



  
**VITAGLIDE®**

OWNER'S MANUAL

[www.vitaglide.com](http://www.vitaglide.com)

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

**[www.vitaglide.com](http://www.vitaglide.com)**

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

**Designed & Assembled in the U.S.A.**

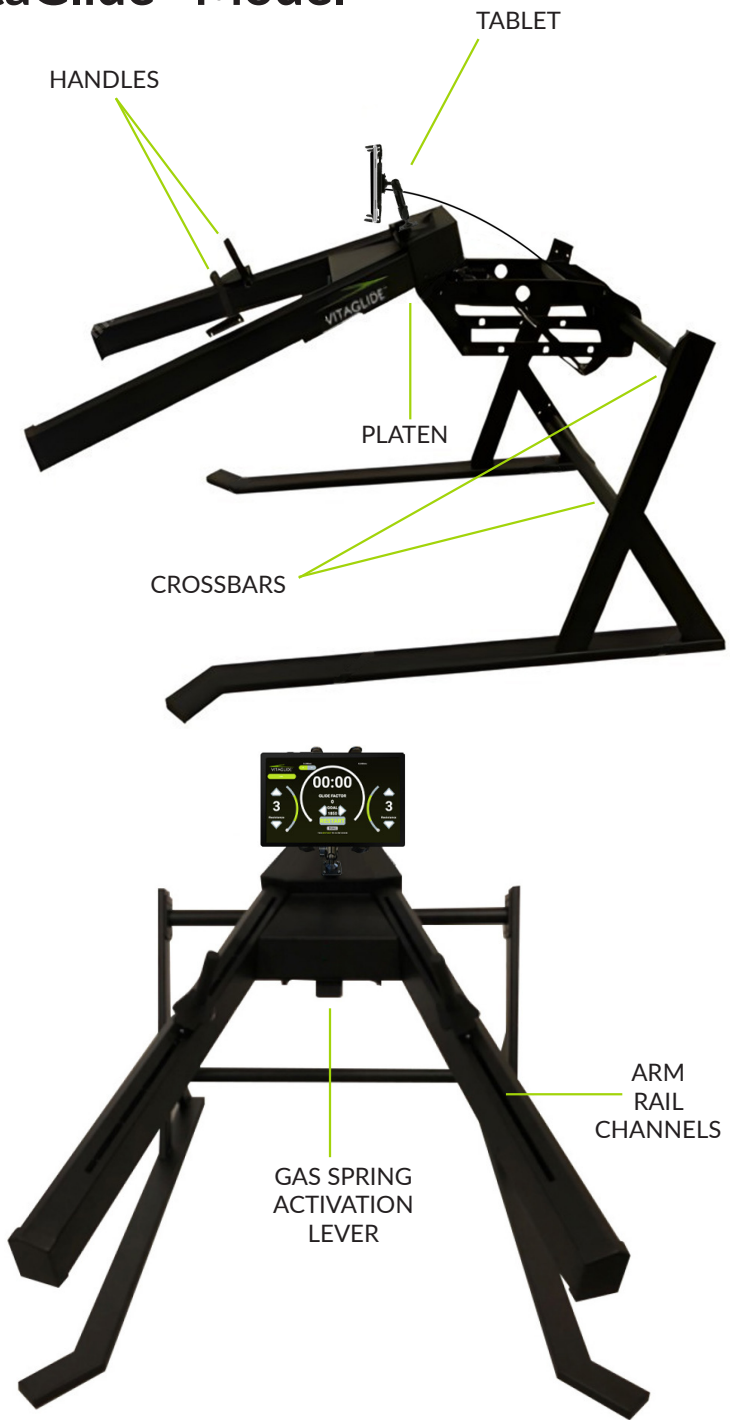


# Safety Information

- 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.
- If you are just starting to exercise on the VitaGlide®, 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.
- 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 wing. Be sure to adjust the wing appropriately to avoid injury. Test the different components on the touch screen (timer, resistance, Glide Factor™, distance).

