

ADVANCE LIGHTNESS³

Product Presentation

LIGHTNESS 3 – Ready to Transit

With its launch in 2010 the no-seatboard LIGHTNESS series set the standard for the light XC harness category. In 2014 came the LIGHTNESS 2 with integral foam protector and reserve compartment, and, mainly because of its incomparable comfort, all those pilots who previously had chased their kilometers in heavy reclining harnesses were sold on it.

The new LIGHTNESS 3 now offers comprehensive comfort both in flight and handling, and there's even more protection. A new choice of standard or light speedbag results in a wider range of uses; there's also the option of a windshield, which significantly raises flying comfort on long distance flights.

We've put together all the background information about new ideas, features and details on the following pages. But, as usual, it's best to try it out yourself.



All-embracing comfort

Redesigned suspension and chest strap geometry distinguishes the LIGHTNESS 3 by its excellent comfort in flight – especially when accelerated – and high stability. The seat shell fits every pilot's body perfectly, and protects it where necessary. Dealing with the harness on the ground, e.g. speedbag adjustment, is entirely straightforward.

Modular System

The new options and configuration choices make this third generation of LIGHTNESS modular and flexible as never before. Considering prepared weight alone, the possible variance of the S size (2.75 kg up to 3.37 kg) suggests a large range of use – for example a several day bivouac expedition or, perhaps, a new cross country record.

Useful Details

The LIGHTNESS 3 incorporates a number of important details, including SAS-TEC back protection, ample back pocket, drink pouch holder, optional speedbag access line, relief tube channel, cockpit power cable access and loops for fixing to the chest strap, and easy-to-move setting balls for adjusting the Standard speedbag length.

comfortable

scalable

refined

LIGHTNESS 3 weight spectrum



The image displays three ADVANCE LIGHTNESS 3 speedbags against a dark background. Each speedbag is shown from a three-quarter perspective, highlighting its ergonomic shape and the 'ADVANCE LIGHTNESS 3' branding. The top speedbag is the lightest, the middle one is standard, and the bottom one includes a windshield.

