

# **GLIDE****TRAK**<sup>TM</sup>

---

INDOOR TRAINER



**Manual for GlideTrak at Home**



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## GlideTrak™ Assembly Instructions

1. The GlideTrak should be assembled in the room where you will use your treadmill and GlideTrak. Remove all GlideTrak parts from the box and lay them out onto your floor space. Remove all packaging materials from each part to prepare for assembly.
2. **Refer to the Parts Identification Pages (pgs. 23-26)** to identify each part. The photographs also indicate the side of the **part that should face upwards to make assembly as easy as possible.**



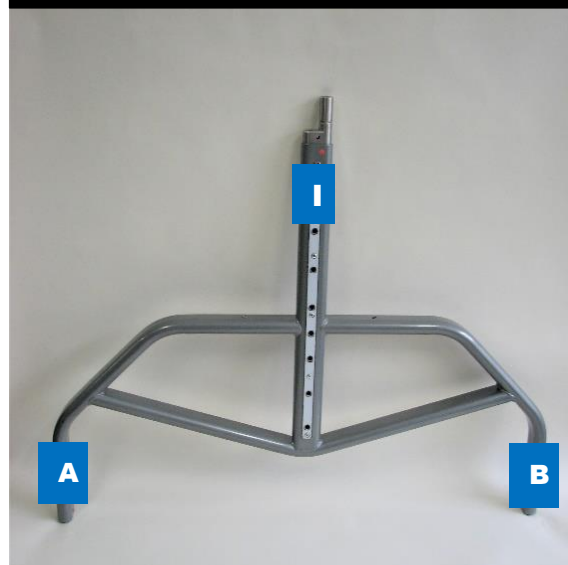
3. **For assembly:** each part of the GlideTrak frame has several stickers with a letter. **There is a sticker with a letter placed on the end of every part of the GlideTrak.**

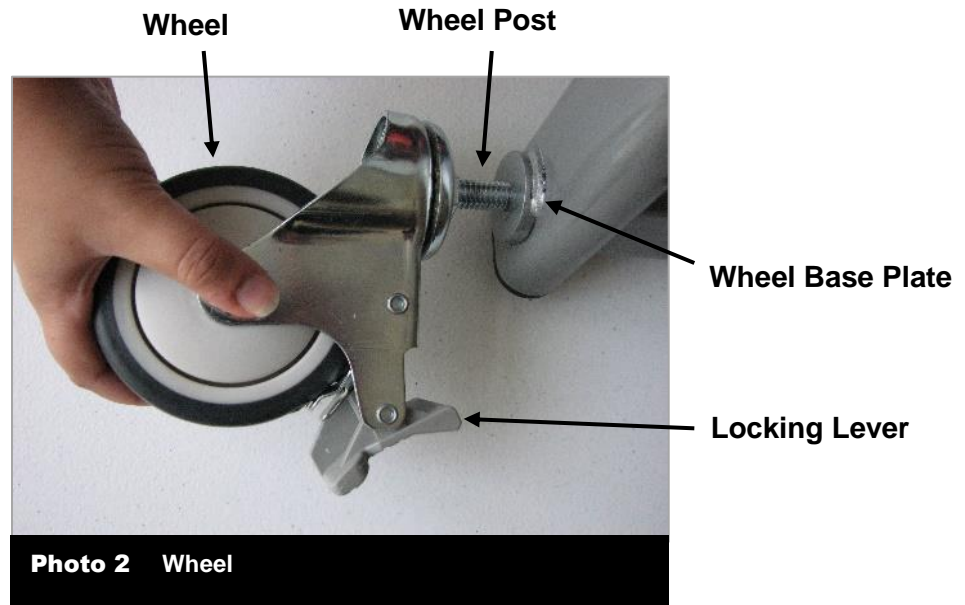
**Lay the parts on the floor as shown in the Parts Identification Guide (pgs. 23-26).**

### **FRONT Mid-Section:**

(**Photo 1**). with letter **I** at top edge and the letters **A** and **B** at the bottom edges.

**Photo 1 Front Mid-Section**





**4. Assembly starts with the Wheels.**

The 6 Wheels have Locking Levers. **Lock the Wheels** by pressing down the Locking Levers on each Wheel. ( Photo 2)

5. The 4 Base Legs have 6 threaded, Wheel Base-Plates. As illustrated in **Photo 2**, screw the threaded post of each locked Wheel into the Base-Plate.
6. Locate the bag of hardware. The hardware includes 9-barrel bolts and 2 Allen wrenches.

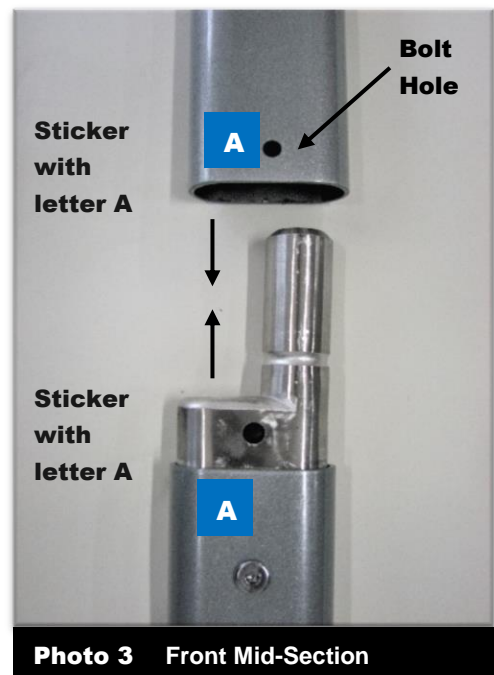
(Parts Identification Guide pgs. 23-26)

7. As noted, each part of the GlideTrak frame has several stickers, with a letter placed on each end of the part.

Assembly will follow the **ALPHABET IN ORDER**.

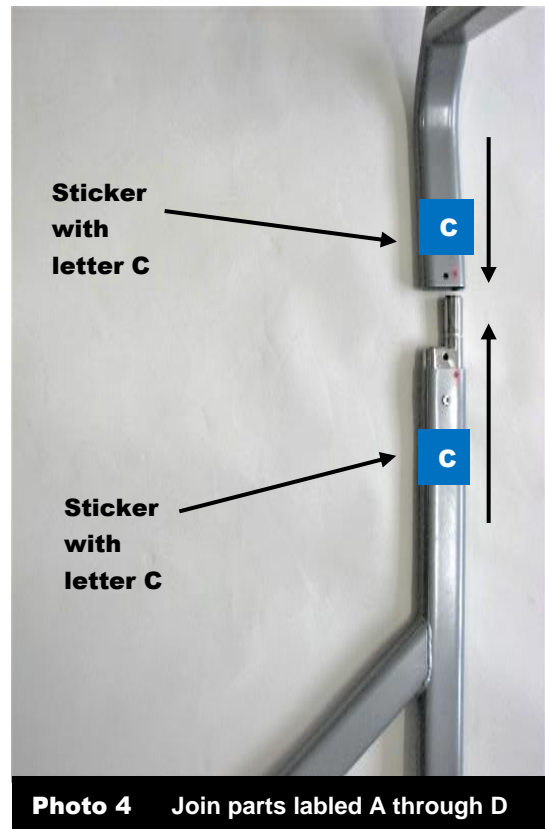
8. Locate the **Front Mid-Section** part with the sticker with **letter A** on one end.
9. Connect this section to the end of the **Long Base Leg** with the matching sticker A. (Photo 3 & 4)

Lettered Stickers on parts must line up when frame pieces are put together. (Photo 3)



