OPTP Lede1-f190

OPTP FitGlide by Bob & Brad Knee Glider Instruction Manual

Model: Lede1-f190

1. Important Safety Information

Before using the OPTP FitGlide, please read and understand all instructions and safety warnings. Failure to do so may result in injury.

- **Consult a Professional:** Always consult with a physician or physical therapist before starting any new exercise or rehabilitation program, especially after surgery or injury.
- **Seated Use Only:** The FitGlide is designed for seated use. **DO NOT STAND** on the device.
- **Stable Surface:** Use the FitGlide on a stable, flat, non-slip surface. Ensure your chair or seat is also stable and will not move during use.
- **Proper Foot Placement:** Ensure your feet are securely placed on the foot plates before beginning exercise.
- **Listen to Your Body:** Stop exercising immediately if you experience pain, dizziness, or discomfort.
- **Keep Clear:** Keep children and pets away from the device during use.
- **Inspect Before Use:** Before each use, inspect the device for any signs of damage or wear. Do not use if damaged.

2. Product Overview

The OPTP FitGlide by Bob & Brad is a low-impact leg exerciser and rehabilitation device designed to assist with recovery and improve mobility. It is suitable for individuals recovering from knee replacement, ACL or PCL surgeries, hip replacement, fractures, or stroke.

Key Features:

- Versatile tool for knee and leg rehabilitation.
- Low-impact exercise for improved range of motion and joint strength.
- Designed for seated use, minimizing fall risk.
- Adjustable positioning for flat, incline, or decline use.
- Portable and lightweight design.

Components:

- Main sliding track assembly
- Two foot plates
- Adjustable support legs (for incline/decline)



Image: The OPTP FitGlide by Bob & Brad Knee Glider, a compact leg exerciser.

3. Setup

The FitGlide requires minimal setup. It arrives largely pre-assembled.

1. **Unpack:** Carefully remove the FitGlide from its packaging.
2. **Positioning:** Place the FitGlide on a flat, stable surface in front of a sturdy chair or stool. Ensure there is enough clear space for your legs to move freely.
3. **Adjust Incline (Optional):** The FitGlide can be used flat or with an incline. To set an incline, extend the support legs located at one end of the device. The device provides approximately a 9-degree incline when the support legs are extended.



Image: The FitGlide showing its dimensions (21.5 inches long, 5 inches high at incline) and approximate 9-degree incline when support legs are deployed.

