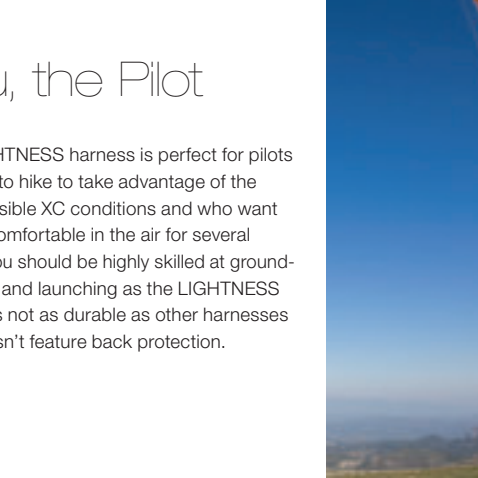


Welcome to ADVANCE

Thank you for choosing to join the select group of pilots who fly ADVANCE worldwide. The LIGHTNESS system has been developed from Chrigel Maurer's success in the Red Bull X-Alps Race 2009 and the latest innovations. Since 1988, ADVANCE has developed the very highest quality equipment in Thun, Switzerland. We pride ourselves on the gear we make and we hope you have many years of fantastic flying with your LIGHTNESS system.

Getting started

This short guide will quickly familiarise you with the set-up and use of your LIGHTNESS system, but it does not replace the official manual. Download the official manual at www.advance.ch/lightness for complete instructions on set-up, maintenance, use in flight and more.

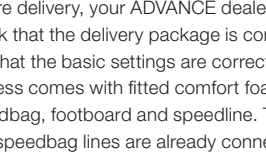


You, the Pilot

The LIGHTNESS harness is perfect for pilots who like to hike to take advantage of the best possible XC conditions and who want to stay comfortable in the air for several hours. You should be highly skilled at ground-handling and launching as the LIGHTNESS system is not as durable as other harnesses and doesn't feature back protection.

Handle with Care

Be sympathetic to the special needs of the lightweight fabrics found in the LIGHTNESS system. You can enjoy the harness and rucksack for a long time – but only if you look after them carefully. The label 'Handle with Care' is there to remind you that the lifespan of these products depends very much on your own care and attention.



Delivery and Basic set-up

Before delivery, your ADVANCE dealer must check that the delivery package is complete and that the basic settings are correct. The harness comes with fitted comfort foam, speedbag, footboard and speedline. The four speedbag lines are already connected and function as a stirrup. All straps and speedbag lines are set to the standard setting.

- The LIGHTNESS system comes with:
- Harness and speedbag with carbon footboard
 - LIGHTPACK rucksack
 - Reserve front container with release handle and Y-connection
 - Instrument panel
 - Comfort foam for the seat area
 - 2 aluminium carabiners
 - Speed line with two Brummel hooks
 - Booklet 'Getting Started'



Adjusting the Harness

To achieve your personal ideal setting, you should start from the standard settings. Any strap adjustment can only be made on the ground. First, roll your LIGHTPACK rucksack and slide it into the back pocket of the harness. Then it's important to follow the following four steps in the right order.

1. Start off with all the straps and the speedbag lines in their standard settings.
2. Hang the harness up, sit in it, and close the chest strap ①. Sit in the seat on the main strap ② with your legs bent as if you're sitting on a swing.
3. Now tune the length of the speedbag. Adjust all four knot positions on the four speedbag lines ③ symmetrically.
4. Next, adjust your back's position and angle with the back strap ④. Set the shoulder straps ⑤ so they do not put pressure on your shoulders.

5. Now check the area around your seat surface ⑥ for pressure spots. It is usually not necessary to change any of the 4 straps, but loosen or tighten if needed.
- Next, fit your reserve for the final check. Make sure your centre of gravity is still in the right place, the back straps do not cut into your armpits, the front edge of the seat surface does not press into the backs of your knees and the speedbag is free from big

crease lines. Repeat the adjusting procedure after every flight, if necessary, until your personal ideal setting is found.