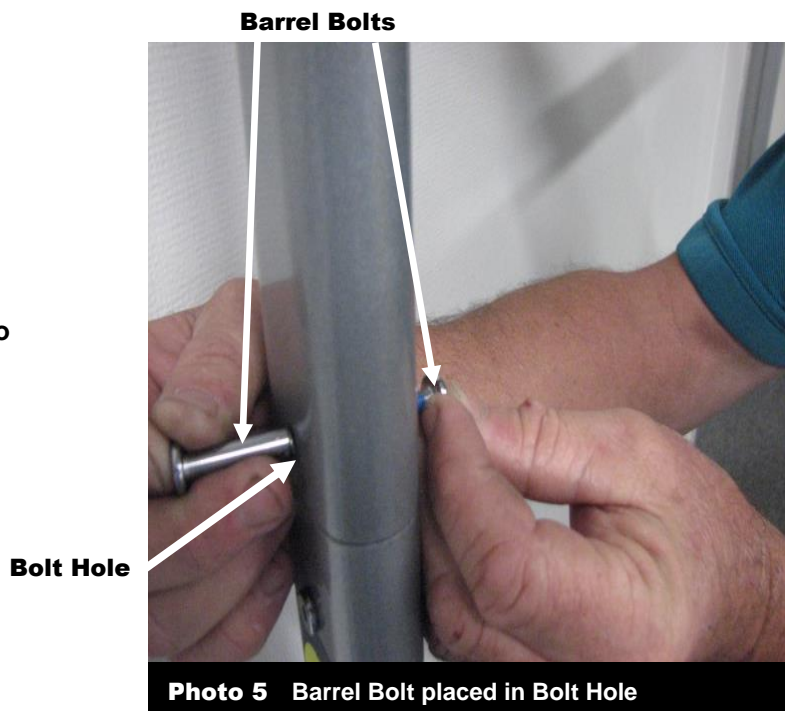
10. Follow the alphabet, matching the stickers at the ends of the parts labeled B to B, C to C, and D to D.

Only attach up to D for now.  
(Photo 3 & 5)

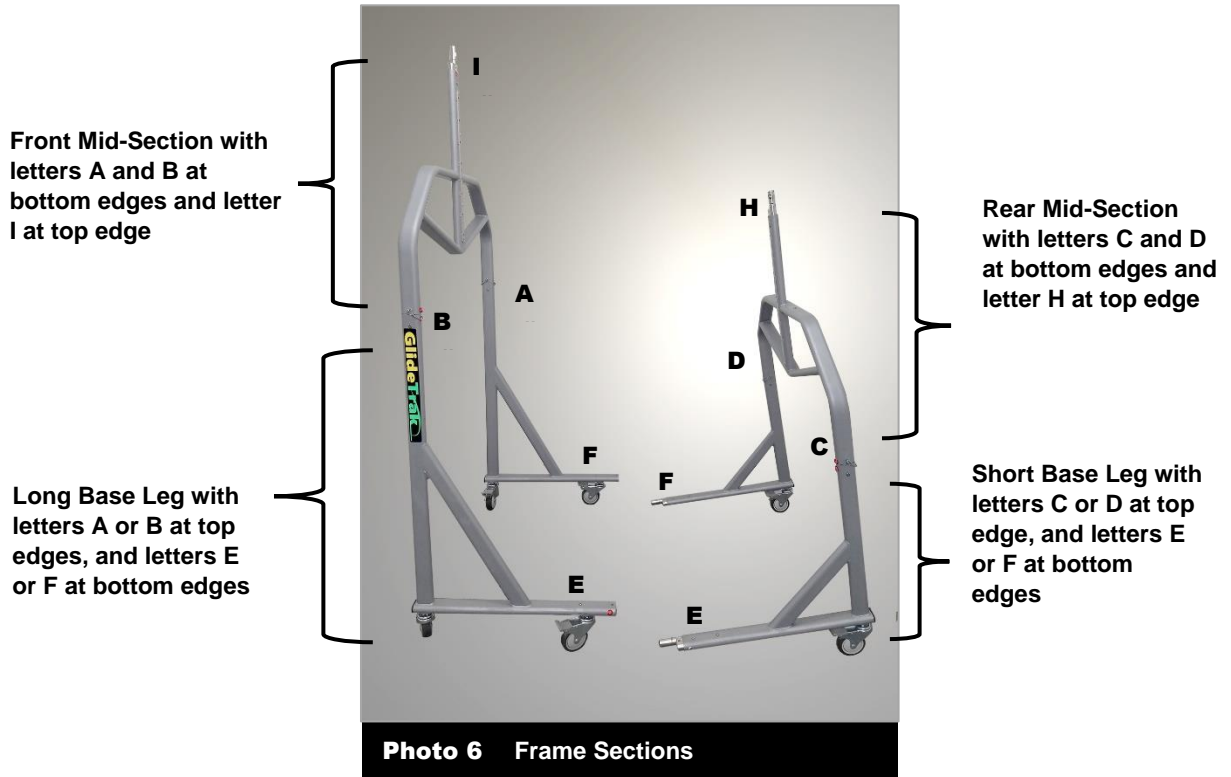


11. When joining the frame, align the Bolt Holes and **attach the Barrel Bolts in the Bolt Holes.** (Photo 3 & 5)

Use an Allen wrench in each hand to tighten each Bolt. (not shown)



12. Once sections **A** through **D** are joined, you will have two sections of the GlideTrak frame as shown in **Photo 6**.

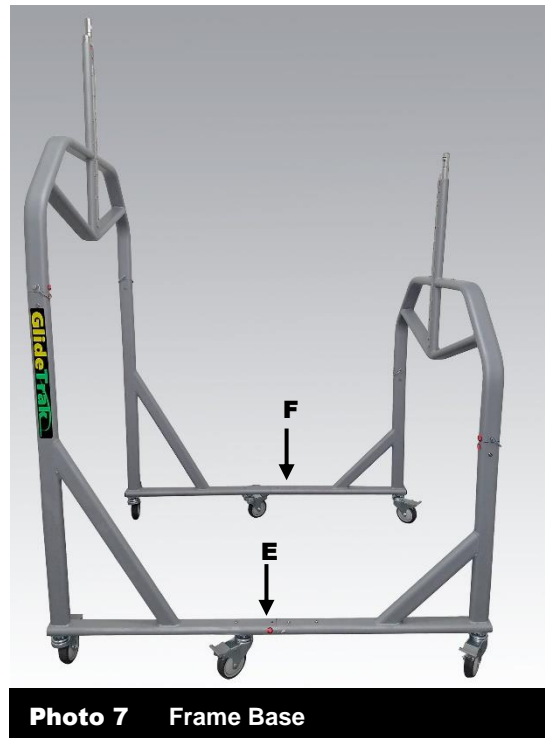


13. **Slide the two sections together,** aligning stickers **E** to **E** and **F** to **F**.

The Frame Base will be assembled as shown in **Photo 7 Frame Base**. It may help to unlock the brakes on one section before sliding the two sections together. Once in place, re-lock the brakes.

