

Let's Glide and Get Fit!

Thank you for purchasing the FitGlide®. It was created by Bob and Brad the two most "famous" physical therapists on the Internet. In their opinion, of course. It's ideal for anyone recovering from knee replacement or surgeries (ACL,PCL), hip replacement or fracture, or stroke. It is also perfect for anyone who wants to exercise in their own home without risk of falling or injury. It is safe for those with arthritis or poor balance because it is used in a seated position. It is also extremely light weight (less than 5 pounds)) and portable so it can be used anywhere.

Warning: Please Read before Use

For your safety, **DO NOT stand on this device.** Consult your healthcare professional before starting any type of exercise program, especially if you have health concerns. Stop exercise immediately if you experience pain, dizziness, or shortness of breath. Additionally, do not use this product if you have the following:

- Weight bearing restrictions on the knee or ankle
- Range of motion restrictions on hip, knee, or ankle
- Deep vein thrombosis (blood clot) in either leg
- Cardiac precautions

Instructions

In the seated position, place feet on the foot plate for easy movement back and forth along the track. The device slides smoothly for low impact exercise.

The device can be used in the flat position, or on an incline or decline (using the wire stand).



Seated Incline Hamstrings: FitGlide should be placed on the ground with the wire stand in the raised position closest to you. Place both feet on the foot plates. Flex and extend each knee in an alternate manner. Increased emphasis is on hamstrings strengthening.

Seated Knee Flexion:

FitGlide® and stand should be flat of the ground. Place feet on the plates, then easily flex and extend the knees in an alternate manner.



Seated Incline Quadriceps: FitGlide should be placed on the ground with the wire stand in the raised position farthest away from you. Place both feet on the foot plates. Flex and extend each knee in an alternate manner. Increased emphasis is on quadriceps strengthening.



Seated Incline Quadriceps with Weight: Place cuff weight around both ankles. FitGlide should be placed on the ground with the wire stand in the raised position farthest away from you. Place both feet on the foot plates. Flex and extend each knee in an alternate manner. Increased emphasis is on quadriceps strengthening.



Seated Incline Hamstrings with Weight: Place cuff weight around both ankles. FitGlide should be placed on the ground with the wire stand in the raised position closest to you. Place both feet on the foot plates. Flex and extend each knee in an alternate manner. Increased emphasis is on hamstring strengthening.

Benefits of Use

Your FitGlide® is designed to help you recover from injury or surgery (rehab), as well as aid in injury prevention (prehab). It can also be used as a daily fitness device. Special benefits of use include:

- Increased range of motion
- Improved joint and muscle strength
- Promotion of synovial fluid (reduces friction in joints)
- Increased bloodflow
- Cardiac benefits
- Low impact exercise

*Also check out these other great products
by Bob & Brad*



Workout Wall Anchor



Grip & Forearm
Strengtheners

FitGLIDE®

by
Bob AND Brad

1117 E Mark St
Winona, MN 55987

bobandbrad.com | Made in the USA

CONDITIONS OF SALE, WARRANTY, LIMITATIONS

Famous PT, LLC, warrants that this product is free from manufacturing defects, is fit for the ordinary purposes for which such goods are used, and conforms to the descriptions stated herein or on the product labels or containers. Results should be obtained if this product is used according to directions and recommendations of healthcare professionals. Unintended consequences may result because of such factors as improper use or placement of the product or use without consultation with a healthcare professional, all of which are beyond the control of Famous PT, LLC, or the seller. Inasmuch as Famous PT, LLC, has no control over the manner in which others may use this product, it does not guarantee the results to be obtained. All such risks shall be assumed by the buyer.

FitGLIDE®

An easy-to-use for
exercise and rehabilitation
of the lower extremities



WARNING:
Do Not Stand on Device

*Bob
AND
Brad*