- 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 any repair is performed on the machine. If the VitaGlide® requires repair, contact us at 305-514-0514.
- Turn off the VitaGlide® after each use. This is an electrically energized device. Always practice safety first.

# VitaGlide® Model



## Specifications

Length	56"
Width	43"
Height	30"
Standing Weight	145 lbs
Shipping Weight	190 lbs

# Assembling YOUR VitaGlide®

Assembling your VitaGlide can be done with one person, but we recommend two. While the assembly is not complex, holding, balancing, and connecting parts may be more easily accomplished with two people.

## VitaGlide® Hardware



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

Your device comes with the base hardware in a bag. The rest of the hardware is already on the device. In some instances, you may need to loosen and reattach per the directions.

## Tools Needed

You will need the following tools to bolt the VitaGlide® wing to the base and complete assembly of the tablet holder. All other materials for assembly are provided.

- ½" wrench; a ratchet tool will make this easier.
- Adjustable or socket wrench

## Placement

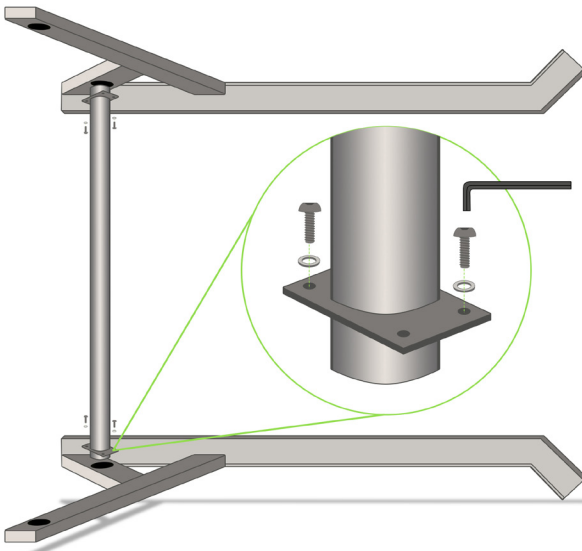
The VitaGlide® may be placed anywhere that is convenient for the user. It must, however, be set up and used on a stable level surface. It is not recommended that the VitaGlide® be located on a carpet with deep piled surface.



## Step 1: Assembling the Base

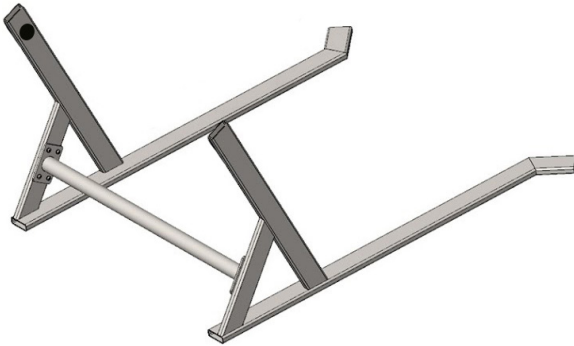
The base consists of a left leg, right leg, and (2) crossbars: a) one crossbar has the wing platform and gas shock; b) the other crossbar is a single round tube with flanges. The packet that holds the base hardware is taped to the bottom of the shipping box; retrieve this packet for the next steps. To begin:

- Lay the left leg on its side and slide the bottom crossbar (without the wing platform and gas shock) into the opening. Line up the bolt holes in the leg with the bolt holes in the crossbar. Attach the crossbar to the leg by inserting (2) bolts and washers and loosely tighten using the 3/16" hex wrench.