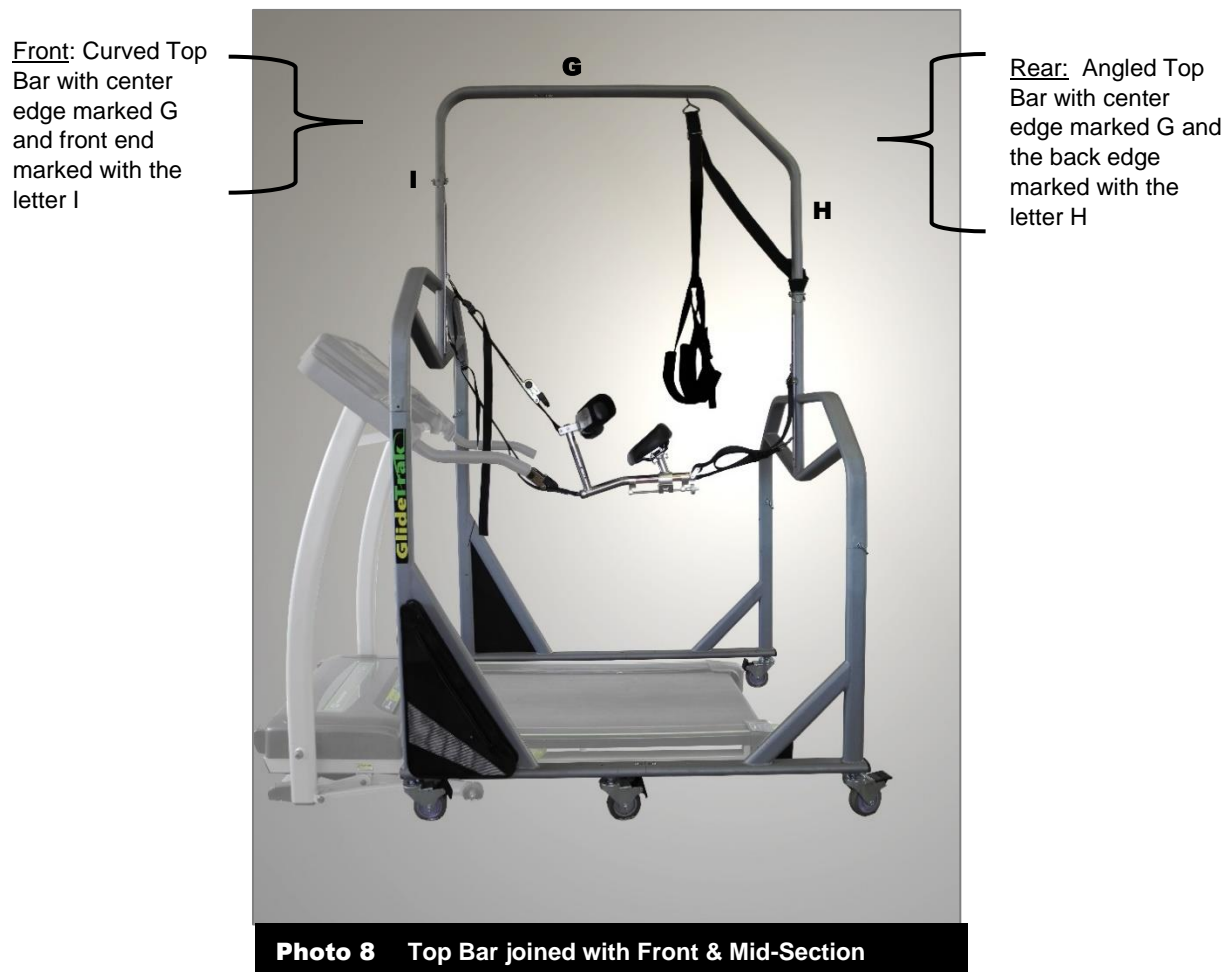
14. Once the frame is together, **place and tighten Barrel Bolts at E and F**.

(Note: If basket pins were ordered, do not use pins to connect base parts **EE**, **FF** or **GG**. **Only use Barrel Bolts to connect base leg parts **EE**, **FF**, and **GG****)





15. The **Top Bar** of the GlideTrak has 2 parts, a Curved Top Bar (for the front) and an Angled Top Bar for the rear portion of the bar. **(Photo 8 below, and Parts Identification Guide Photo 8 and Photo 9, pg. 25)**. Join the two parts of the Top Bar joining the ends marked **G** and **G**. Secure the Top Bar with a Barrel Bolt. **(Photo 5 and 8)**.
16. The ends of the Top Bar will join the Front and Back Mid-section posts. Attach the ends of the Curved (front) Top Bar by joining **I** to **I**, and attach the Angled Top Bar in the rear by joining **H** to **H**. **(Photos 6 and 8)** Align and insert Barrel Bolts into the Top Bar as shown previously in **Photo 5**.
17. Tighten all in the frame with Allen wrenches to complete your frame assembly. **(Photo 8)**.
18. Move the GlideTrak frame and center it over your treadmill. (If you wish, you may unlock the wheels to move the frame; however, make sure that **Wheels are re-locked** after the GlideTrak is in place).





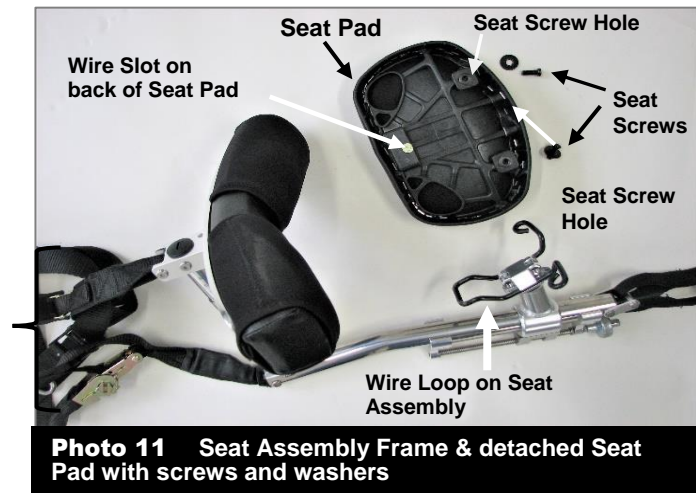
Now you are ready to assemble the Seat Assembly.



19. **SEAT ASSEMBLY:** Cut away any wrapping and plastic ties from the Seat Assembly. The Seat Assembly Includes the Back Straps, Seat Post, Adjustment Rod, Hip Post, Hip Pad and Front Straps. **(Photo 8)**

When you take it out of the box, the assembly will be in 2 parts. One piece is the bulk of the Seat Assembly. The second piece is the Seat Pad with attached Seat Screws. To complete the Seat Assembly, you only need to reattach the Seat Pad. You will need one Phillips-head screwdriver for this task.

20. **To reattach the Seat:** Remove the 2 screws and 2 washers from the back of the Seat Pad.



- 21, Insert the front of the Wire Loop of the Seat Assembly into the Wire Slot on the back of the Seat Pad.  
**(Photos 10 & 11)**

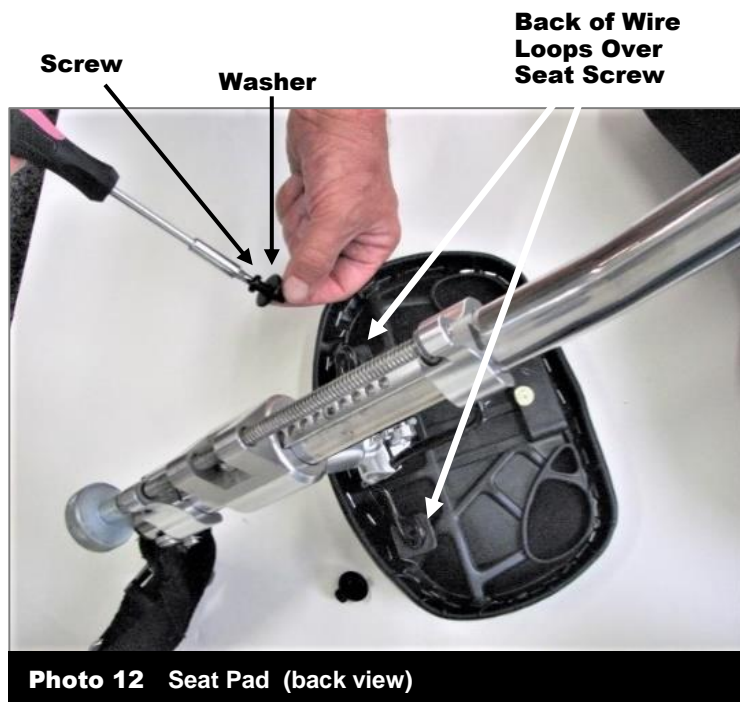
22. Once the Wire Loop is inserted into the Wire Slot on the back of the Seat Pad, the back of the Wire Loop will sit directly over the Seat Screw Holes.