- LIGHTNESS 3
- with Light speedbag
- and no SAS-TEC back panel

from 2.75 kg

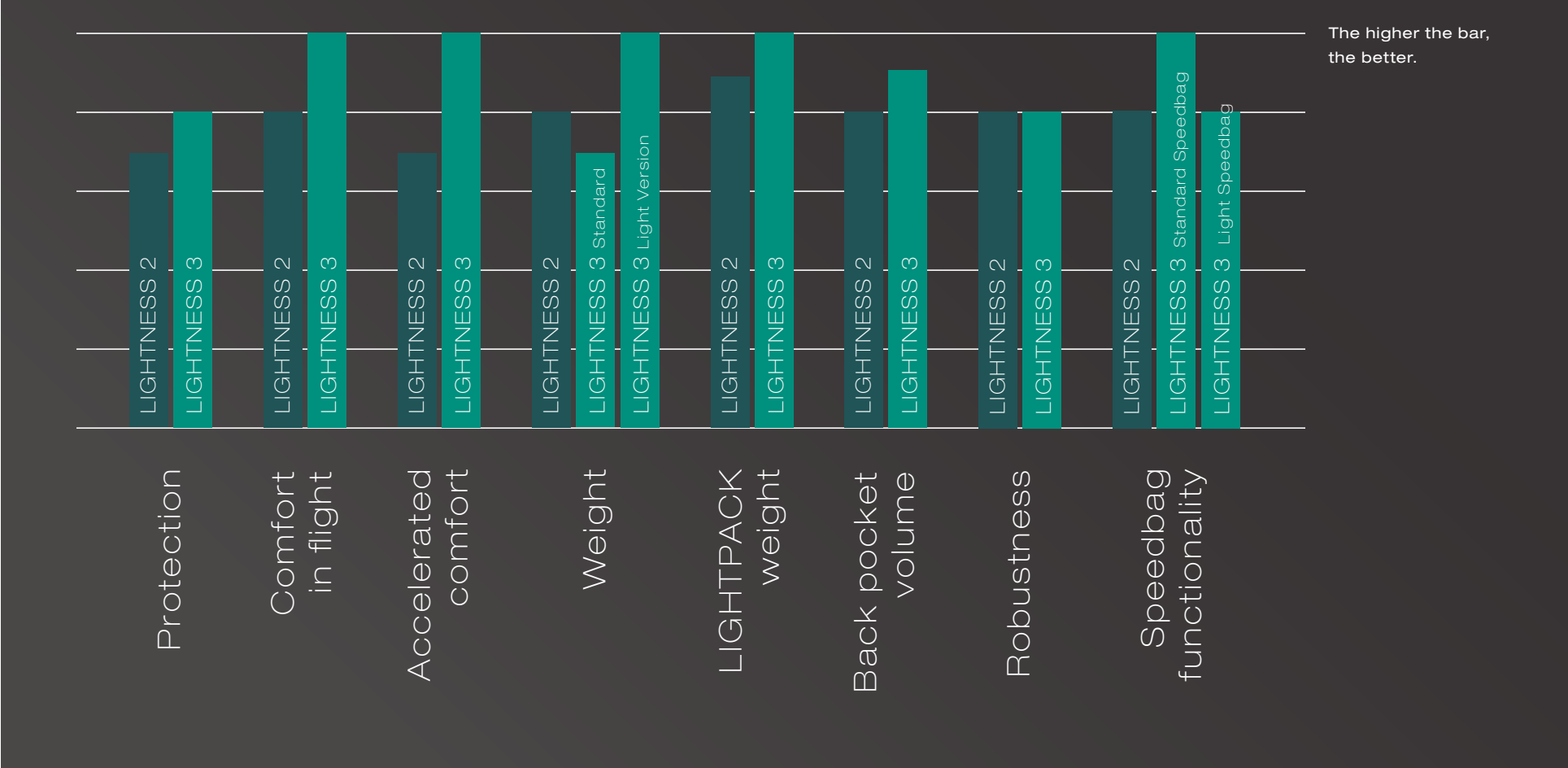
- LIGHTNESS 3
- with Standard speedbag

from 3.25 kg

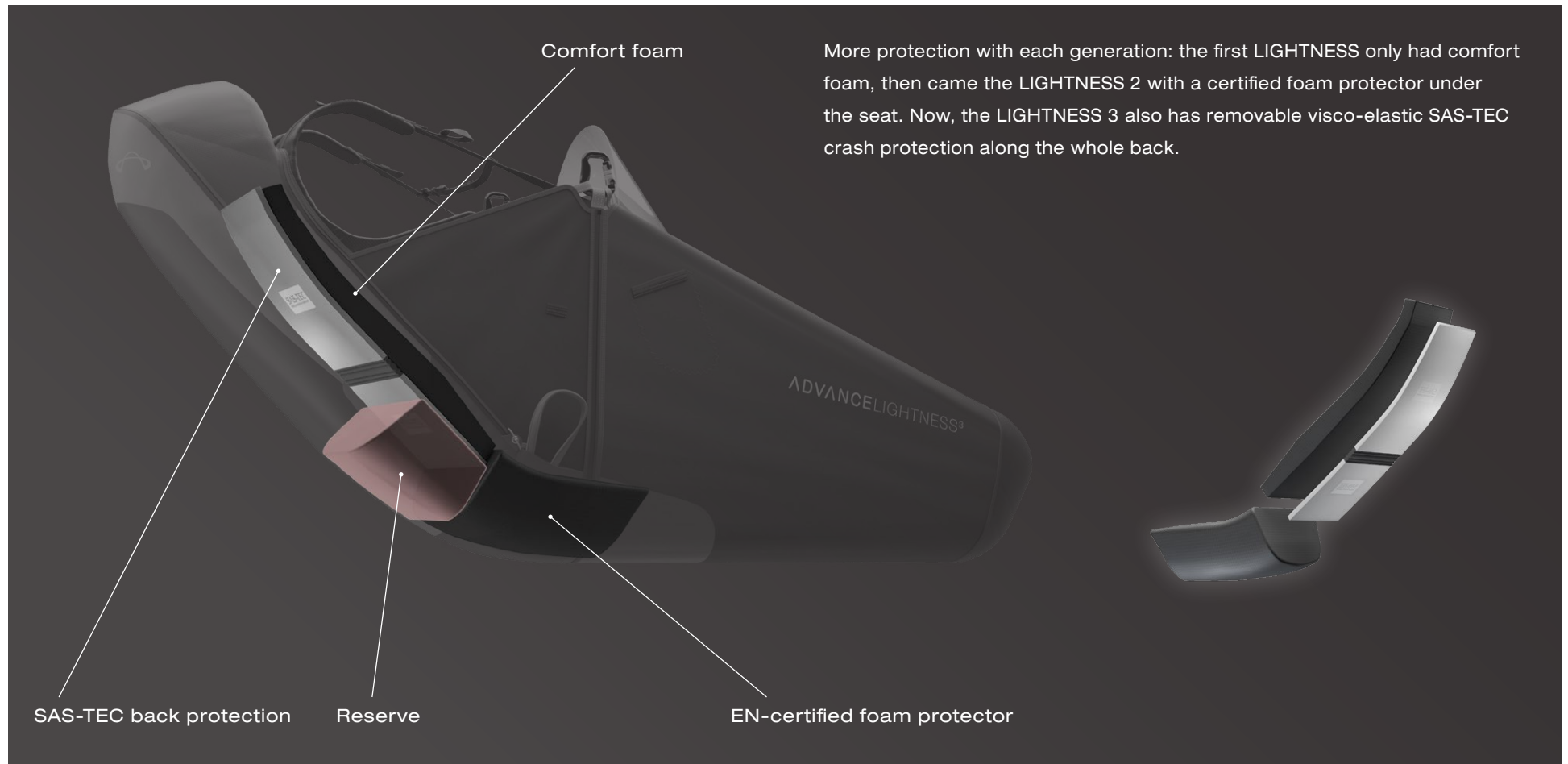
- LIGHTNESS 3
- with Standard speedbag
- and optional Windshield

