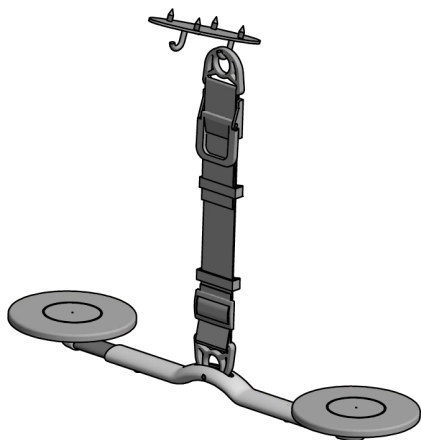


Active Ideas LLC
Chicago, IL 60614
www.active-ideas.com
www.hovrpro.com

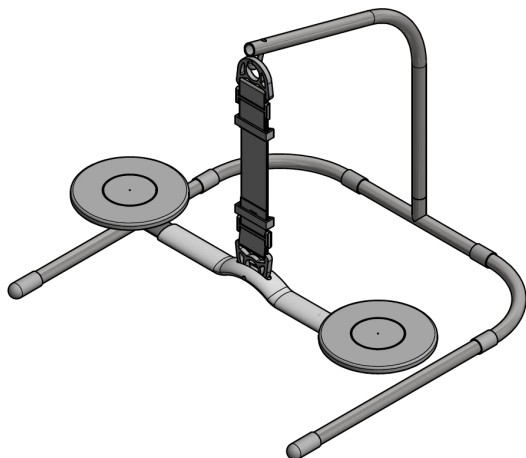


HOVR

SIT DOWN - START MOVING



HOVR with Desk Mount



HOVR with Stand

FOR SETUP AND INSTRUCTION VIDEOS, PLEASE
VISIT OUR WEBSITE:

www.hovrpro.com

For customer support issues please e-mail:

support@hovrpro.com

HOVR Safety

HOVR is intended to be used only while the user is seated. DO NOT STAND ON THE HOVR.

If you are over the age of 35, pregnant, physically inactive, taking medications for your heart or blood pressure, or suffer from any chronic illnesses, please consult your physician before using HOVR.

Children under 12 should be supervised by an adult when using HOVR.

Caring for your HOVR

Rubber Discs

As with any surface exposed to the bottom of our shoes and feet, the rubber on the independent discs will get dirty. To keep them clean, simply wipe them down with a damp cloth every couple of months.

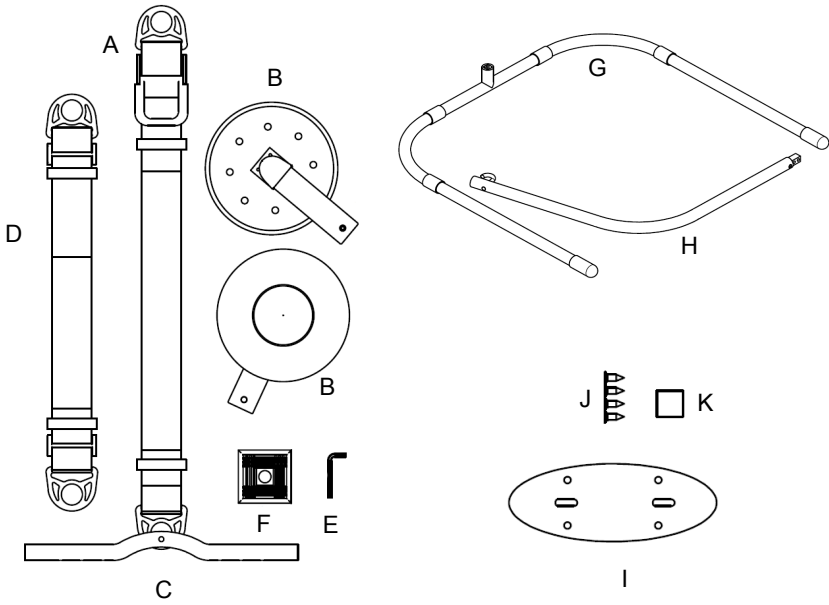
Warranty

If your purchase has a manufacturing defect, we will repair or replace the defective part at no additional cost to you. Send a photo and a brief description of the defect to support@hovrpro.com

HOVR reserves the right to determine what constitutes a manufacturing defect, but we believe in building a culture of mutual trust and respect – we've got your back.