**Replace the Seat Screws back into the Seat Screw Holes**

**CAUTION:** Do not press down on the screws as the threads inside the hole may sink into the seat permanently.

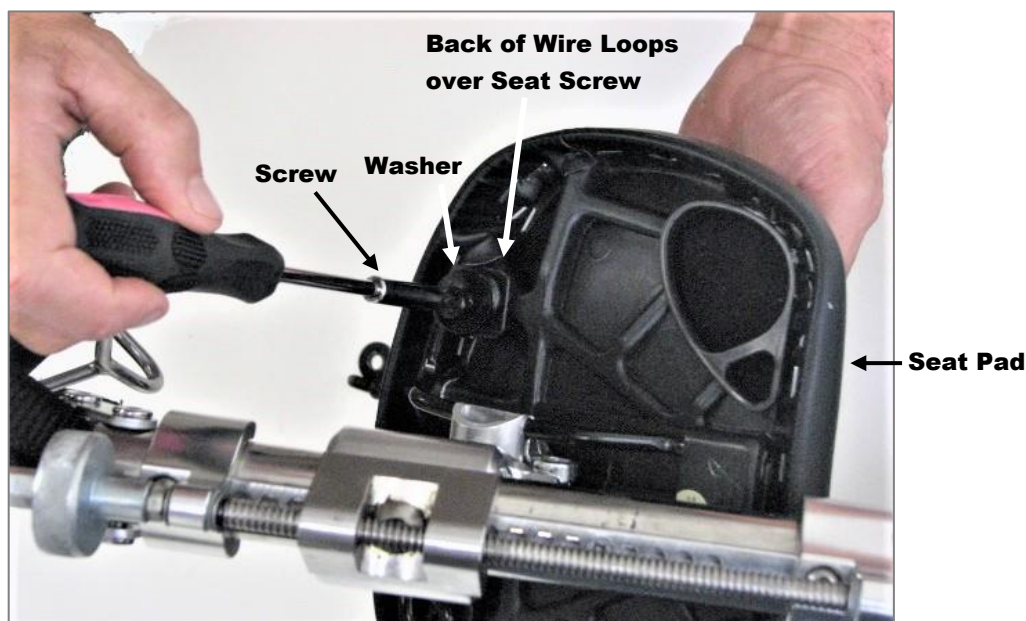
Place a Seat Screw through a Washer.

Place the Screws and Washer on top of the Wire Loop and into the Screw Hole. **(Photo 12 & 13)** Turn the Screw clockwise to engage the Seat Screw in the Seat Screw Holes.



23. Orient yourself with the Seat Assembly, noting the front, back, up and down for the Seat and Straps. Note that Seat Pad is up and towards the back and the Hip Pad will face up and forward as in **Photos 8 & 9**.

**You are now ready for Seat Assembly placement and setting yourself up on the GlideTrak.**



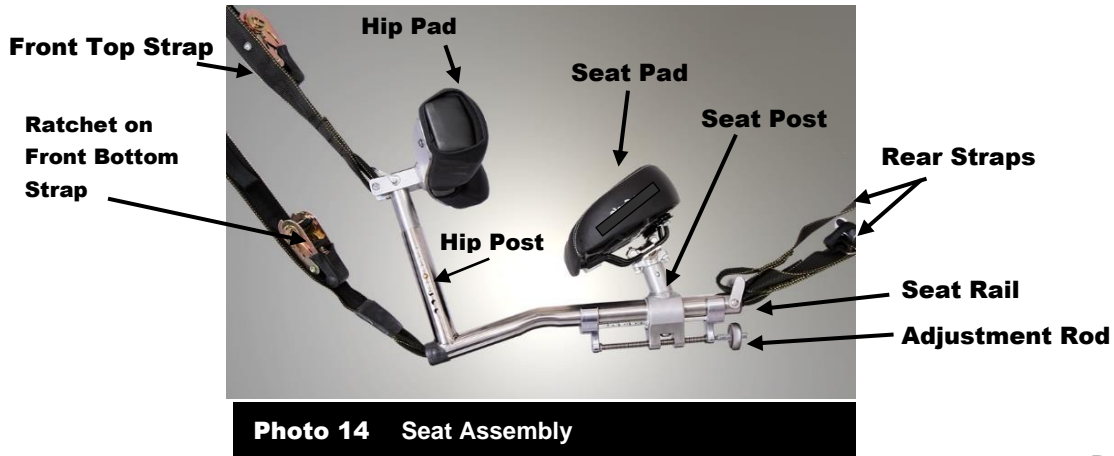
**Photo 13** Re-attaching the Seat to the Seat Assembly  
The order is: Screw, Washer, Wire Loop, then Seat

# GlideTrak™

## Seat Assembly Placement and Set Up Instructions

24. The Seat, Bars, Straps, Hooks, and Hip Pad are collectively called the Seat Assembly.

(**Photo 14**) Once your GlideTrak has been fully assembled and positioned properly over the treadmill, you are ready to attach the Seat Assembly.



25. Review Photo 14 to identify each part of the **Seat Assembly** and orientation (front, rear, up and down).

26. To start, use the **Seat Adjustment Knob** to move the Seat along the Seat Rail until the front edge of the **Seat Post is at #4** at the numbered bar under the Seat Rail.  
(Smaller framed individuals may set this to #3.  
Larger framed individuals may set to #5 to start)

27. The Hip Post has 8 holes. **Set the Hip Post to the 4<sup>th</sup> hole from the top.**

To do this, press in on the pins on the Hip Post and, using your other hand, grasp the Hip Pad and slightly twist and move the Hip Post rod up or down. Set the pin into the hole that is the 4<sup>th</sup> hole from the top.



## Seat Set Up Instructions

28. Pick up the whole Seat Assembly and **orient the seat** so that the Hip Pad is up and towards the front of the GlideTrak (the taller end) and the Seat Pad is up and toward the rear of the GlideTrak, as seen in **Photo 15**.

29. Note that the posts of the Front Mid-Section and Rear Mid-Sections have holes in them that face inward on the GlideTrak. **These holes are for the Strap Hooks** on the front and back of the Seat Assembly. ( **Photos 14 & 15**)

30. **Locate the Top Front Strap Hook** which comes off the Seat Assembly at the top of the Hip Post. ( **Photo 16**)

31. Being cautious not to step on the Straps, step up onto the treadmill and stand beside the post of the Front Mid-Section.

32. **Note which hole on the Front Mid-section post is at the level of your chin.** ( **Photo 16**)

33. Insert the **Top Front Strap hook** into the hole on the Front Mid-Section post that is at the level of your chin. ( **Photo 16**)

NOTE: It is easier to insert the Strap Hooks into the holes if you turn the Strap Hook sideways. ( **Photo 16**)

34. The **Bottom Front Strap Hook** should then be placed in the hole in the Front Mid-Section post that is **2 holes below the Top Front Strap Hook**. ( **Photo 17**)

**Front Mid-Section Post Hole at level of chin**

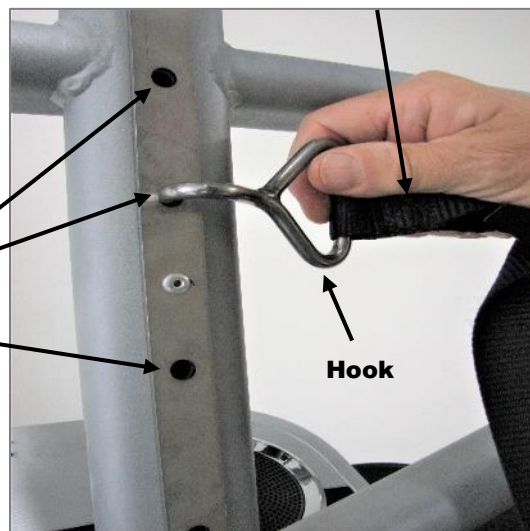


**Photo 16 Placing Front Top Strap Hook at level of chin**

**Front Top & Bottom Strap**

**Holes for Hooks on Front Mid-Section Post**

**Hook**



**Photo 17 Placing Strap Hooks in Holes**

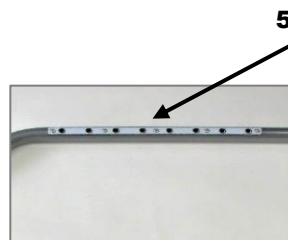


35. To determine the **placement of the Rear Seat Assembly Straps**, stand on the treadmill beside the post of the Rear Mid-Section of the GlideTrak frame.