from 3.37 kg

Compared with the LIGHTNESS 2

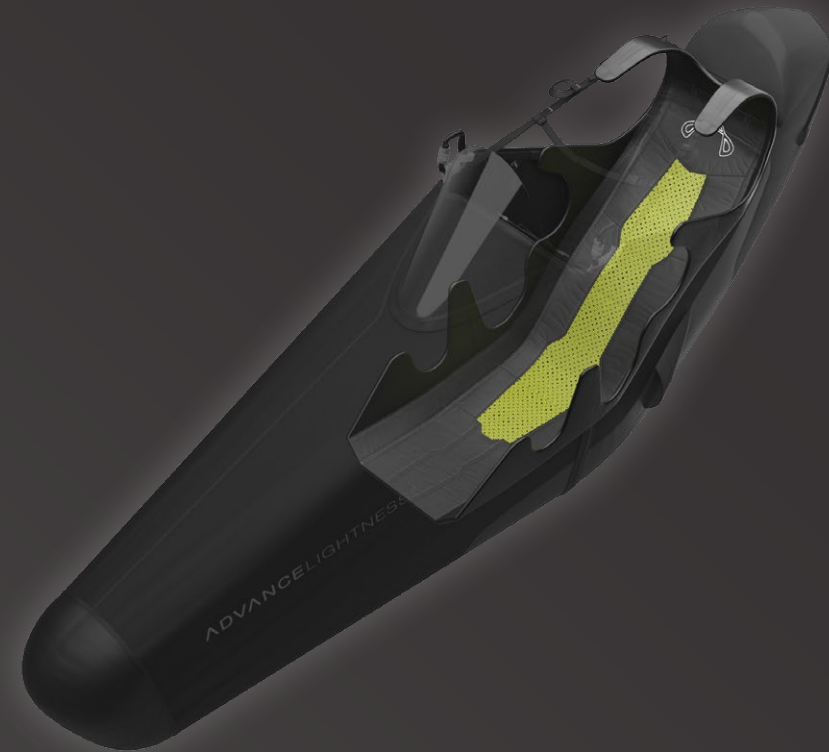


Protector and SAS-TEC back protection




Even more comfort

Among no-seatboard light XC harnesses the LIGHTNESS 2 set the standard for comfort. The LIGHTNESS 3 is even better. As a result of reengineered suspension and chest strap geometry this third generation of LIGHTNESS has a perfect balance between harness damping and wing feedback. Its stability is unparalleled. The pilot still sits 'securely' in its seat shell, now especially so in accelerated flight. Modern 3D methods also applied to harness development gives the LIGHTNESS 3 a perfect fit with the pilot's torso.