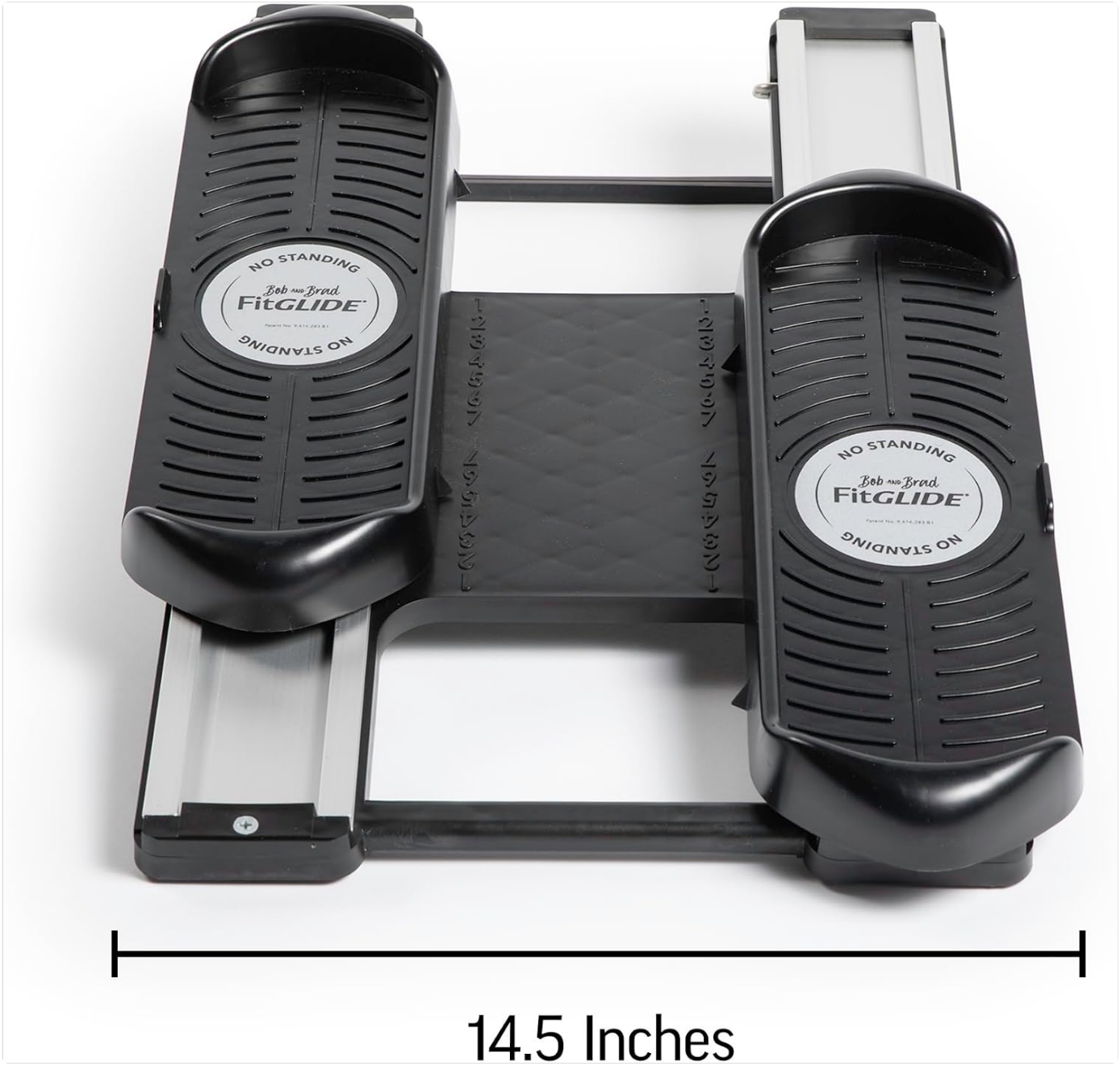


Image: Top-down view of the FitGlide, illustrating its width of 14.5 inches.

4. Operating Instructions

The FitGlide allows for smooth, controlled leg movements while seated, promoting rehabilitation and fitness.

Basic Usage:

1. **Sit Comfortably:** Sit on a stable chair with your feet flat on the floor or slightly elevated, depending on your comfort and the exercise.
2. **Place Feet:** Position your feet onto the foot plates of the FitGlide. Ensure your feet are centered and stable.
3. **Begin Movement:** Gently push and pull your feet back and forth along the track. Control the speed and range of motion according to your comfort level and rehabilitation goals.
4. **Maintain Posture:** Keep your back straight and engage your core muscles during the exercise.



Image: A person demonstrating basic use of the FitGlide while seated, with feet placed on the foot plates for back-and-forth movement.



Image: A person using the FitGlide with ankle weights, demonstrating a progression for increased resistance during leg exercises.

Recommended Exercises:

The included instructional guide provides various exercises. Focus on controlled movements to improve range of motion, strengthen muscles, and enhance blood circulation.

- **Knee Flexion and Extension:** Slowly slide your feet forward and backward, focusing on bending and straightening your knees.

- **Hip Abduction/Adduction (with slight adjustment):** While seated, you can perform slight lateral movements if comfortable, to engage hip muscles.
- **Ankle Pumps:** Perform gentle ankle movements (pointing toes up and down) while your feet are on the plates to promote circulation.

Instructional Videos:

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Video: "Bob and Brad FitGlide: What You Should Know" - An overview of the FitGlide and its benefits for rehabilitation and exercise.

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Video: "FitGlide by Bob and Brad" - A detailed demonstration of various exercises and proper usage techniques for the FitGlide.

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Video: "FitGlide Knee, Hamstring and Quadricep Exercise & Rehab Tool" - Specific exercises targeting the knee, hamstrings, and quadriceps using the FitGlide.

5. Maintenance

Regular maintenance ensures the longevity and smooth operation of your FitGlide.

- **Cleaning:** Wipe down the device with a damp cloth after each use. Use mild soap if necessary, then wipe dry. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all moving parts and connections for any signs of wear, looseness, or damage. Ensure the foot plates slide smoothly along the track.
- **Storage:** Store the FitGlide in a cool, dry place away from direct sunlight and extreme temperatures.

6. Troubleshooting

If you encounter issues with your FitGlide, refer to the following common solutions:

Problem	Possible Cause	Solution
Foot plates do not slide smoothly.	Debris on track, worn sliding mechanism.	Clean the track thoroughly. Ensure no obstructions. If wear is significant, contact customer support.
Device feels unstable during use.	Uneven surface, unstable seating.	Ensure the FitGlide is on a flat, level surface. Use a sturdy, non-moving chair.

7. Specifications

Attribute	Detail
Brand	OPTP
Model Number	Lede1-f190
Item Weight	0.39 Kilograms (approx. 0.86 lbs)
Color	Black
Material	Aluminum

Attribute	Detail
Product Dimensions (D x W x H)	5.5"D x 14.5"W x 5.5"H
Maximum Stride Length	21 Inches
Operation Mode	Manual
UPC	854465007889

8. Warranty and Support

For information regarding warranty coverage or to obtain support for your OPTP FitGlide, please contact OPTP customer service directly. Contact details can typically be found on the official OPTP website or on the product packaging.

Manufacturer: OPTP

Website: www.optp.com

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question