36. Relax your arm by your side and note which hole on the Back Mid-Section post is one hole above your wrist.  
(photo 18)

37. Insert the **Bottom Rear Strap Hook** into the hole **one level above your wrist**.  
(Photo 18)  
The **Bottom Rear Strap** will be tight during exercise and will support you.

38. Insert the hook of the **Top Rear Strap** in the Mid-Section post hole that is 3 holes above the Bottom Rear Strap Hook



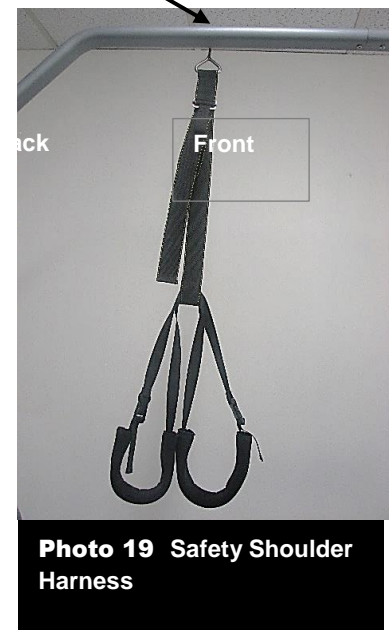
### 39. Shoulder Harness Instructions: Shoulder Straps

The Safety Harness hangs from holes in the top bar of the GlideTrak and limits side to side movement of the body.

Insert the hook of the Shoulder Harness into the **5<sup>th</sup> hole from the front**. (Photo 19)

Use the strap at the top of the harness to adjust the loops to fit loosely beneath each arm.

The Shoulder Straps are NOT for support. You should not feel any upward pull from the Straps.

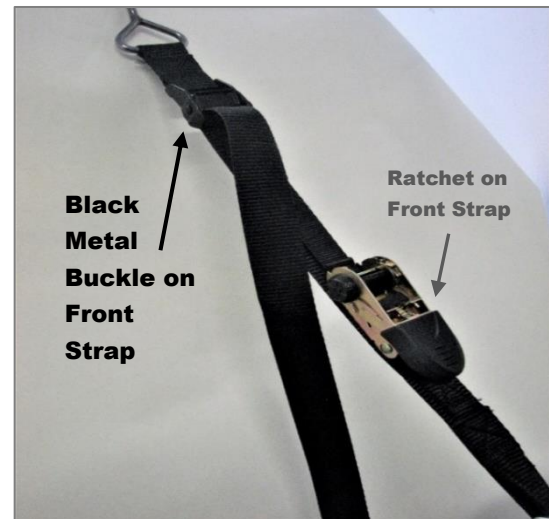


Now we will set you up in the Seat.

**40. RELEASE THE FRONT STRAPS:**

**NOTE:** There is a Black Metal Buckle and a Ratchet on the front Straps. **(Photo 20)**

You will use the Black Metal Buckles and Straps for all major adjustments.



**Photo 20** Black Metal Buckle on Straps

- 41.** Hold the Black Metal Buckle on the Bottom Front Strap. **(Photo 21)**

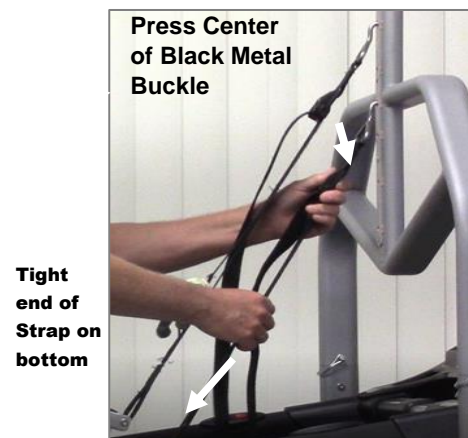
In this position, the tight end of the Strap will be on the bottom, and the free end of the Strap will be on top. **(Photo 21)**

- 42. Loosen the Bottom Front Strap first to lower the Seat.**

**To loosen the Strap**, press the center Release Button in the middle of the Black Metal Buckle to release it. **(Photo 21 & 22)**

At the same time, use your other hand to pull the tight (bottom) end of the Strap towards you.

**(Photo 21 & 22)**



**Photo 21** Releasing a Strap



**Photo 22** Loosen a Strap by pressing center of Metal Buckle & pulling tight end of Strap towards you

43. Repeat this process, releasing the Front Straps until the Seat is lowered close to the treadmill. **(Photo 23)**

44. Once the Seat is lowered, carefully step over the Seat, so that your legs straddle the Seat Assembly.

45. Grasp and Lift the Seat Assembly up so that the Seat Assembly cradles your pelvis. **(Photo 24)**

Keep in mind that you will fit more snugly into the Seat once the straps are tightened and you are “Unweighted.”

46. With the Seat cradling your pelvis, take a small step forward to ensure that the Lower Rear Strap is taught.

### Now we will tighten & adjust the Front Strap

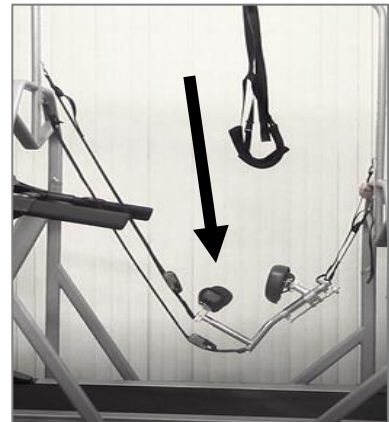
47. Tighten the Front Straps by pulling up on the on the tight (bottom) part of the Strap (right hand in Photo 25). At the same time, you will use your other hand to pull down on the free end of the Strap. (left hand, Photo 25).

48. Holding onto the arms of the treadmill for safety, squat down to settle your pelvis into the Seat.

49. Return to standing on the treadmill.

Keep your **back, hips, and knees straight**, your feet slightly behind you, and your weight forward on the balls of your feet. **(Photo 32)**

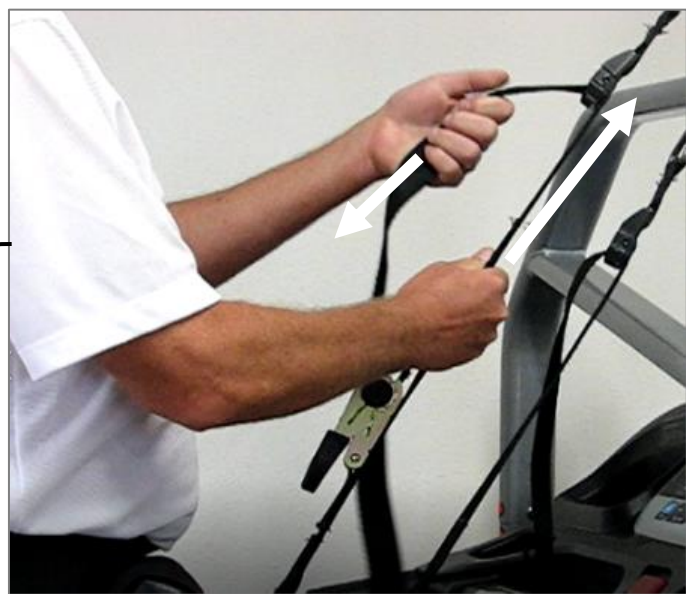
Pull top (loose) end of Strap towards you, and lift the tight part of the Strap (bottom) upward



**Photo 23** Seat lowered to treadmill



**Photo 24** Seat Assembly cradles pelvis



**Photo 25** Tightening Strap



## Unweighting the body

50. Rocking forward and back while tightening the Straps allows you to begin to unweight the body.

**Lean forward onto your toes with the weight on the balls of your feet and firmly tighten the Front Top Strap.**

(Photo 26)



51. Stand again with straight legs beneath you.

Now **lean back slightly** with your weight on the heels of your feet, and firmly tighten the **Bottom Front Strap**. To lift your body weight, you must pull firmly on the Straps.