Speedbag size choice

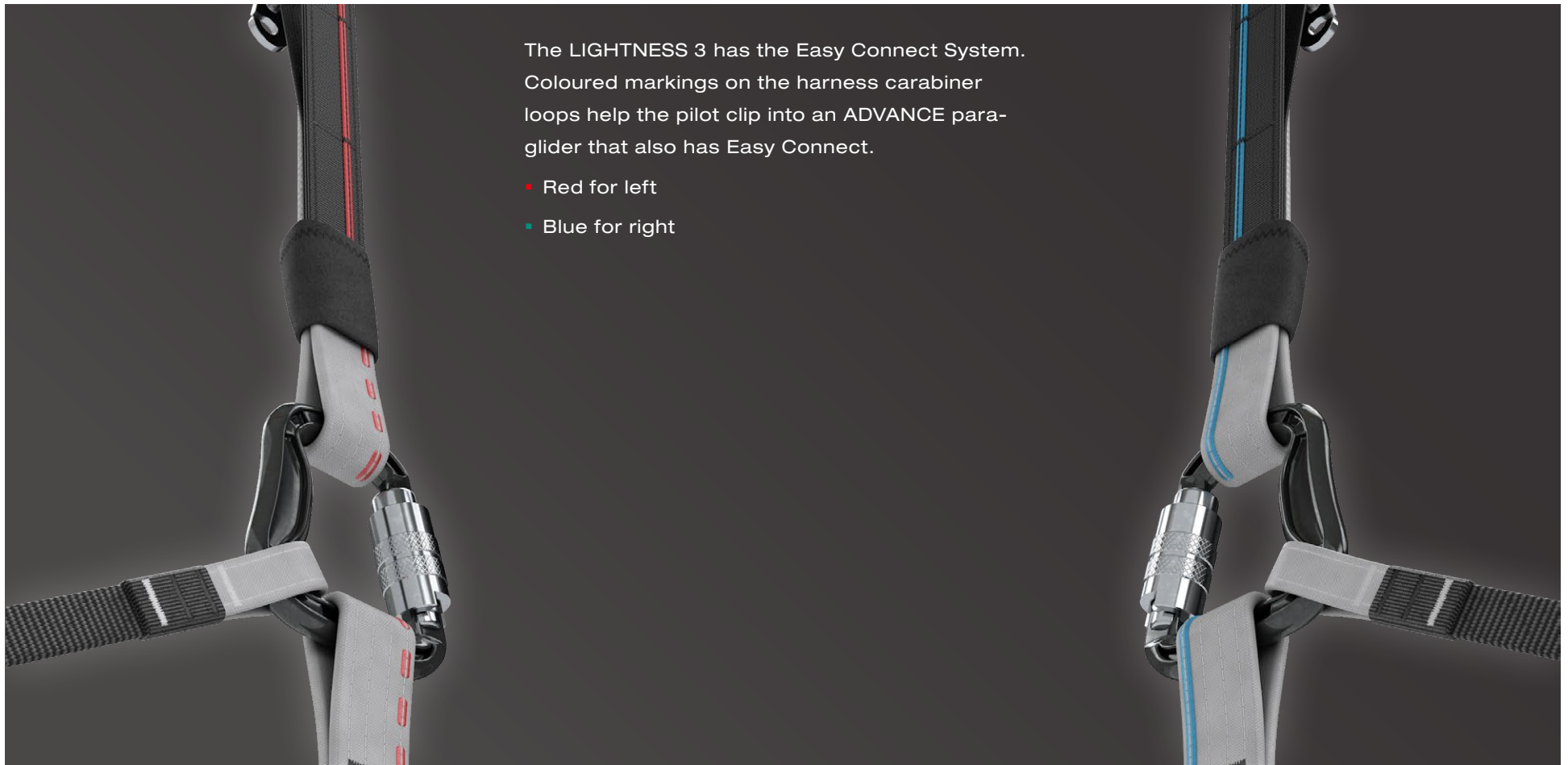


The image displays three black ADVANCE LIGHTNESS 3 speedbags, labeled S, M, and L from top to bottom. Each speedbag is shown from a side profile, highlighting its aerodynamic shape and the brand name 'ADVANCE LIGHTNESS 3' printed on the side. The size labels 'S', 'M', and 'L' are prominently displayed in white on the front of each respective speedbag. A vertical dashed line is positioned to the right of the speedbags, separating them from the accompanying text.

Correct adjustment of speedbag length is a fundamental requirement for flying comfort and a flawless silhouette for the LIGHTNESS 3. Flexible construction materials mean that the delivered speedbag size, corresponding to that of the harness, will suit most pilots. For unusual shapes (e.g. specially long or short legs) a different size speedbag (S, M, L) may work better with the harness. If a different size speedbag is chosen, its own length lines must be used.

At the pilot height (and leg length) changeover areas (165 cm–172 cm and 178 cm–183 cm) ADVANCE recommend that you try both of the relevant speedbag sizes.

