “V” to a position where your forearms are at a 90° angle with your upper arms. When you are at the optimal position, release the button and the “V” will lock into place. Your hands should be comfortable while holding the handles.
- The arms of the “V” can be raised or lowered to achieve the best position for an effective workout for you. The VitaGlide® handles are meant to push and pull on a horizontal approach. They are canted at a 17° angle to achieve proper biomechanical form and prevent repetitive use injury. The push/pull motion is designed to accommodate pressure fore and aft. The handle car is not designed to function as a grab bar. Please insure you execute the push/pull motions on a flat plane; do not rotate the handle inward.
- You are ready to begin your Glide workout.

Start Your Exercise Program

Start each workout with several minutes of easy “Gliding” for a warm up.

- Allow your body to adjust to this new exercise by Gliding at a lower resistance (0-6) and slowly build up exercise time.
- Equally, monitor your comfort level (you are your own best coach) and take even more time if you do not feel comfortable. As with any physical activity. If you increase the level of resistance and the amount of activity too quickly, you will increase the risk of injury. Gliding at a high resistance level, early in your routine, can be detrimental to your training, conditioning, or strengthening program. This may reduce your output and increase your risk of injury.

Dual Motions

- Because the arms are independent, the VitaGlide® offers (2) exercise motions:
 - A “rowing” motion [push together/pull together]
 - A cross-country skiing motion [arms push/pull alternatively]

Workout Screen

- The VitaGlide® touch screen illustrates and reports the unique proprietary software that controls your device. Use the touchscreen controls to manage the handle resistance. To select the level of resistance, simply tap the arrow toggles (up or down) on the left and right of your screen.
- Distance traveled is calculated in imperial (miles) or metric (kilometers) and can be changed via a simple tap on the words “miles or kilometers”. This will change the distance value.
- “Time” can be calculated as a stopwatch or a timer. Timer can be advanced to decline or start at “0” and increase.
- Setting Resistance
 - You may choose different resistance levels to strengthen or assist your arms. Tapping on the up or down arrows can set the resistance on each arm independently. Tapping the DUAL button engages the resistance for both arms. If the DUAL button is engaged, you can increase or decrease resistance for both arms by tapping on either the left or right up/down arrow. The resistance runs from 1-10 with incrementally more resistance at each level.

- The Glide Factor™ is a proprietary algorithm that allows the user to establish goals and improve performance. The Glide Factor™ numeric value, which you set, will show your effort over elapsed time at the resistance of your choosing. The gauge around the Glide Factor™ will fill with green as you work toward your Glide Factor goal.
- The Glide Factor values increase as resistance increases. A stroke at resistance 1 = 10, 2 = 20, 3 = 30 and so on.
- In the gauges on the left and right of the screen, where resistance is set, you will notice a ball that will advance around the circle as you exercise. When the ball is within the green arc at the top of the circle, your performance is peak level.

Operating Your VitaGlide®

Step 1: Tap RESTART.

Step 2: Set your resistance using the up/down arrows.

Step 3: Set the GLIDE FACTOR™ using the up/down arrows.

Step 4: Tap ENTER to set the time. If you leave it at “0”, it will count time elapsed; if you increase the time, it will count down to “0”.

Step 5: Tap GLIDE to start working out.

Get Your GLIDE On....

Step 6: Tap PAUSE to end training. A dialogue box will be visible and you can either tap RESTART or STOP. If you tap RESTART, you can begin your workout where you left off. If you STOP your workout, your machine clears all information and is ready for your next workout.

NOTE: Your GLIDE SUMMARY for your workout will be at the bottom center of your screen.

Training and Workout Intensity

- The Glide Factor™ offers you an opportunity to set goals, compete against yourself or compete against others. You can set the Glide Factor™ by toggling the up and down arrows. Your Glide Factor™ pace is a visual numeric measure of YOUR effort. The harder you work, the more quickly you'll reach your Glide Factor™ goal.
- We encourage you to be creative in challenging yourself. Two possibilities to set goals:
 - Set your resistance. Establish a baseline goal. EXAMPLE: Glide Factor™ = 10,000. Start the timer to determine how long it takes you to hit 10,000. Subsequent workouts should attempt to decrease the amount of time it takes you to reach the Glide Factor™ goal of 10,000.
 - Set your resistance. Select a timeframe you're comfortable with, e.g., 5 -10 minutes. Set the timer to count down. Set Glide Factor™ to 0. With every subsequent workout, attempt to increase your Glide Factor™ count in the same time frame.
- Listen to your body. Set goals based upon what is best for you.