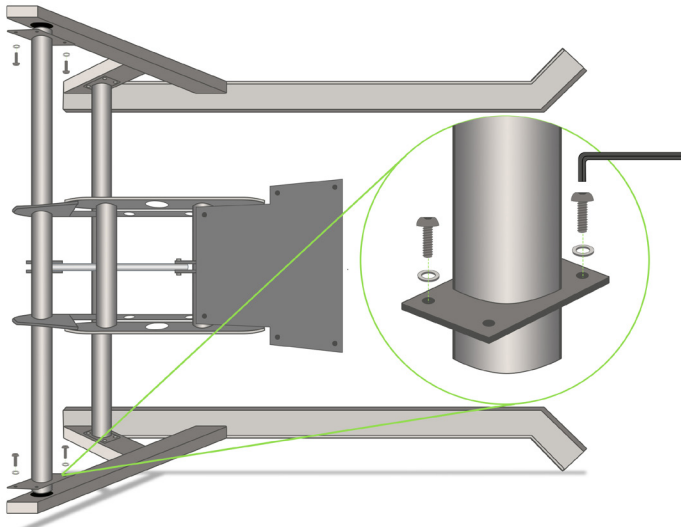


- Take the right leg and insert the bottom crossbar into the opening, lining up the bolt holes in the leg with the bolt holes in the crossbar.
- Loosely insert (2) bolts and washers into the bolt holes.

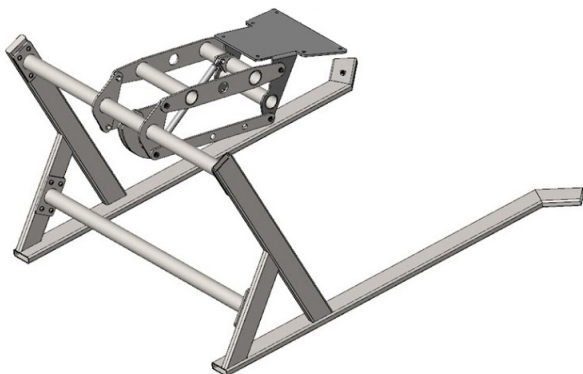
- Set the frame up and let it 'settle', then insert the remaining bolts and washers and tighten.



- Lay the frame back on its side.
- Slide the top crossbar (with the wing platform and gas shock) into the top opening. Line up the bolt holes in the leg with the bolt holes in the crossbar. Attach the crossbar by first inserting (2) bolts/washers and tighten using the 3/16" hex wrench.



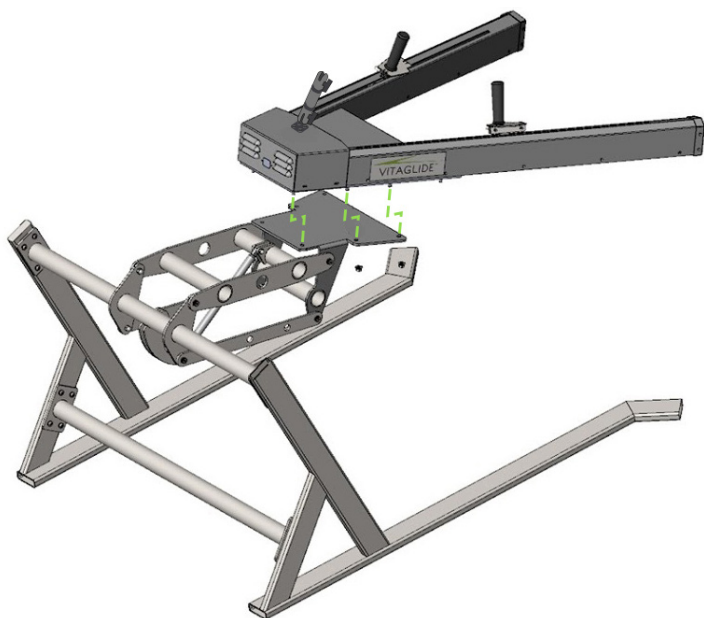
- Insert the top of the crossbar (with the wing platform and gas shock) into the top opening of the leg. Line up the bolt holes in the leg with the bolt holes in the crossbar. Insert (2) bolts/washers.
- Set the frame upright and let 'settle', ensuring both legs are flat on the floor. Insert the remaining bolts/washers and tighten.