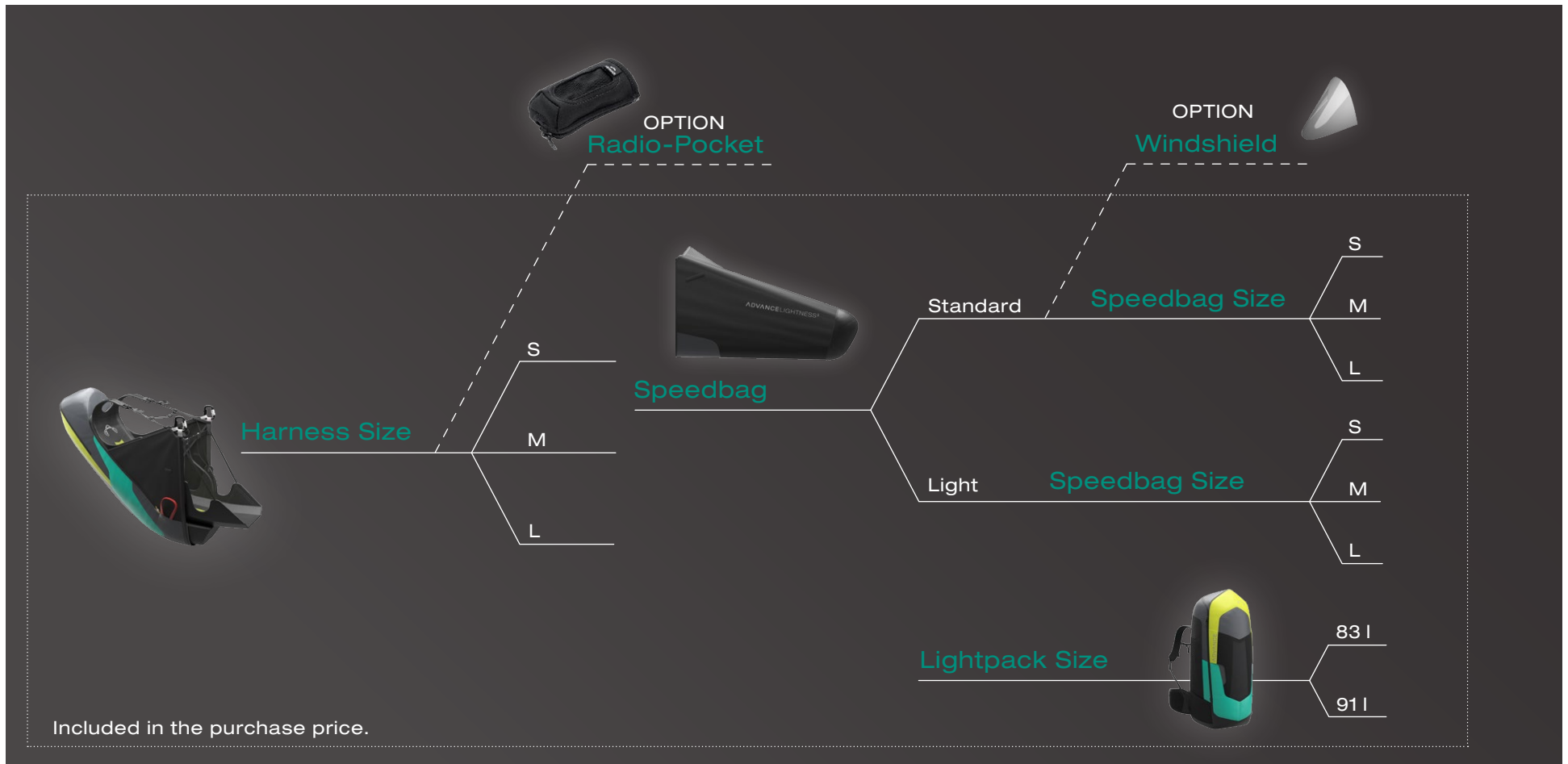
Safe connecting: Easy Connect



The LIGHTNESS 3 has the Easy Connect System. Coloured markings on the harness carabiner loops help the pilot clip into an ADVANCE paraglider that also has Easy Connect.

