

XL Glider Z – Glider Manual

Simple Setup:

1. Place the Glider on a flat, non-slip surface.
2. Insert the handlebars into the top slots until they click securely.
3. Adjust the foot platforms to your comfort level using the knob below them.

Basic Use:

1. Step on carefully, holding the handlebars for support.
2. Start with slow, gentle gliding motions.
3. Use just your body weight — no need for extra resistance at first.
4. Keep movements smooth and steady; don't rush.

Safety Tips:

1. Talk to your doctor before starting any new exercise routine.
2. Always check that the handlebars and foot platforms are secure.
3. Don't use on slippery or uneven floors.
4. Avoid twisting your body or overreaching while gliding.
5. Have a stable object nearby (like a chair) when getting on or off.

Maintenance:

1. Wipe down the Glider with a damp cloth after each use.
2. Check screws, knobs, and connections every few weeks.
3. Lubricate moving parts lightly if they start to squeak.