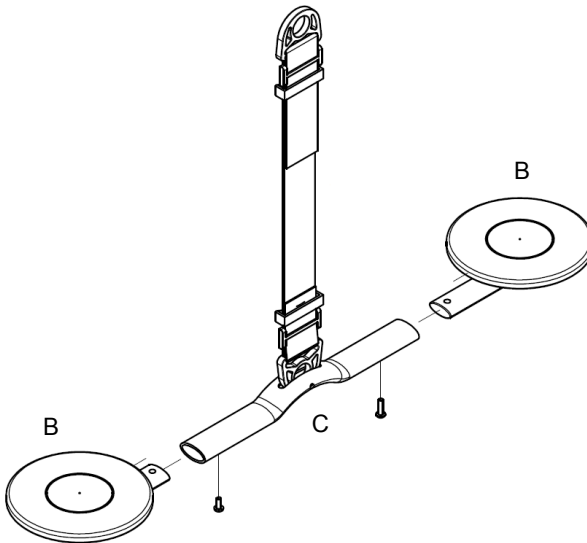
Parts Included

BEFORE ASSEMBLING, MAKE SURE YOU HAVE ALL THE PARTS



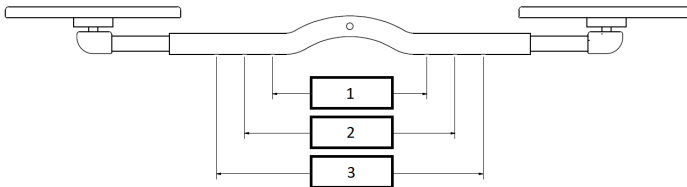
- A. Long Strap x 1 Black and 1 Blue (Desk model only)
- B. HOVR Arm with Disk x 2
- C. HOVR Body x 1
- D. Short Strap x 1 Black and 1 Blue (Stand model only)
- E. Allen Wrench Hex Key x 1
- F. Wheel Stopper x 1
- G. Stand Base (Stand model only)
- H. Stand Cantilever with two inset screws in (Stand model only)
- I. Desk Mount (Desk model only)
- J. Screws (Desk model only) x 4
- K. Double Sided Tape (Desk model only)

Assembling Your HOVR



Installing and Adjusting HOVR Arm Position

1. Remove the screws from the arms
2. Place the arms to your desired width for a comfortable position. Please see the recommended measurements below.
3. Secure the arms (B) to the HOVR body (C) using the screws.

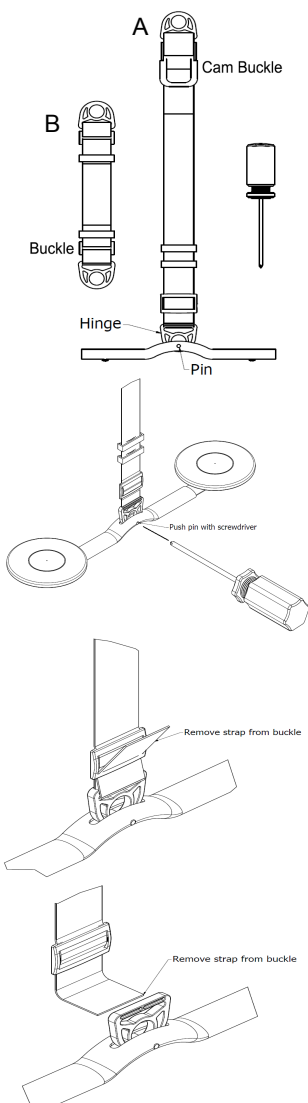


Up to 5'5" tall set to position 1
5'5" to 6'3" tall set to position 2
6'3" and over set to position 3

Adjusting and Switching the Straps

Suspending your HOVR from the stand or desk mount

The bottom of the HOVR should hang 2-3 inches above the floor. The HOVR should not touch the floor when in regular use except occasionally when it is positioned at an extreme angle.



Adjusting HOVR Strap Length

1. Adjust the (A) strap length at Cam Buckle.
2. Pull on excess strap to shorten.
3. Release excess strap to lengthen.
4. Adjust (B) strap length at Buckle.

Switching Straps

Method 1

1. Use the head of the screwdriver to push out the small pin attaching the HOVR Body to the Strap. Use force.
2. Replace the black strap with the blue strap.
3. Place the pin.

Method 2

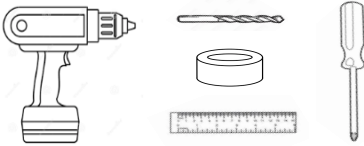
1. Unfasten the bottom buckle of the strap.
2. Detach it from the HOVR Body.
3. Unfasten the bottom buckle of the other strap.
4. Slide the bottom hinge off of the strap.
5. Slide the strap through the hinge on the HOVR Body, and refasten the strap.
6. Attach the remaining hinge to the other strap, and refasten the buckle.

Desk Mount Model

Important

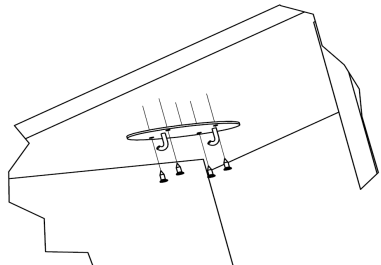
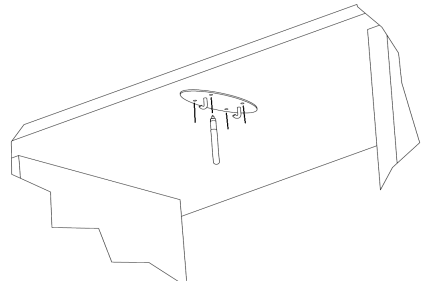
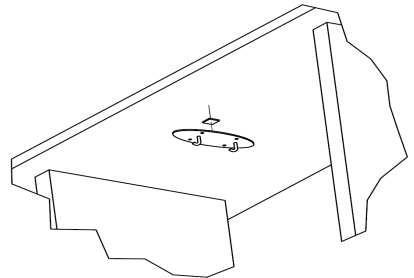
- Only attach the desk mount to solid wood desk tops that are at least 1" in thickness.
- Please make sure that the legs of your desk are sturdy.
- Never stand or put all your weight on the HOVR when it is attached to the desk mount.