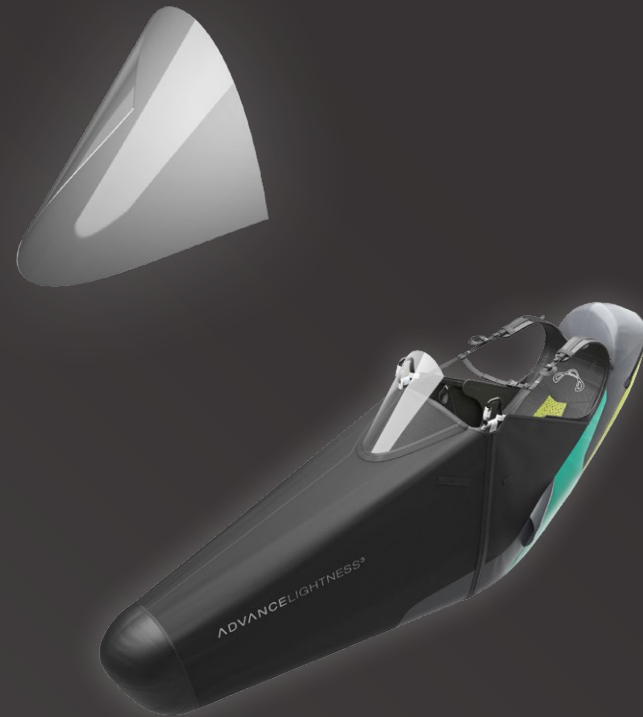
- Red for left
- Blue for right

Configuration possibilities & Options



Using the optional Windshield

The optional Windshield reduces windchill factor on the pilot and markedly reduces undesirable body cooling. In transition flight it also reduces the continuous wind noise level, especially when accelerated. The Windshield therefore significantly reduces pilot tiredness due to persistent noise on very long cross country flights. It can be fastened very easily to the standard speedbag and similarly removed after flight.



LIGHTPACK 3

The LIGHTNESS 3 comes with a LIGHTPACK 3. This is available in two sizes (83 and 91 litres), and is 100 gms lighter than the LIGHTPACK 2. You can choose the size as you wish. The LIGHTPACK 3 can take a normal size paraglider, the LIGHTNESS 3 plus reserve, helmet and typical clothing. At a weight of 740 gms, with ergonomic shoulder straps and padded mesh back the LIGHTPACK 3 conforms to the lowest weight/highest comfort principle. Standard issue for the LIGHTNESS 3 is a LIGHTPACK 3/83 ltrs for the S and M harnesses, and the L harness gets the 91 ltr version.



COMPRESSBAG



The LIGHTNESS 3 comes with a COMPRESSBAG. This replaces the usual glider inner bag and results in a compact rucksack with more spare stowage space. It exactly matches the LIGHTPACK 3 measurements and so further improves rucksack carrying comfort.

