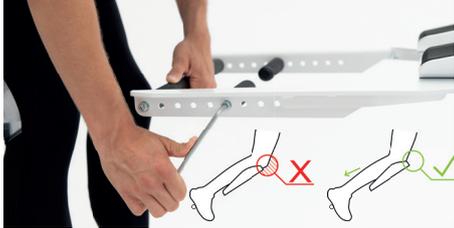


1. INITIATION

Only use the ICAROS training device indoors and ensure that it stands securely on a level surface. Observe the free area of at least 1 meter / 3'3" around the device. Only use the ICAROS training system if there are no health restrictions.

2. DEVICE SETTINGS BODY HEIGHT

Lengthwise adjustable armrests allow adjustment to different body sizes and proportions. ICAROS can be used by people weighing up to 110kg / 242 lbs and measuring 140cm - 200cm / 4'7" - 6'7". The minimum position of the arm and leg rests is recommended as a default setting for persons between 140cm / 4'7" and 150cm / 4'11" in height. From a height of 180cm / 5'11" the maximum positioning is the starting point for the adjustment.



1) Select footrest

Choose the footrest that suits your height. If none of the footrests are in the appropriate position, reassemble them using the installation instructions. Make sure that your knees don't look over the leg rests.



2) Armrests

Loosen the clamping levers on the inside of the rails and slide the armrests into the desired position. Then tighten the clamping levers again.



3) Optimum position

Make sure that your centre of gravity is in the middle of the device and correct the settings if necessary. Avoid a too stretched or too squat position. Improper or excessive exercise may cause damage to health.

3. SAFETY BELTS AND STABILISATION LINES

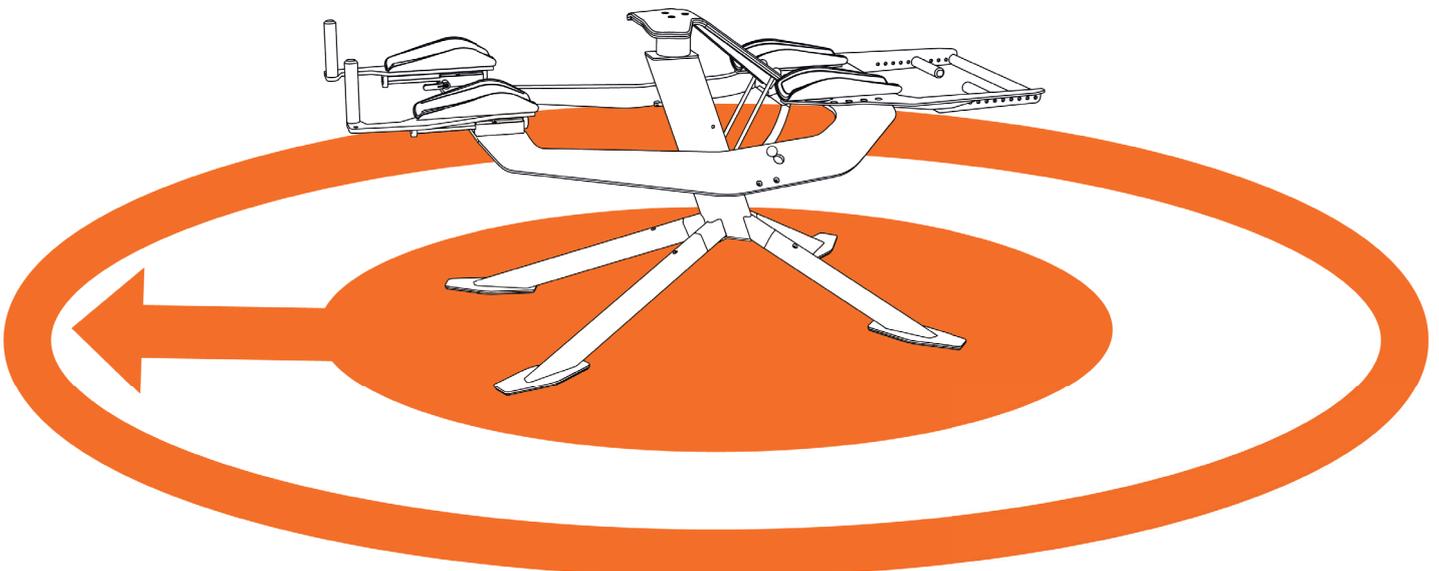


Install all rigid safety belts. Make sure that the straps are attached as shown in the picture above. Safety belts that are not or incorrectly attached can result in injuries. Further information can be found in the installation instructions.



Now hang in the stabilisation lines as well. These are flexible and cushion jerky movements. Check the position of the straps and the stabilizing lines. Further information can be found in the installation instructions.

4. ENVIRONMENTAL PROTECTION



During operation there is a risk of injury to outsiders, children and animals. It must be ensured that a protective circuit of at least 1 m / 3'3" radius around the device is kept free.

5. USE

The following procedure ensures that you can safely get on and off the device. Use of VR glasses optional.



1) Ascent
First, place both feet one after the other on the footrest. Support yourself on the top of the gooseneck.



2) Lean forward
Grasp the handles with your arms outstretched. When bending forward, be sure to keep your centre of gravity at the back.

3) Alignment
Now move your upper body slowly forward until you are in a horizontal position. VR: Look straight ahead and switch to game mode with your controller.



4) Leave position
To exit the unit, move your centre of gravity far back-wards. If necessary, remove the VR glasses.



5) Descending
Center the unit and slowly back away from the unit.

6. TRAINING

By balancing and shifting the center of gravity of the body, different positions can be dynamically assumed on the device. Even small weight shifts are sufficient to trigger tilting movements. Avoid very fast or jerky movements. Optionally the training can be extended by a Virtual Reality component.



1) Tilting movement
By shifting the centre of gravity forward, they tilt the device downwards. Main strain on the shoulder and arm muscles. Slide your centre of gravity back to align horizontally again.



2) Rolling movement
Move your centre of gravity to the left and right to lean in curves. Main strain on the trunk muscles.

7. LOCK



After use, secure the device with the two inflexible safety ropes on the sides of the mast. This secures the tipping tendency. These safety lines must be removed from the eyelets before the next training session.

8. VIRTUAL REALITY

The ICAROS system can be extended by a Virtual Reality component, a screen or a tablet. Read the document „ICAROS Software and Controller Manual“ for further information. All necessary instructions can be found at www.shop.icaros.com at the end of each product description.

9. INSTALLATION AND MAINTENANCE

Read the enclosed installation instructions for information on installation and maintenance of the device.