



ADVANCE LIGHTNESS²

Getting started

Welcome to ADVANCE

We are delighted that you have chosen ADVANCE! Like all ADVANCE quality products the LIGHTNESS 2 is the result of painstaking development, from the first idea right up to the finished production model. By choosing ADVANCE you have selected a manufacturer that has ranked among the leading and most creative developers of paragliders and harnesses since 1988. For us, perfection always means the combination of ideal functioning and looks.



Getting Started

This guide gives you a brief look at dealing with the LIGHTNESS 2, but does not replace the official manual in which you can find detailed information about setting up, use in flight, care and maintenance, and service.

The manual can be downloaded on www.advance.ch/lightness.

Register your LIGHTNESS 2 online at www.advance.ch/warranty, so that you will receive product updates and safety-related

advice about the LIGHTNESS 2 direct from us. This information is always available to download from our website on www.advance.ch/safety.

Handle with Care

The contents of the LIGHTNESS 2 Package are made of lightweight materials, and should be handled with care. The harness and rucksack will give long and faithful service – but only if treated carefully.

LIGHTNESS 2 products should never be dragged over the ground. All the zips are intended for light loadings and should never be closed against high tension. Pointed and sharp objects should never go in the harness back compartment, the rucksack or its side pockets: they can damage the

material. When accelerating make sure your feet stay centred in the speedbag and squarely on the carbon footboard, so that your shoes do not strain and damage the speedbag material.



Delivery

The LIGHTNESS 2 delivery package contains:

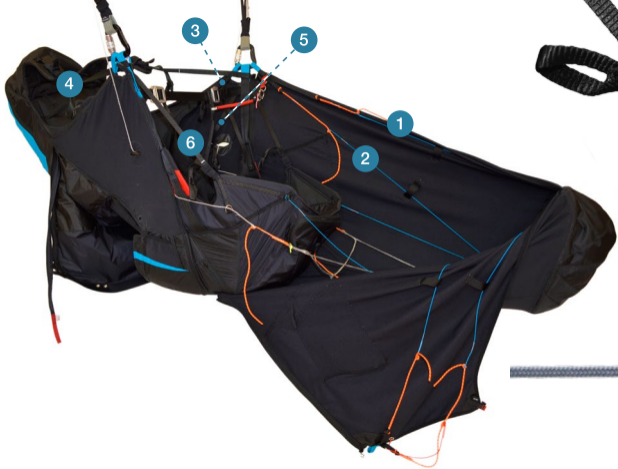
- Harness and Speedbag with Carbon footboard
- 2 Alias carabiners
- COMPRESSBAG light
- Integrated cockpit
- EN/LTF certified foam protector for the seat area
- Comfort foam for the back
- Reserve Y-connection and 4 flap inner container with attached reserve handle

- LIGHTPACK 2
- Speed system
- 'Getting started' booklet

Kit contains:

- detachable instrument panel
- detachable mini chest strap

At delivery the LIGHTNESS 2 comes fitted with its built-in foam protector, comfort foam in the back and its speedbag.



Adjusting the Harness

You can prepare your LIGHTNESS 2 for its first flight in only 5 quick and easy steps. To do this we recommend that you hang the harness up and proceed as follows:

1. Check the basic settings as your start point

Make sure that all the harness **G** and speedbag **S** lines are at their basic settings (loop bases at the white marks).

2. Adjust the speedbag length

Correct setting of the speedbag length is fundamental. When this setting is correct the seat surface fits you like a second skin; there's no slipping around – this is the foundation stone of great comfort and long flights.

The length of the speedbag (and therefore the body centre of gravity position) sets the speedbag (and harness) pitch attitude in flight. When this is correct the underside of the speedbag should be horizontal.

To adjust these lengths first loosen the top speedbag lines **1** completely and then set the lower speedbag lines (heels) **2** as required. Now the upper speedbag lines can be pulled in as necessary to obtain a comfortable foot-on-the-board angle. Find your settings in very small steps. Accurate speedbag setting is everything.

3. Upper body angle

Set the recline angle of the back using the back straps **3**. Then you can adjust the shoulder straps **4** – not too tight. They

can be reasonably loose, or apply light support to the shoulders – but without applying pressure on the shoulders.