Standard delivery includes

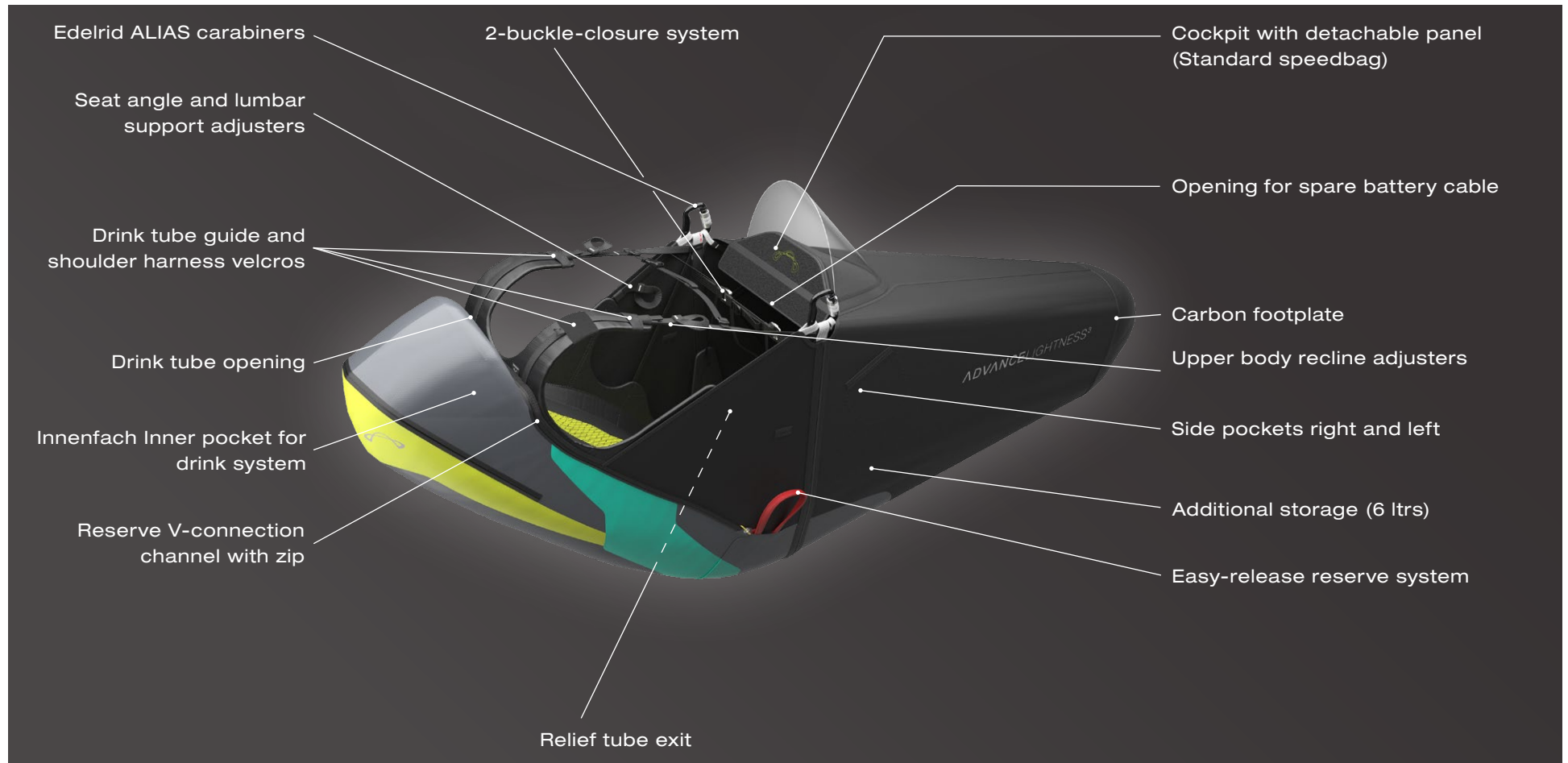
- Foam protector under the seat
- SAS-TEC protection in the back
- Comfort foam
- Standard speedbag or light speedbag
- Soft Speed system
- Neoprene covers on leg straps
- 2 Edelrid Alias Alu carabiners
- Ball bearing Ronstan speed pulleys
- Reserve V-connection and reserve handle
- LIGHTPACK 3
- COMPRESSBAG

Optional (available separately)

- Windshield (only compatible with standard speedbag)
- Radio pocket for mounting on shoulder strap