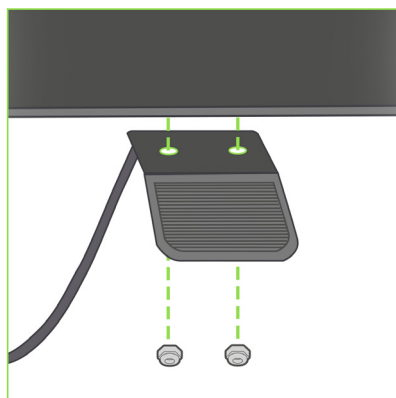
## Step 2: Attaching the Wing

The wing consists of the VitaGlide® arms, cowl, tablet and tablet holder. Follow these next steps:

- There are (8) sets of nuts and bolts that secure the platen to the arm channels. Remove the top (3) sets on each side. Do not remove the (2) nuts/washers sets closest to the arm channels. Install the wing on the base frame platform, fitting the bolts into the holes on the platen. Secure with the (6) 5/16" nuts and washers you just removed, using a ½" wrench. Be sure to tighten nuts and washers. A ratchet tool is helpful.

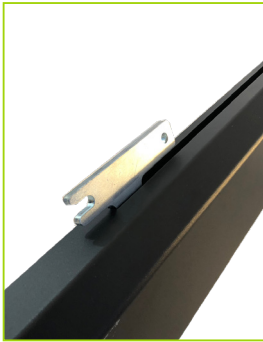


- The gas shock lever is attached to a thin cable. Underneath the front of the cowl, you will find (2) small studs with 8/32" lock nuts. Remove the lock nuts. Fit the holes in the flap switch onto the small studs and secure with the lock nuts. Do not touch the installed gas spring.



## Step 3: Securing the Handles

- Remove the (2) bolts and nuts from the handle. Position the handles on the handle bracket located in the arm channel. Align attachment holes. With the 3/16" hex wrench provided, secure each handle to the handle bracket with the socket head screw and lock nut. A socket drive wrench to hold the locking nut is helpful or use an adjustable wrench.



## Step 4: Attaching the Tablet Holder and Tablet

- The tablet holder wand is assembled and attached to the front of the cowl.
- Attach tablet holder and fingers to 20mm ball mount.

# Preparing YOUR Samsung Galaxy Tablet

1. Remove your tablet from the box.
2. Turn on the device by holding down the left-hand button (there are 2 buttons on the side by the camera) until the Samsung logo comes up.
3. You will see a "Welcome!" page.
  - a. First, select your preferred language.
  - b. If you need assistance with ACCESSIBILITY, click on the Accessibility link and save any changes you make.
  - c. Select START.
4. You will need to agree to Samsung Terms and Condition.
5. If you want to connect this tablet with another device, there are directions to do so.
6. Select "SET UP MANUALLY".
  - a. Select your wifi and input your password.
  - b. Select NEXT
7. You will see a screen "GETTING YOUR TABLET READY....."
8. You can choose to COPY DATE or not.
9. Sign in to Google. You will need to do this to download the VitaGlide® app.
10. As the sign-in process proceeds, you will eventually get to a screen GOOGLE SERVICES. Review and ACCEPT the confirmed selections.
11. PROTECT YOUR TABLET provides you the opportunity to lock your screen.

12. HEY GOOGLE configures to allow you to access a Google Assistant. Click through and make decisions about how you're going to set up your device.
13. If you sign in with Google, Google will share your information with Samsung or you may create a Samsung Account.
14. You will reach a screen where Samsung offers multiple options. At minimum, you must select the (3) items under Privacy Notice to move to the next screen.
15. Continue to follow the instructions and a code will be sent to your phone for input. Input and verify your code. You now have a new Samsung account connected to your Google account.
16. Continue to click through the screens.
17. Choose your display mode. And you're done!!