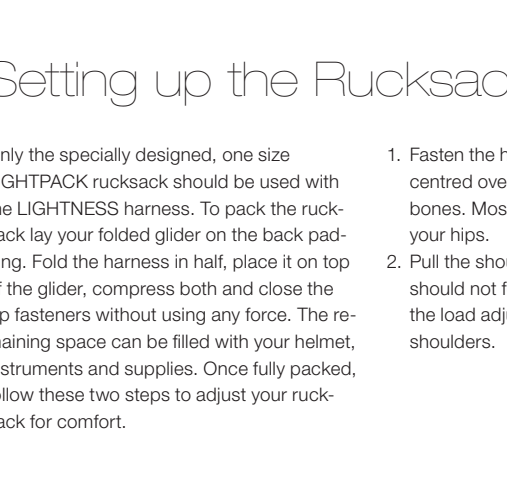
Fitting the reserve

For correct packing of the reserve we strongly recommend that you get a qualified person or your ADVANCE dealer to do it.

1. Connect the reserve handle to the central loop of your inner container. Link the Y-connection to your reserve's bridle with a Maillon certified to a minimum of 2400 daN.
2. Lay the Y-connection in the front container so that each arm protrudes out to the left and right, and place the inner container

on top. Ensure the handle faces forward. And before flying, always make a pre-flight check ensuring the handle and cables are correctly positioned. The reserve will only work if it's correctly fastened and the Y-connection straps are correctly attached to the main carabiners of the harness.

3. Close the front container and secure the handle in its pocket.
4. Fix the container to the chest trap using the three Velcro loops. The middle loop ensures the reserve can't slip sideways.
5. Now connect the reserve to the harness by attaching the ends of the Y-connection to the main carabiners.
6. Attach the instrument panel to the chest strap using the Velcro loops.



Always test the release system afterwards. The reserve will only work if it's correctly fastened and the Y-connection straps are correctly attached to the main carabiners of the harness.

Setting up the Rucksack

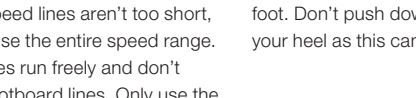
Only the specially designed, one size LIGHTPACK rucksack should be used with the LIGHTNESS harness. To pack the rucksack lay your folded glider on the back padding. Fold the harness in half, place it on top of the glider, compress both and close the zip fasteners without using any force. The remaining space can be filled with your helmet, instruments and supplies. Once fully packed, follow these two steps to adjust your rucksack for comfort.

1. Fasten the hip strap ① tight. It should rest centred over the upper edge of your hipbones. Most of the weight should sit on your hips.
2. Pull the shoulder straps ② gently. You should not feel any great pressure. Pull in the load adjusters ③ to unload your shoulders.



Using the Speedbag

After take-off, stay leaning forward. Pick up the speedbag with one foot and push yourself into a comfortable reclining position. With the automatic closure system the speedbag closes by itself when the footboard is tensioned. Before landing the speedbag will open automatically when pressure is taken off the footboard.



Using the Speed System

Ensure that the speed lines aren't too short, but that you can use the entire speed range. Check that the lines run freely and don't cross the lower footboard lines. Only use the original line: others may damage the harness. Accelerate with one foot on the loop, the other staying pressed against the footboard. To accelerate faster, push your accelerating foot flat against the footboard, and reach back for the second step with your other

Technical Specifications

		S	M	L
Pilot height	cm	155 - 170	165 - 185	180 - 200
Chest strap width	cm	46	46	46
Harness / comfort foam / carabiners (2 pcs)	kg	1.49	1.57	1.65
Speedbag / carbon foot board	kg	0.52	0.55	0.61
Front container / release handle / Y-Connection	kg	0.18	0.18	0.18
Total weight of harness	kg	2.2	2.3	2.4
Volume of rucksack	lt	75		
Weight of rucksack	kg	0.66		

The LIGHTNESS has been tested and approved in accordance with the DIN EN-Norm 1651 requirements at 110 kg operating weight.

Warranty and Service

Please register your LIGHTNESS within 10 days of purchase at www.advance.ch/warranty. The ADVANCE warranty covers you for three years for any defects caused by manufacturing faults. Full details online. Your LIGHTNESS should be checked every 24 months and serviced regularly. It is especially important to take any suspected damage immediately to an authorised workshop for repair. See www.advance.ch for our worldwide service network. The latest version of the official manual should be downloaded from www.advance.ch/lightness. This includes further detailed set-up, use and safety instructions as well as any updates and FAQs.

