

INSTRUCTION MANUAL ICAROS SYSTEM

I. DEVICE BODY SIZE SETTINGS

Lengthways adjustable rests for the lower arms and legs allow settings for different body sizes and proportions. ICAROS can be used by persons with a weight up to 110 kg and a height from 140 cm through to 200 cm.

The recommended presetting for persons from 140 cm through to 150 cm height is the minimal position of the arm and leg rests. From the height of 180 cm on the maximum positioning of the rests is advised.



1) Leg Rests

Release the locking lever on the inner rail sides bilateral and move the leg rests into the preferred position. Tighten the locking lever afterwards.



2) Arm Rests

Release the locking lever on the inner rail sides bilateral and move the arm rests into the preferred position. Tighten the locking lever afterwards.



3) Optimum Position

Make sure your center of mass is located in the middle of the device and readjust if necessary. Avoid a too stretched or hunched position.

II. DEVICE SAFETY SETTINGS

The adjustability of the roll and pitch movements by pretensioning enables different intensive tilt angles



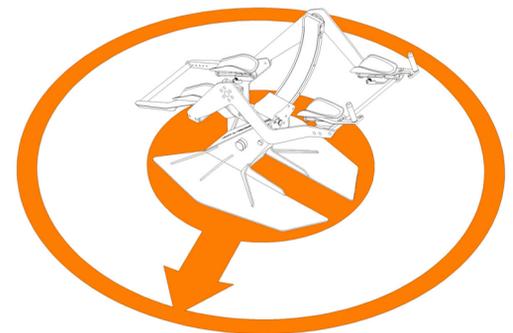
1) Roll Tilt

Dampen the roll tilt especially for beginners to a minimum by pulling the adjustment wheel out, turning it and locking it so that the preferred setting „EASY“ is on top of the wheel.



2) Pitch Tilt

By attaching the pitch damping on the slider and the wing elements on both sides the pitching is dampened.



3) Perimeter

Make sure, that in a perimeter of 1,5 meter (5 feet) no obstacles interfere with the moving parts and your body while operating the ICAROS. Also make very sure, that no pets, animals and foremost children and adults enter the perimeter during use or activity. The pilot will not see anything and might even wear headphones, so his/her hearing is obscured. Make sure children do not play on the device without guidance and supervision at any time.

III. OPERATING

The following described sequence grants a safe getting on and off of the device.



1) Getting On

For first put both feet one after another on the foot bar. Support yourself in the meantime on the top of the slider.



2) Unlock

Unlock the slider of the ICAROS by pulling the roll lock pin and locking it in position. Then put on the VR-Headset and follow it's instructions until you are in the camera mode.



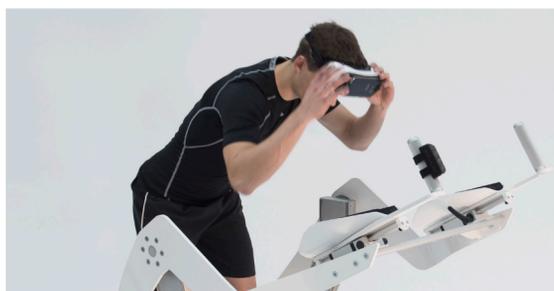
3) Leaning Forward

Grip after the handholds with extended arms. Make sure you leave your center of mass back while slowly leaning forward.



4) Alignment

Now shift your center of mass slowly to the front until you are in the horizontal position. Make sure you look straight ahead and start the game mode with the controller.



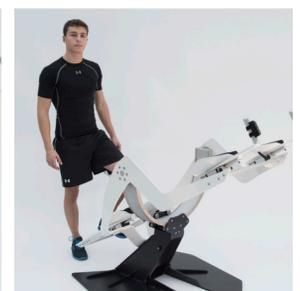
5) Leaning Backward

Shift your center of mass slowly to the front until the wing is supported by the base. Afterwards put down the VR-Headset.



6) Getting Off

Lock the slider in the starting position by using the roll lock pin. Then dismount the device backwards.



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IV. TRAINING (VIRTUAL FLIGHT)

By balancing and shifting the center of mass, different positions can be obtained dynamically.



1) Ascent And Descent
By shifting your center of mass to the front you steer your flight down. Weight shifting to the back initiates an ascent.



2) Left And Right Curves
Shift your weight to the left and right to do curves.



3) Alternative Handhold (Experienced User)
The horizontal bar allows additional hand positioning and more intense training for chest and shoulder muscles.

V. ELECTRONICS

ICAROS is provided with a controller and a VR-headset. Before the first start upload the ICAROS app to your smart phone.