(Photo 27)

52. Repeat steps 50 and 51, 2-3 times to until the 2 front Straps are **quite tight**.



53. You will further unweight your body by doing something called the “tip-toe hip-hop”.

There are 2 actions that you will need to do simultaneously.

One: Go up on your tip toes.  
(See photo 28)

Two: Tighten the front straps as you did previously. (See Photo 29)

To perform these 2 motions simultaneously, tighten the Straps while you go up on your tip toes, pulling hardest on the Straps when you are at the highest point on tip toe.

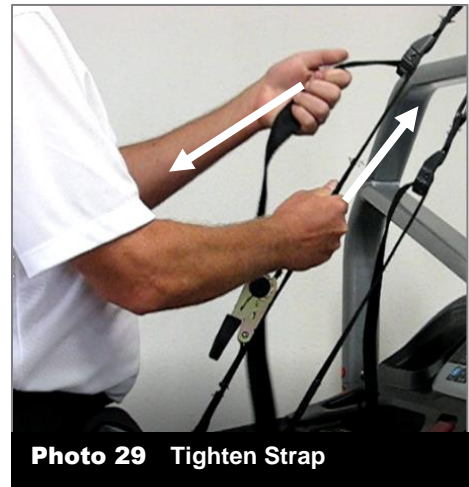
(See Photo 30)

**Note:** For orthopedic conditions such as bone or joint problems, the goal is to unweight your body about 85-90% or just enough so that, with your legs extended beneath you, your feet should just skim the surface of the treadmill.

**Note:** For neurologic conditions such as stroke or Parkinson’s disease; the goal is to unweight your body about 20-35% so that you remain grounded on the treadmill.



**Photo 28**  
Go up on Tip Toe



**Photo 29** Tighten Strap



**Photo 30** Tip Toe Hip Hop

## Using the Ratchets

54. For further unweighting, you may use the Ratchets on the front 2 Straps.

To use the Ratchets, pull up on the Black lever.  
Tighten both the top and bottom Ratchet equally to start.  
**(Photo 31)**

This will lift your body further off the treadmill.



**Photo 31** Tightening the Ratchet

## Getting a sense of being “Unweighted”

55. **Simply get a sense of being “unweighted”.** Keep in mind that lifting your body weight (being “unweighted”) is a new feeling as you have probably never been unweighted before.
56. **Turn the treadmill** on to a reasonable speed for you, a slow walking pace will do.
57. **The Seat should support you in a standing position.**

Keep your legs straight beneath you, your back, hips, and knees straight, your feet slightly behind you, and your weight forward on the balls of your feet. **(Photo 32)**

58. **Walk unweighted for 5-10 minutes.**



**Photo 32** Proper Standing Position

59. **Do not worry about the Seat being perfect.** Once you have begun to use the treadmill and GlideTrak, you will adjust the Seat gradually until you find your individual, ideal setting.
60. **Once you have walked for 5-10 minutes, we highly recommend you dismount the GlideTrak (as instructed below) and walk around normally for several minutes.**
61. **Then, beginning at step 44, set yourself back up on the GlideTrak and continue on to the Seat Assembly adjustment instructions below.**



Hip Pad across your lap but allows hip flexion

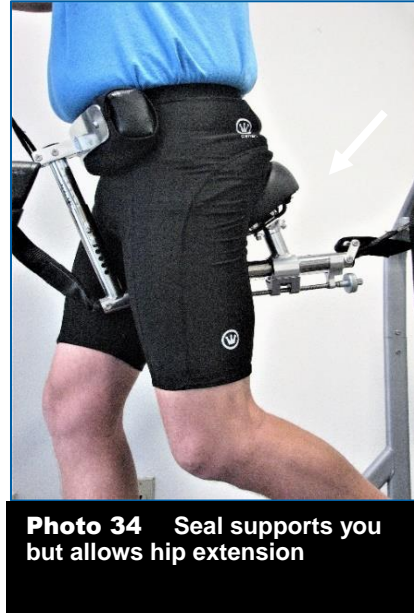


Photo 34 Seal supports you but allows hip extension

## Seat Assembly Adjustment

62. The Seat should allow you to flex & extend your leg as you walk. (See Photos 33 & 34) Adjustment is discussed below.

63. The Hip Pad should sit just at or above the hip bones in front (like a seatbelt) but allow you to flex your hip as you walk. (See Photo 33) Adjustment is discussed below.

64. To adjust the Seat pad: Step out of the Seat. Use the seat Adjustment Knob (See Photo 35) to move the seat forwards to give a tighter fit, or backwards to give you more room.

65. To adjust the Hip Pad: Step out of the Seat. Press in on the pins on the Hip Post (See Photo 36) and move the Hip Post Rod up or down to the position that affords you the most comfort.



Photo 35 Turn Adjustment Knob forward or back to move the seat

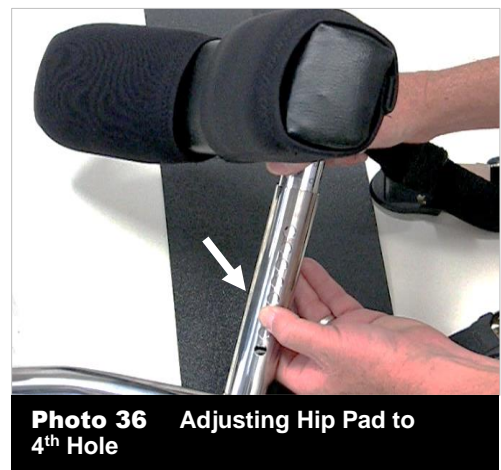


Photo 36 Adjusting Hip Pad to 4<sup>th</sup> Hole



## Evaluate your position and Adjust “Unweighting”

The GlideTrak is new to you and your body. Unweighting your body is an amazing way to regain and maintain cardiovascular and muscular fitness without the damaging effects of impact on your joints or fear of falling. However, your body must adjust to this technique. Following written instructions to learn how to swim or to pitch would feel unnatural and would invariably take some practice and adjustments before you were able to float and do a breast stroke or throw a pitch. Either way, your best bet is to relax your body, give the GlideTrak a try, and work on adjusting the seat over your first few sessions.

### 66. Adjust the Seat Assembly so that your gait feels as natural as possible.

You should be in a standing position. **(See Photo 32)** Keep your back, hips, and knees straight. Your feet should be slightly behind you, weight on your full foot, leaning slightly forward. Good posture and looking straight ahead is helpful. In this position, you should feel supported in the Seat Assembly, but you should also be able to walk, jog, or run with a natural gait and stride. (If possible, get a video or evaluate your stride in a mirror.)

