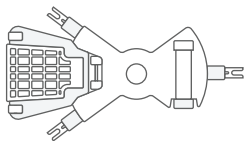


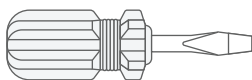


User Manual

Package contains



Vigor



Screw driver

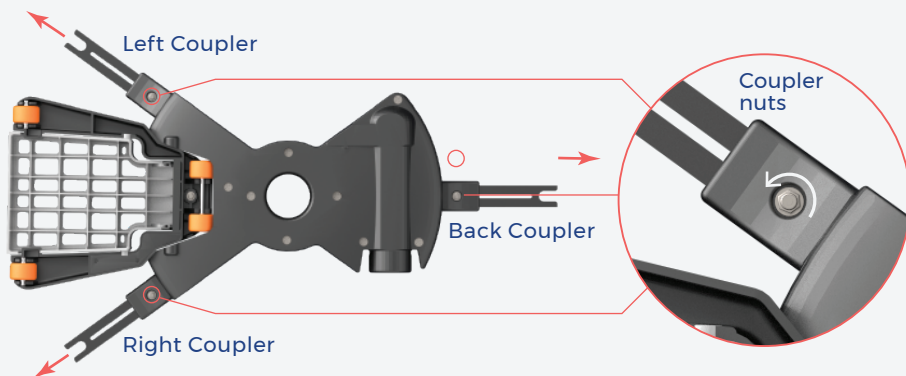


Socket

1

Make Sure Couplers Slide

- Remove the Vigor from the box and unwrap the blue nylon.
- Twist and align the cart so the Vigor will lay as presented in the picture below.
- Make sure that the couplers slide freely. If they don't, carefully turn the nuts CCW until you can move the couplers by hand.



2

Lay the Chair

Lay the chair on a stable surface (table, floor).



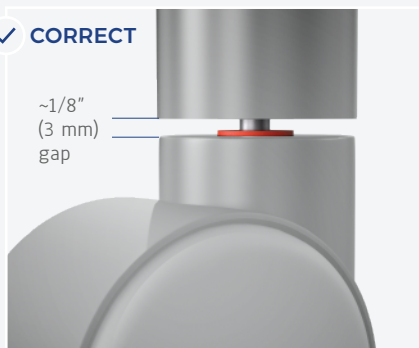
3

Create the Gap

Use the screw driver to create a gap of approx.

1/8" (3 mm) between chair legs and the flanges of their wheel pins. Do not pry the pins out of their wheels! Create the gap for the Back, Left & Right chair legs

✓ **CORRECT**



✗ **WRONG**



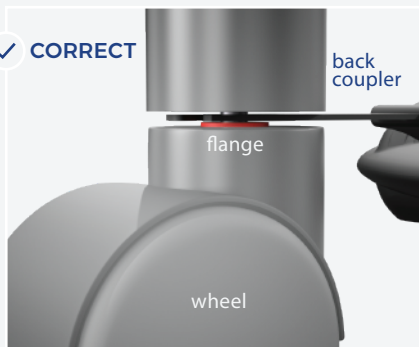
4

Insert the Back Coupler

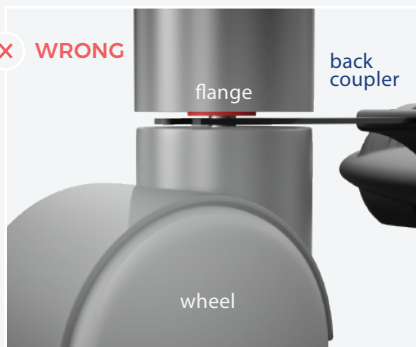
Slide the Back coupler into the gap between the flange and the chair leg until it stops.

The mobility of the chair will be limited if any coupler is mistakenly inserted into the wrong gap between the flange and the wheel:

✓ **CORRECT**



✗ **WRONG**



Adjust the Length

a. With one hand, hold the Back coupler pressed against the pin of its wheel. With other hand, move the Vigor to align its middle hole with the center pole of the chair.



b. Lock the alignment. Carefully tighten the coupler nut. Use the screw driver inserted into the socket to tighten.



Insert Left & Right Couplers

- a. Slide the Left & Right couplers into the gaps between the flanges of the wheel pins and the legs of the chair.
- b. Tighten the coupler-nuts as in step 5.
- c. Push all 3 wheels back into the chair legs.



Test Rotation

Make sure the wheels rotate freely.

If the wheels do not rotate freely, you inserted the coupler into the wrong gap, i.e. between the flange and the wheel.

Adjusting resistance

1. The factory-set resistance keeps the front wheels of the parked cart above the floor.
2. If the cart cannot pull your extended relaxed leg back, you need more resistance.
3. Get off the chair to adjust the resistance. Adjusting while sitting is not safe.
4. Press both sides to unlock the knob, then turn the knob 180° CW until the sides click. Release the sides to lock the knob completely.
5. Sit and test. If necessary, get off the chair and adjust again. Turn the knob (only 180° at a time!) CW to increase the resistance, or CCW to reduce it (but not below the factory-set level!).
6. Make sure that the knob's sides are locked.



Proper use

Whether a vendor mounted your Vigor or you did it yourself, kindly note before using it:

- * The longer you roll the cart with your feet - the better. Excessive resistance and/or speed will tire you and reduce the beneficial exercise time.
- * To keep your upper body stable for desk tasks, slowly move one leg at a time.
- * To avoid injury, keep hands away from the cart and let others touch your HG only while they use it properly.