## To Download the VitaGlide® App

1. Go to the Play Store. Accept the terms.
2. Type 'vitaglide' into the search bar. When you see VitaGlide® app, select "INSTALL".
3. Once downloaded, the VitaGlide dashboard will be an icon on your screen. You will need to swipe up to see it – along with many more apps available to you.
4. The VitaGlide® dashboard can always be opened just by tapping on the VitaGlide® icon. NOTE: To open easily, tap the small circular icon located at the top of the VitaGlide® tile.

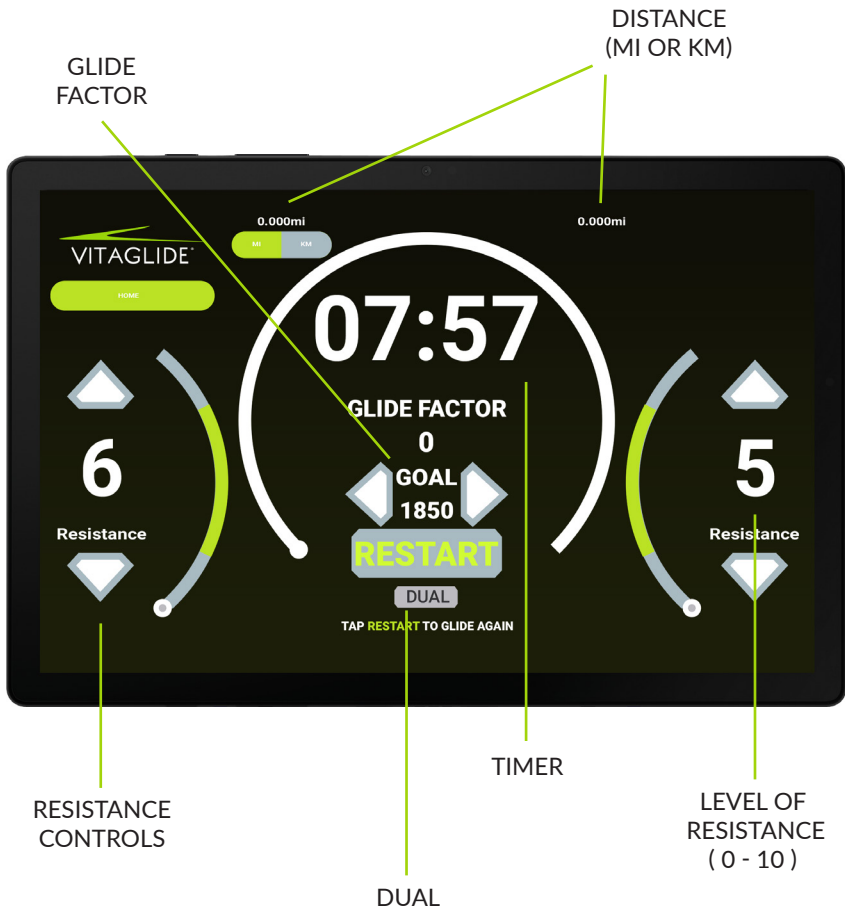
## To Use Split Screen:

1. Download a favorite streaming app.
2. Once you download that app, tap on the III in the lower right-hand corner. When you do, you will see all apps that are running in the background on your device.
3. Tap the VitaGlide® icon. You will have the option to select “open in split screen view”. Select that option.
4. The VitaGlide® will open in a split screen and you should have options on the opposite side of apps you can select. Note: Not all apps work in split screen. [For example, Netflix does not, but Prime does. Check your favorite streaming apps to determine what works in this modality.]
5. You can adjust the screen real estate each app uses by moving the bar in the middle of the screen to the left or right.
6. If for any reason, you want to use 3 apps, we suggest you watch a YouTube instructional video about the Samsung Galaxy Tab S9. A useful video can be found scanning the following QR code:





# VitaGlide® Tablet



# The VitaGlide Dashboard®

- The VitaGlide® dashboard allows you to monitor your workout using multiple measures: time, resistance, distance, and the Glide Factor™.
- Resistance: There are (11) resistance levels from 0-10. Tapping the up/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. We recommend starting at 0 and test the resistance levels to find the one that works for you.
- You will notice there is a half-circle by the left and right resistance. As you work out, a ball will advance around the circle as you exercise. When the ball is within the green arc, you are having a good workout. If the ball starts going beyond the green arc and turns red consistently, perhaps you should consider moving to a higher resistance.
- Time: You may want to work out for a specific amount of time. Using the toggle buttons, set the time and digital display will act as a stop watch. Or you may leave it at "0" and the digital display will act as a timer.
- Distance: Distance is calculated in imperial (miles) or metric (kilometers) and can be changed via a simple tap on the words "miles or kilometers", changing the distance value.

- Glide Factor™: The Glide Factor™ is a proprietary algorithm that allows the user to establish goals and improve performance. The 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.
  - o 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:
  - o Set your resistance: Establish a baseline goal.  
EXAMPLE: Glide Factor™ = 2000. Start the timer to determine how long it takes you to hit 2000. Subsequent workouts should attempt to decrease the amount of time it takes you to reach the Glide Factor™ goal of 2000.
  - o Set your resistance: Select a timeframe you're comfortable with, e.g., 3-7 minutes. Set the timer to count down. Set the Glide Factor™ to 0. With every ensuing workout, attempt to increase your Glide Factor™ count in the same time frame.

# Finding Your Correct Glide Position

- Guide your wheelchair or place a chair or bench between the arms of the wing. 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 arms 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 could damage the VitaGlide® and might void the warranty.
- You can change the height of the wing by activating the gas spring flap switch mechanism installed at the bottom of the cowl. Gently flip the flap switch and hold the gas shock lever to raise or lower the arms of the wing. Your goal is to ensure the height of the wing allows you to position your forearms at a 90° angle with your upper arms. When you are at the optimal position, release the gas shock and the wing will lock in place. Your hands should be comfortable while holding the handles.
- The arms of the wing can be raised or lowered to achieve the best position for an effective workout for you. The handles are angled at 17° inward to achieve proper biomechanical form.
- Now you're ready to begin!

# Start Your Exercise Program

- Please review the Safety Information at the front of this manual prior to your workout.
- 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 (0-3) 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.
- Because the arms are independent, you can experience two exercise motions: a ‘rowing’ motion [push together/pull together] and a ‘cross-country skiing’ motion [push/pull alternatively].

# Maintenance and Care

- Your VitaGlide® is powder-coated making it very easy to wipe down with a dry cloth. We've learned that furniture polish is a great way to wipe down your VitaGlide.
- Wipe the handles with a slightly damp cloth. Do not allow any moisture to enter the arm covers or handle slots.
- Treat your tablet as you would any other computer.
- 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® wing:** The VitaGlide® wing is backed by a one-year limited warranty. The wing 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.
- **Tablet:** The tablet is covered by a one-year limited warranty.
- **Base:** The base stand assembly (on which the wing 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](mailto: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.
- **PACKAGING:** The VitaGlide® is shipped in a custom designed industrial grade box devised to protect the device.



# Return Authorization Number

In the event that a VitaGlide® device must be returned, a RETURN AUTHORIZATION NUMBER and FORM (RAF) must be requested from [support@vitaglide.com](mailto:support@vitaglide.com). The form will be sent via email and upon completion should be sent back to VitaGlide®.

The RAF 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 RA request. This will assist VitaGlide® in our continuous quality assurance process.

## Other Returns

- If, within the first 30 days, the purchaser decides they do not want the VitaGlide® through no cause of the Company or device, the purchaser may return the VitaGlide® with the following provisions: a) purchaser must repackage the components as received; b) purchaser will pay for return shipping; c) there will be a 10% (of the sales cost) restocking fee. Upon receipt of the VitaGlide® and determination that the device is in good condition, the Company will issue a 90% reimbursement fee minus the cost of the shipping.