### 67. To adjust the amount of “unweighting” (adjust the impact on your joints):

- Repeat steps 50 and 51 to **tighten the front Straps** further and lift more of your weight off the treadmill.
- **Adjust the amount of incline on the treadmill.** More incline = More impact. Increasing the treadmill incline (bringing the treadmill higher) allows for more contact of your feet on the treadmill and will increase the impact across the joints of the lower extremities. Less incline = Less impact. Decreasing the amount incline (bring the treadmill lower) allows for more support and suspension from the Straps, and therefore allows more of our body to be “unweighted.”
- It is ideal to be able to adjust your body “unweighting” during exercise. If the treadmill allows, PRIOR to starting your session, incline the treadmill several levels. Then follow steps 47 through 61. This will elevate you with the treadmill deck at the start of your workout. This allows you the ability to adjust the incline up or down (and allows for controlled, variable impact on the joints) during your workout.
- **Shift your body weight.** When you are exercising, you can make some subtle adjustments in the amount of impact on your joints during exercise by simply leaning a bit forward or backward. Try this and see what adjustments optimize your personal training program.



**Photo 37**  
Tightening a Ratchet

- **Ratchets on the front Straps:** Subtle adjustments can be made by using the Ratchets on the top and bottom front Straps. **Tightening the Ratchets will increase the amount of support** provided by the Seat Assembly (increase the amount of body “unweighting”). **(See Photo 36)**
- Releasing the Ratchets will remove the Seat Assembly support. To release the Ratchet, press down on the Center Lever and open it all the way. Pull the Strap away from the Ratchet so no slack remains. **(See Photo 37)**

## Dismounting the GlideTrak

### Gradual Buckle Release Technique

**68.** Once you have completed your exercise session, **slow down and then stop the treadmill.**

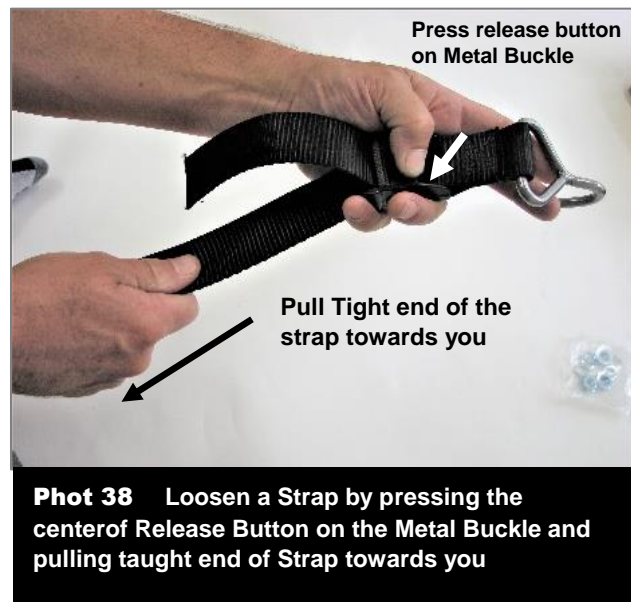
Once it has come to a complete stop, you are ready to dismount the GlideTrak.

**69. Lean forward and go up onto tip toes** to unweight the Front Straps.

**70. Loosen the Front Bottom Strap first, then loosen the Front Top Strap.** This lowers the Seat and plants your feet firmly back on the treadmill.

**To loosen the Bottom Front Strap**, press the center portion of Black Metal Buckle on the Strap and release the Buckle.  
**(See Photo 38)**

Use your other hand to pull the tight (bottom) end of the Strap towards you to loosen the Strap.



**71.** Loosen the **Top Front Strap** in the same way

**72.** Grasp and **lower the Seat Assembly** towards the treadmill.

**73.** Once the Seat is lowered to the treadmill, **hold on to the arms of the treadmill for safety and carefully step over the Seat Assembly.**

**74..** With your feet planted firmly on the treadmill, **remove the Shoulder Harness** one arm at a time.

**75.** You may then **step off the treadmill.**

## Reset the Ratchets after each workout

76. After each workout session reset the Ratchets on the Front Straps so they are ready for your next session.
77. To do this, stabilize the Ratchet and press the Center Lever to release the Ratchet. (See photo 39)



**Photo 39** Closed ratchet. Arrow indicates where to depress center lever



**Photo 40** Reaset Ratchets: Press Center Lever and open ratchet fully. Pull strap tight

78. While still depressing the Center Lever, open the Ratchet fully. You will feel the mechanism release slightly. (Photo 40)
79. Pull the taught end of the Strap away from the Ratchet, removing any slack and straightening the Strap. (Photo 40)

80. Once your GlideTrak session is complete, **make note of the settings for your Seat Assembly and the hook settings for your front and rear Straps.**

The Strap Hooks and Seat Assembly settings will likely remain the same and will not need adjusting for your subsequent workouts.

**You are done with your GlideTrak exercise session!**





## GlideTrak Assembly Tool List, Parts Identification & Photos

### Assembly tools list

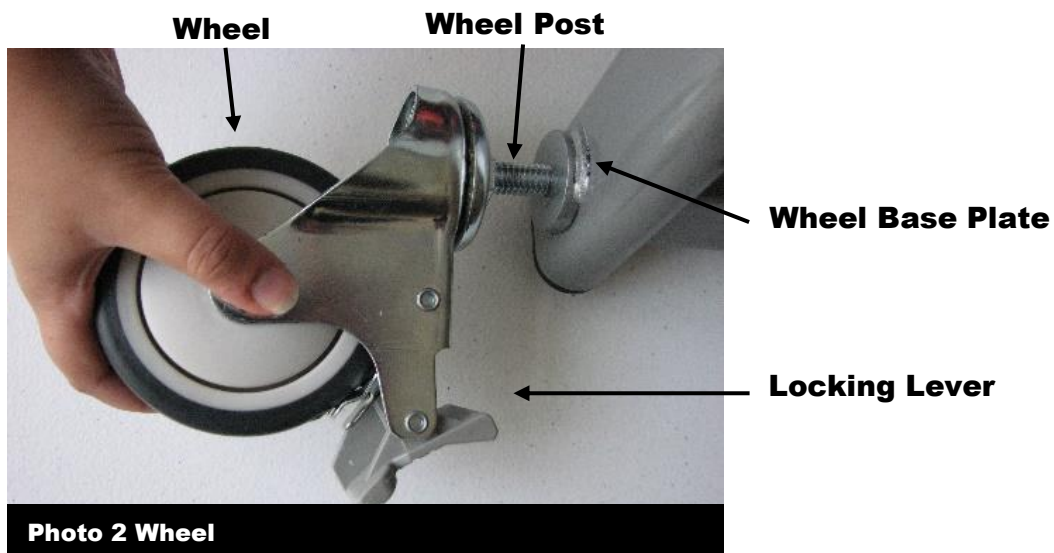
- **GlideTrak Frame** (8 pieces)
- **GlideTrak hardware** (included with frame, 9 Barrel bolts and 2 Allen wrenches)
- **GlideTrak Seat Assembly**
- **Phillips head screwdriver** (not included)



**Photo 1 Fully Assembled GlideTrak System**

### Parts List

1. **Wheel Assembly** Includes Wheel, Wheel Locking Lever, and Wheel Threaded Post



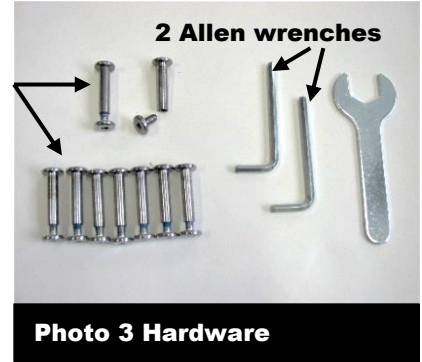
**Photo 2 Wheel**

## 2. Hardware

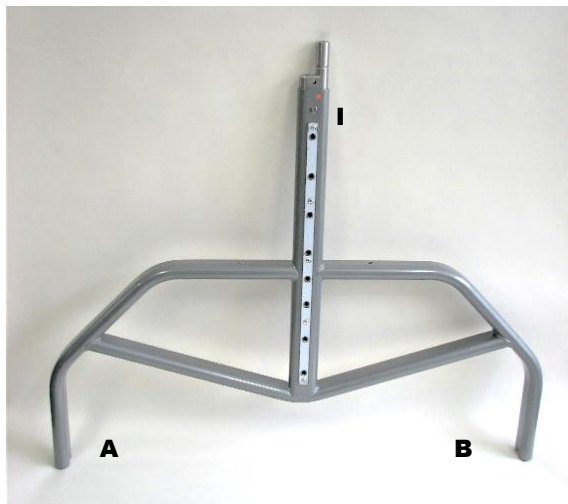
Includes 9 Barrel bolts and 2 Allen wrenches