Maintenance and Care

- Your VitaGlide® is powder coated making it very easy to wipe down with a dry cloth. Ensure the device is turned off. Wipe the handles with a slightly damp cloth. **DO NOT ALLOW ANY MOISTURE TO ENTER THE ARM COVERS OR HANDLE SLOTS.**
- Turn off the touchscreen. The touchscreen can be wiped off with a microfiber cloth or electronics wipes. Do not use any chemicals or detergents to clean the screen.
- No other care of the VitaGlide® is needed.

Warranty

The VitaGlide® warranty applies only to indoor use of the VitaGlide®; any other use shall void this limited warranty. This warranty is not transferable and is only in effect if the machine is in the possession of the original purchaser. Any machine that does not have a serial number will be considered out of warranty.

- **VitaGlide® “V”:** The VitaGlide® “V” is backed by a one-year limited warranty. The “V” includes the top assembly of arm rails, handles, mechanical and electrical embeds, and enclosure, and is covered by our one-year limited warranty. VitaGlide® will replace or repair, at our discretion, any part of the above assembly that fails for any reason for a period of one year from date of purchase. If during the initial year, any part is repaired or replaced, that part shall be warranted only for the remainder or the original warranty period or the length of the warranty on that part.
- **Touchscreen:** The touchscreen is covered by a one-year limited warranty.
- **Base:** The base stand assembly (on which the “V” assembly is mounted) is backed by a 3-year limited warranty.
- **Finish:** Damage or abuse of the finish of said assembly is not covered.

- **Arm Channels and/or Openings in VitaGlide®:** The user of the VitaGlide® device must secure the warranty by keeping the handle arm channel (found along the top of the two arms) free of debris and/or foreign objects. Any material introduced or inserted into these two bracket handle slots immediately voids the warranty. This is also necessary with respect to the vertical articulation slot found facing the user on the base stand of the VitaGlide® device. Any introduction into said slot of any type of material will void the one-year warranty.

To obtain warranty services or other support:

- Contact VitaGlide® by phone (305-514-0514) or email support@vitaglide.com to notify the Company of the nature of the problem. Please provide the serial number on your machine. You will be provided with an RMA number and other directions if part of your machine needs to be returned due to warranty issues.
- **SAVE THE BOX.** The VitaGlide® is shipped in custom designed industrial grade boxes devised to protect the settings and connections. To protect your VitaGlide® for any warranty returns, approved VitaGlide® packaging must be used. We highly recommend saving (at minimum) the “V” box. If you do not have original packaging, we will ship box(es) to you at a charge of \$75 + shipping costs.

Returning a Machine for a Non-Warranty Reason

- VitaGlide® stands behind our product. If you are not satisfied with your VitaGlide®, you may return it for a refund of the cost of the machine within the first 30 days of receipt as determined by the tracking code. Initial shipping charges will not be refunded due to the size and weight of the machine; you will be responsible for return shipping fees, but we will assist you in obtaining the most cost-effective shipping charges. The machine must be returned in original VitaGlide® custom designed boxes. If you no longer have the packaging, we will ship you empty boxes at a cost of \$75 + shipping charges. There will be a restocking fee of \$125. Please follow the same instructions in obtaining an RMA number.

Return Authorization Number

In the event that a VitaGlide® device must be returned for a warranty issue, a RETURN MERCHANDISE AUTHORIZATION NUMBER and FORM (RMA) must be requested from support@vitaglide.com. The form will be sent via email and upon completion should be sent back to VitaGlide® (support@vitaglide.com) and must be received prior to shipping. We will not accept any shipments without an RMA number.

The VitaGlide® must be returned no later than 7 days after we have provided your RMA number.

The RMA will require the following information:

- VitaGlide® owner
- All current contact information including phone number, address, and email address
- A brief customer survey explaining the reason for the RMA request. This will assist VitaGlide® in continually improving our product.