- On/Select
- Accelerate
- Decelerate
- Menu

1) Controller
The ICAROS Controller captures your movements and enables you to interact with the virtual world. Fasten the controller on the right side of handhold.

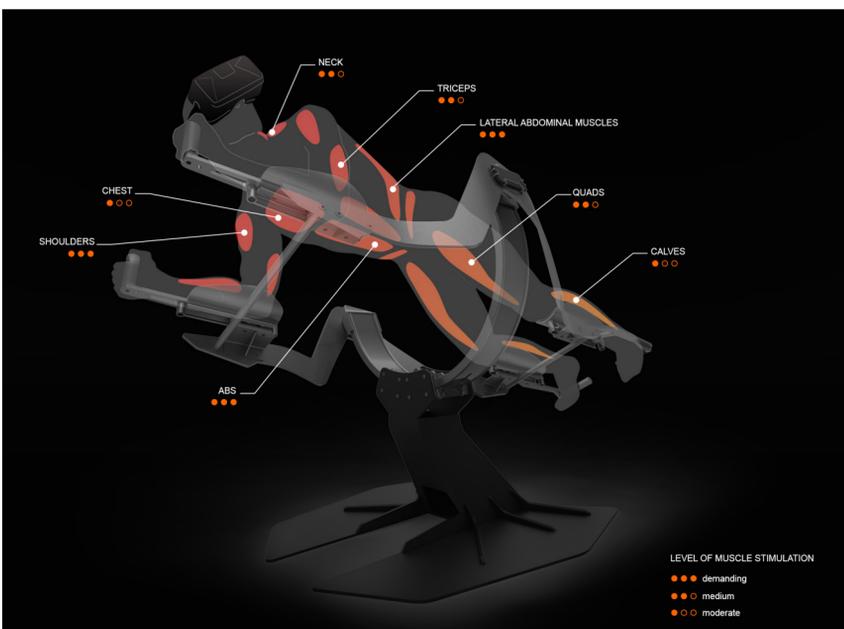


- Focus
- Touchpad

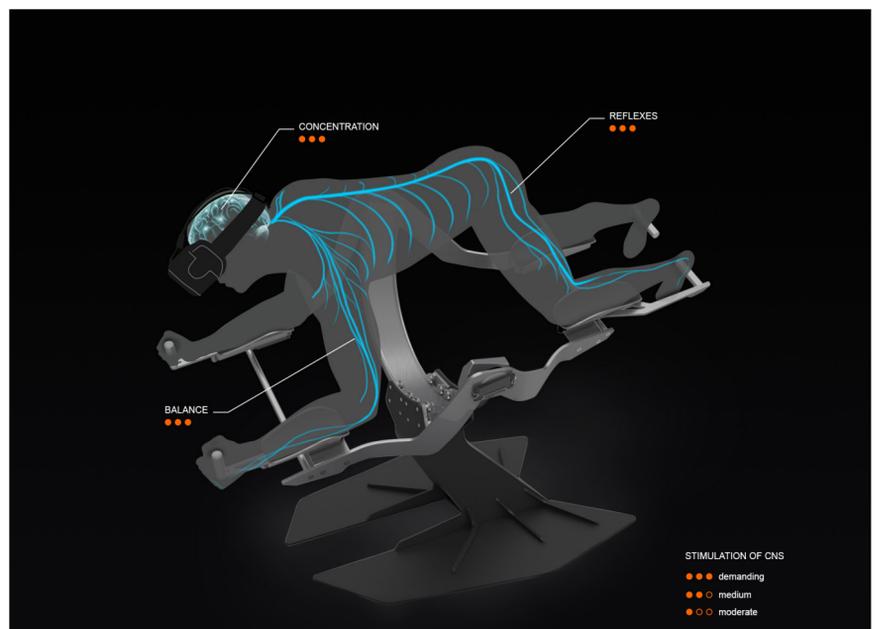
2) VR Headset
Start the downloaded ICAROS app on your smartphone and insert it into the VR-headset

VI. EFFECTS OF TRAINING

The training on the ICAROS strengthens the muscles of your torso and upper body and henceforth improves coordination, balance and reflexes. Use the ICAROS for training sessions from 10 - 20 minutes.



1) Muscular Effects Of Training
ICAROS trains primarily the muscles of the upper body and the torso. Also used are the back, abdominal, chest, shoulder and neck muscles.



2) Further Effects Of Training
By using the ICAROS coordination and the sense of balance are sharpened. The reactions and the feeling of the body are improved with each use.