Procure tools necessary for installation

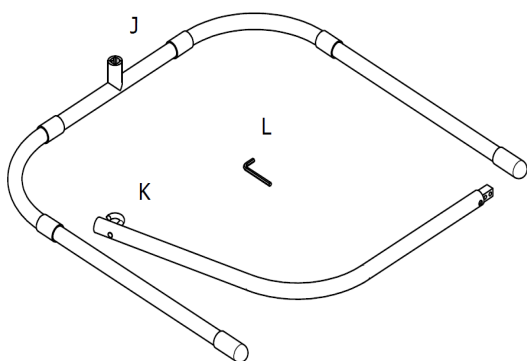


1. Drill
2. Tape (scotch, masking, or duct)
3. Drill Bit (5/32 inch)
4. Phillips Head Screwdriver #02
5. Ruler (6 inch)

1. Place one piece of double-sided tape (K) on the top of your desk-mount (I).
2. While seated, pull yourself up to your desk to your ideal sitting position.
3. With the hooks pointing towards you, tape the desk mount on the bottom of your desk or table directly above and between your knees or slightly in front of your knees if you are over 5'10" feet tall.
4. Check the placement of your desk mount to ensure it is straight.
5. Mark where the holes in the desk-mount are located.
6. Remove the desk mount and the tape.
7. Measure 5/8 inch in from the tip of your drill bit and put tape around the bit to mark depth of hole and make a flag
8. Make 4 starter holes using your drill at the marks. Be careful to only make holes as deep as the tape flag on your drill bit.
9. Hold the desk mount in place and securely fasten ALL 4 screws.



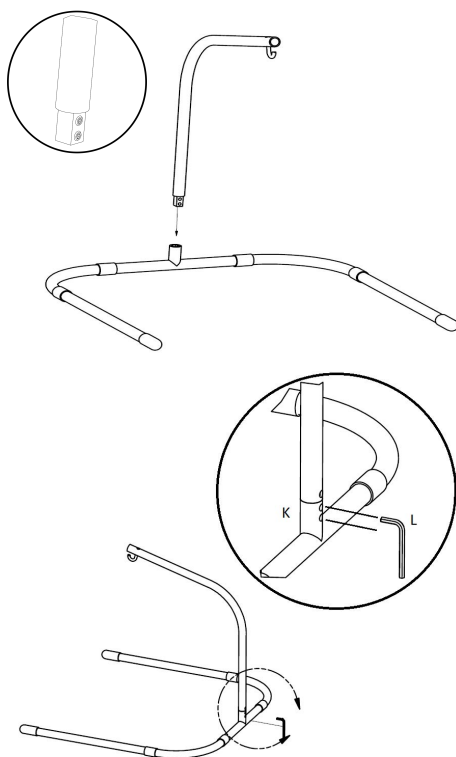
Stand Model



- J. Base Frame x 1
- K. Cantilever x 1
- L. Allen Wrench Hex Key x 1

ASSEMBLING THE STAND

1. Make sure the inset screws are not sticking out of the surface of the square end of the Cantilever. If needed adjust with Allen Wrench Hex Key.
2. Insert the Cantilever (K) into the Base Frame (J)
3. Use the Allen Wrench Hex Key (L) to fasten the Cantilever to the Base Frame (J) by tightening the screws already in the holes on the back of the base.



Positioning your HOVR

Office Chair:

1. Raise your chair to a height where ideally the majority of the weight of your legs are supported by the seat.
2. Your knees should not be above your hips when your feet are on the HOVR. If they are, raise your chair, or position the stand or desk mount further away from you.

Wheel Stopper:

1. If your desk chair wheels are on a hard surface then use the HOVR wheel stopper to keep your chair from moving while using the HOVR. Place the stopper on the floor so that the front wheel is on the stopper when seated.

Stand:

1. Place stand in front of your chair.
2. For optimal use, ensure that the hook on the stand is between your knees.

GETTING THE MOST OUT OF YOUR HOVR

The HOVR can be used either passively or actively. To use it passively, just place your feet on the HOVR and allow your feet to move naturally. For active use, approach your movements like you would a traditional exercise program. First, select a movement, pick a number of repetitions, and then lastly, pick a number of sets.

PATENTED
"HOVR"

By Active Ideas LLC Chicago, IL USA