4. Overall check

The lower surface of the speedbag should be horizontal. If this is not the case change your own centre of gravity position on the harness by adjusting upper and lower speedbag lines equally. It's best to have an observer check this speedbag angle. The front edge of the harness seat shell should not press into the backs of your knees.

5. Fine adjustment

Set the lower back strap **5** to give you the lumbar support you need. In addition this strap helps you find the best position if the speedbag underside is still not horizontal.

By pulling in the thigh straps **6** you can increase the seat shell support under your thighs, so that they lie relaxed.

Repeat the setting procedure after any flight if you feel it necessary. A perfect fit is best.

Installing a Reserve

Fitting a reserve should be done by a competent person; your safety may depend on it. Each step is described in detail in the LIGHTNESS 2 manual.

Make sure that your reserve is within the approved volume range for your LIGHTNESS 2: Size S 3 – 5.5 litres, Size M 3 – 6 litres; Size L 3 – 6.5 litres. A very approximate volume estimate can be made using the reserve weight in kilos and the following formula ($\text{kgs} \times 2.7 = \text{litres}$).

Depending on packing skill and style it

could still be that a reserve of theoretically acceptable volume (using this formula) may not release properly from the harness. In every case a compatibility check is the only way to confirm that the relevant reserve/harness combination will work safely and reliably.



Caution: Only the original attached reserve handle may be used with the four flap inner container.



(CRS) Closure Remember System

Using the Speedbag

The LIGHTNESS 2 speedbag is closed by the Closure Remember System (CRS). This safety device is directly attached to the chest/leg straps, and alerts the pilot to the status of the leg straps when the speedbag top is closed. The CRS also prevents the pilot falling fatally out of the harness if takeoff is attempted with speedbag closed but chest/leg straps open (e.g. for a second takeoff).

Make sure you lean forward during takeoff, and hold this position after liftoff. This will

prevent you sliding too low in the harness, and make it easier to pick up the trailing speedbag, preferably with the right foot. A quick look down at the speedbag may help to get in it. The speedbag closes automatically. Feet on the footboard push you into the comfortable reclining position.

Using the Speed System

Make sure the speed lines are not adjusted too short, but that you can use the whole accelerate range. To accelerate, first use one foot and leave the other on the footboard. When the first foot has reached the footboard, and more speed is required, put the other foot in the second speedloop rung. Be careful not to push your heels into the speedbag floor: this can strain and damage the material.

Packing

ADVANCE give you a compression inner bag so that the paraglider takes up minimum space in the rucksack.

The COMPRESSBAG LIGHT is designed to go perfectly with the LIGHTNESS 2 and the LIGHTPACK 2.

Fold and pack your glider in the conical COMPRESSBAG and close the zips, to achieve a modest volume. Lay the compressed glider on the back of the rucksack and push it down to the rucksack floor.

Then lie the folded harness on top,

protector uppermost, and push it also to the bottom of the rucksack. Pull the rucksack cover up over harness and wing. The zips will then close easily.



Technical Data

LIGHTNESS 2		S	M	L
Pilot height	cm	155-172	165-183	178-200
Seat width	cm	N/A*	N/A*	N/A*
Carabiner height	cm	N/A*	N/A*	N/A*
Chest strap width	cm	40-48	40-48	40-48
Total harness weight	kg	2.8	2.95	3.05
Load test		EN 1651/LTF 91/09, 120 kg		
Foam protector certification		LTF 91/09		

* The seat shell adapts itself to the pilot's shape so the seat width and carabiner height vary accordingly.

Warranty & Service

The ADVANCE warranty is valid for three years to cover manufacturing defects. Register your LIGHTNESS 2 after purchase. You can find more details online at www.advance.ch/warranty.

Your LIGHTNESS 2 should have a check every 24 months, and should be inspected regularly. If damage is confirmed the harness should be sent to an authorised Service Centre without delay. On www.advance.ch you can find comprehensive information about the worldwide

ADVANCE Service Network.

The current version of the official manual, additional safety advice and up-to-date contacts and FAQs are available on www.advance.ch

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