9 Barrel Bolts

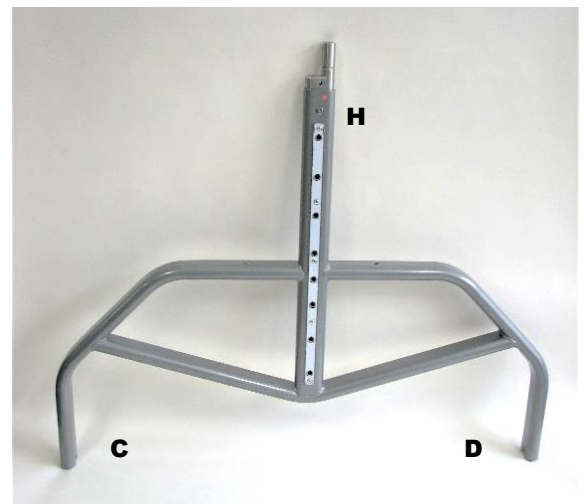
2 Allen wrenches



**Photo 3 Hardware**



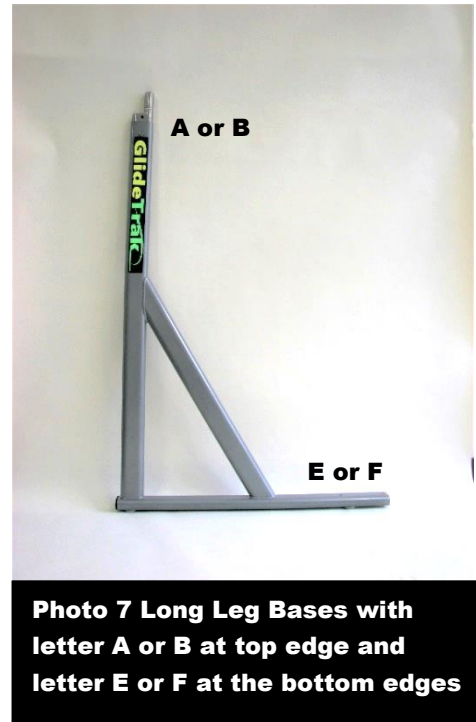
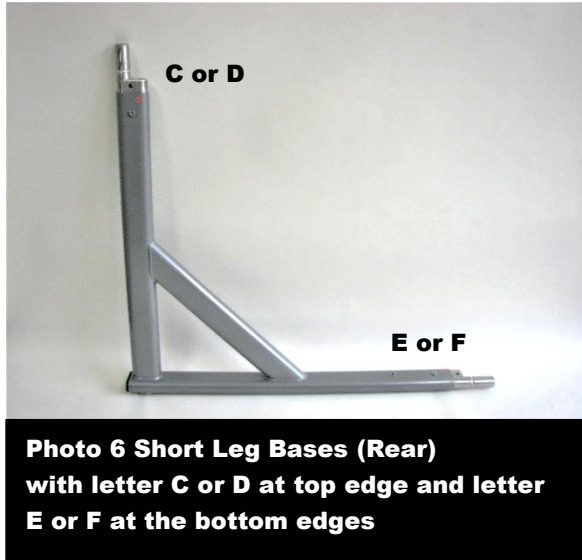
**Photo 4 Front Mid-Section with letter I at top edge and letter A and B at the bottom edges**



**Photo 5 Rear Mid-Section with letter H at top edge and letter C and D at the bottom edges**

## 3. Mid-Sections

One Front Mid-Section and One Rear Mid-Section (these are the same except for the letters on the edges of each part).

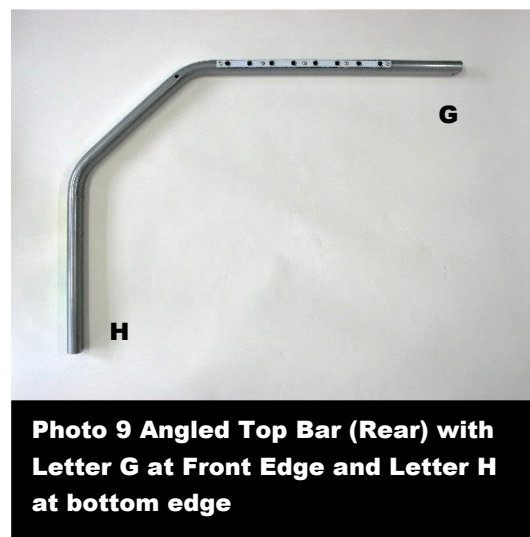
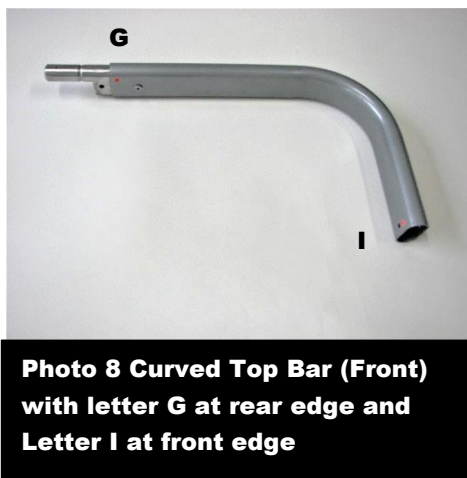


#### 4. Short Leg Bases (Rear)

There are 2 of these, BOTH go in the rear. With letter **C** or **D** at top edge and letter **E** or **F** at the bottom edges.

#### 5. Long Leg Bases (Front)

There are 2 of these, BOTH go in the front. With letter **A** or **B** at top edge and letter **E** or **F** at the bottom edges. **The GlideTrak logo faces out.**



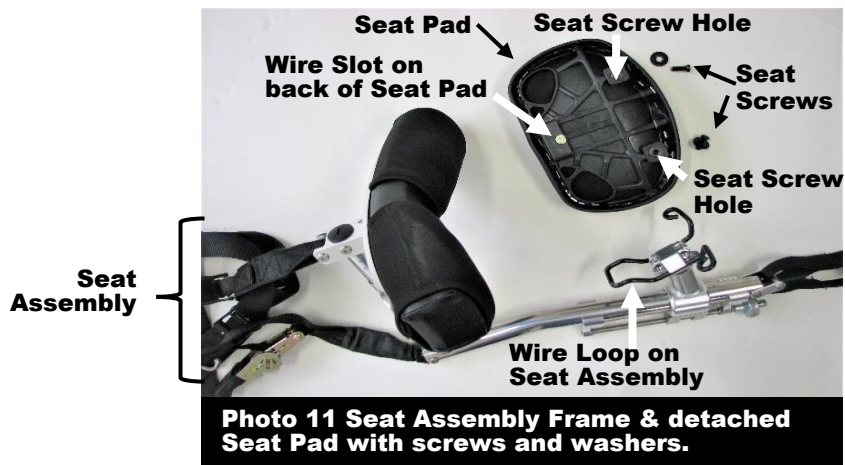
#### 5. Curved Top Bar (Front)

#### 6. Angled Top Bar (Rear)



**Photo 10 GlideTrak Ergonomic Pelvic Suspension Seat Assembly fully assembled**

7. **Seat Assembly** Comes with Seat detached



**Photo 11 Seat Assembly Frame & detached Seat Pad with screws and washers.**



**Photo 12 Seat Pad back view**





## **Contact Information**

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