

Assembly/Use Instructions

FLY RIGHT



WARNING

- Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.
- All users of this equipment assume this risk of serious injury.
- Mats and pits cannot and do not eliminate hazards.

Safety Instructions

ALWAYS:

1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and qualified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.

DO NOT use the apparatus with damaged, worn or missing parts.

DO NOT allow more than one person at a time to use the equipment.

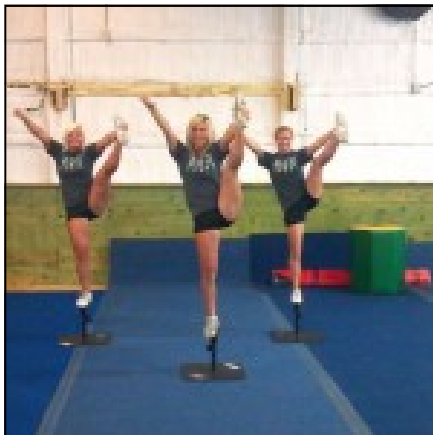
Parts List

Parts List:

- [A] D2 Knob/Spring Loaded Pin
- [B] Pedestal
- [C] Base/Column

Thank you for purchasing the FLY RIGHT. We hope you will enjoy years of use with this

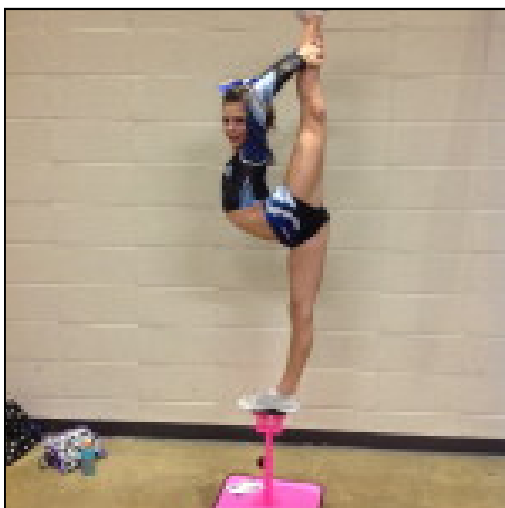
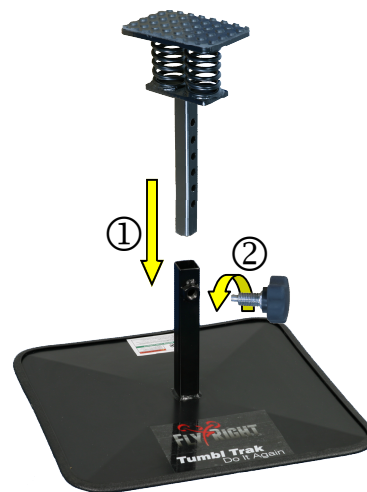
product. After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition. If you have any questions during this assembly process, please call customer service at 44 (0)2921 167 949.



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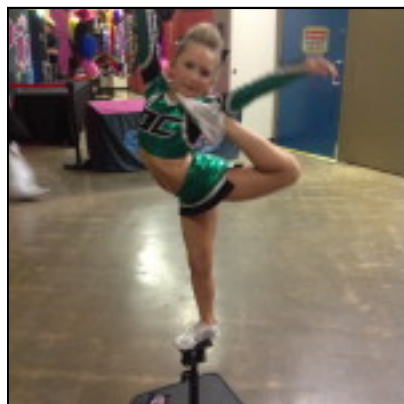
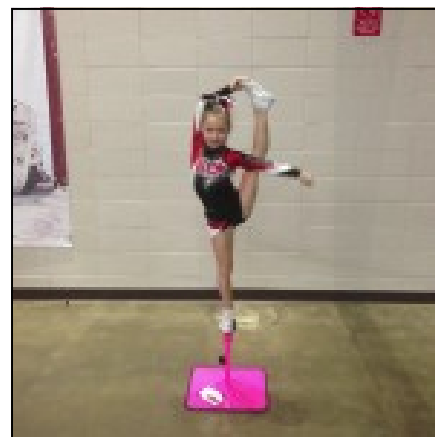
STEP 1 - Insert the pedestal into the column attached to the base. Adjust FLY RIGHT to the desired height.

STEP 2 - Hold the base while adjusting the height so it will not slip down. Make sure the pedestal is secure with the pin in place and the knob turned tightly **to secure the pin in place.**



- Place one foot squarely on the base and step up on the platform balancing on one leg, making sure the knee is locked out and hips are squared and centered.
- Align body so that proper stunting technique is practiced: shoulders over knees, knees over toes, core tight, opposite leg hanging down next to the base.

- Squeeze stomach muscles and focus balancing on one leg.
- As flyer becomes steady, the flyer can then begin practicing skill progressions with the basic one leg stunting body positions: Liberty, Heel Stretch, Arabesque, Scale, Scorpion, Waterfall, etc. (Flyer should be stretched out before stunting. Flyer may want a spotter while practice the more difficult skills.)



Product Guidelines

- This device is for persons not exceeding 68 Kg.
- Only **one** user on the FLYRIGHT at a time.
- This product is not intended for release skills. Only one foot at a time should be on the platform. To switch legs, step off the equipment and switch legs.



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