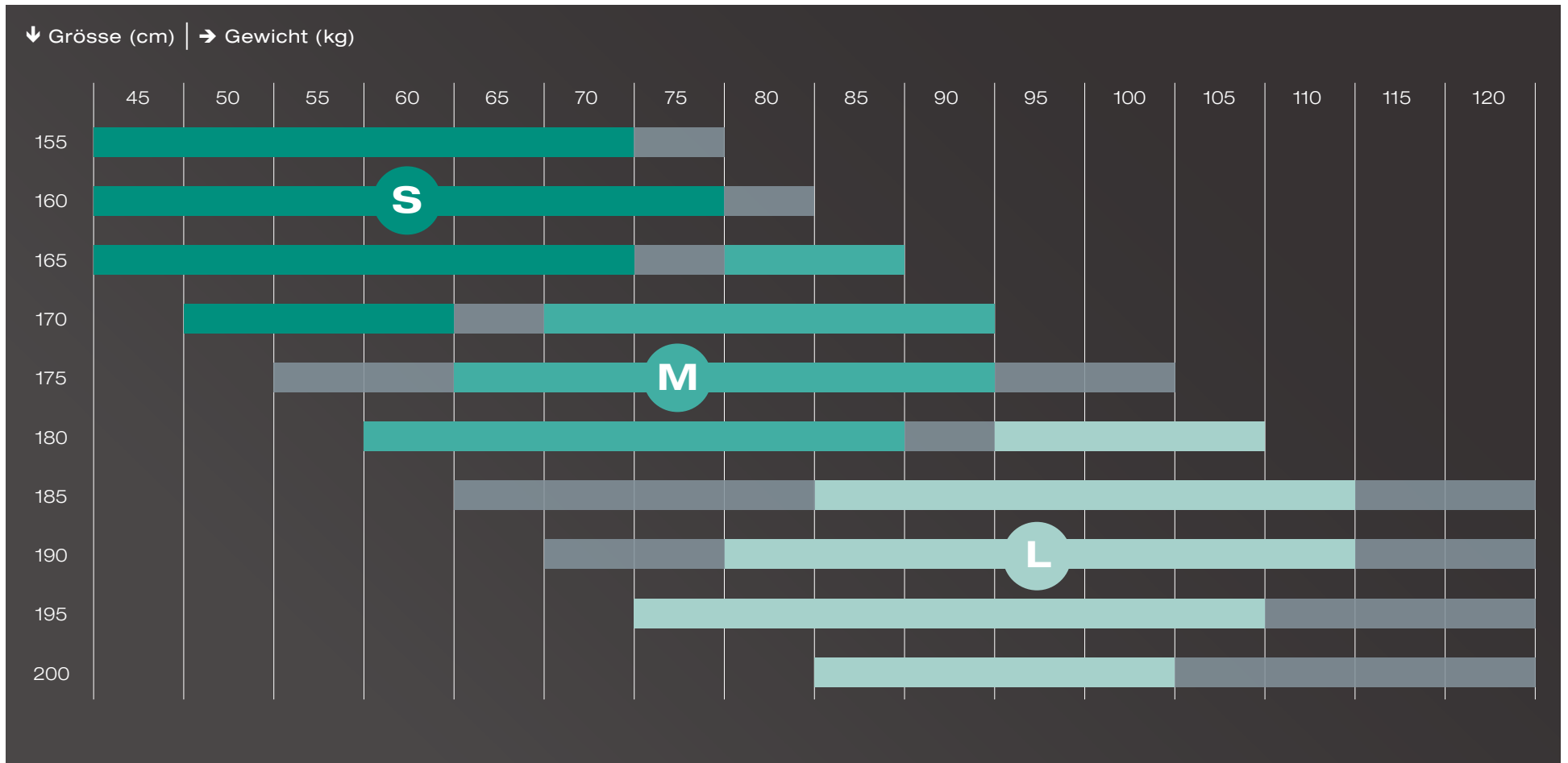
Harness Technical Features



LIGHTPACK 3 Technical Features



Sizechart



Technical Data

LIGHTNESS 3		S	M	L
Pilot height	cm	155–172	165–183	178–200
Seat width ¹	cm	N. A. ¹	N. A. ¹	N. A. ¹
Carabiner height ¹	cm	N. A. ¹	N. A. ¹	N. A. ¹
Chest strap width	cm	40–48	40–48	40–48
Standard harness weight ²	kg	3.25	3.50	3.58
Light version harness weight ³	kg	2.75	2.90	3.15
Optional Windshield weight ⁴	g	120	120	120
Certification - harness with protector			EN 1651 & LTF 91/09, 120 kg	
Colour			Spectra Green/Fusion Yellow	
LIGHTPACK 3	l	83	83	91

¹ depends on pilot body width (no seatboard)

² with standard speedbag and SAS-TEC back protection

³ with Light speedbag, without SAS-TEC back protection

⁴ only compatible with standard speedbag

FAQ

Are the speedbag sizes interchangeable with the different harness sizes?

Yes. Any LIGHTNESS 3 can take any of the speedbag sizes.

Are the speedbags interchangeable with other ADVANCE harnesses?

No, only within the same model series. A LIGHTNESS 3 cannot be fitted with a LIGHTNESS 2 or IMPRESS speedbag, for example, because of different protector thicknesses and other harness dimensions.

Can the optional Windshield also fit the light speedbag?

No. For weight reasons the optional Windshield is only intended for the standard speedbag.

Why does the light speedbag not have a detachable cockpit panel?

The Light speedbag cockpit has a sewn-in panel. The weight saving priority excludes an extra detachable addition. But a cockpit plate can be fitted to the Light speedbag, and can be obtained separately.

Can all paraglider models be packed in the COMPRESSBAG?

Basically yes, but maybe not 2-liners with extra-long leading edge and C wires.

What is the inflating neck section for?

The LIGHTNESS 3 has an inflating neck collar, like the LIGHTNESS 2. This streamlines the dead air region behind the pilot's head and reduces afterbody drag. In addition it improves the look of the harness silhouette. During flight this LIGHTNESS 3 collar fills automatically from a small ram air intake on the harness side. This self-filling system allows the pilot full head freedom on the ground – convenient when looking overhead during a reverse pull up.

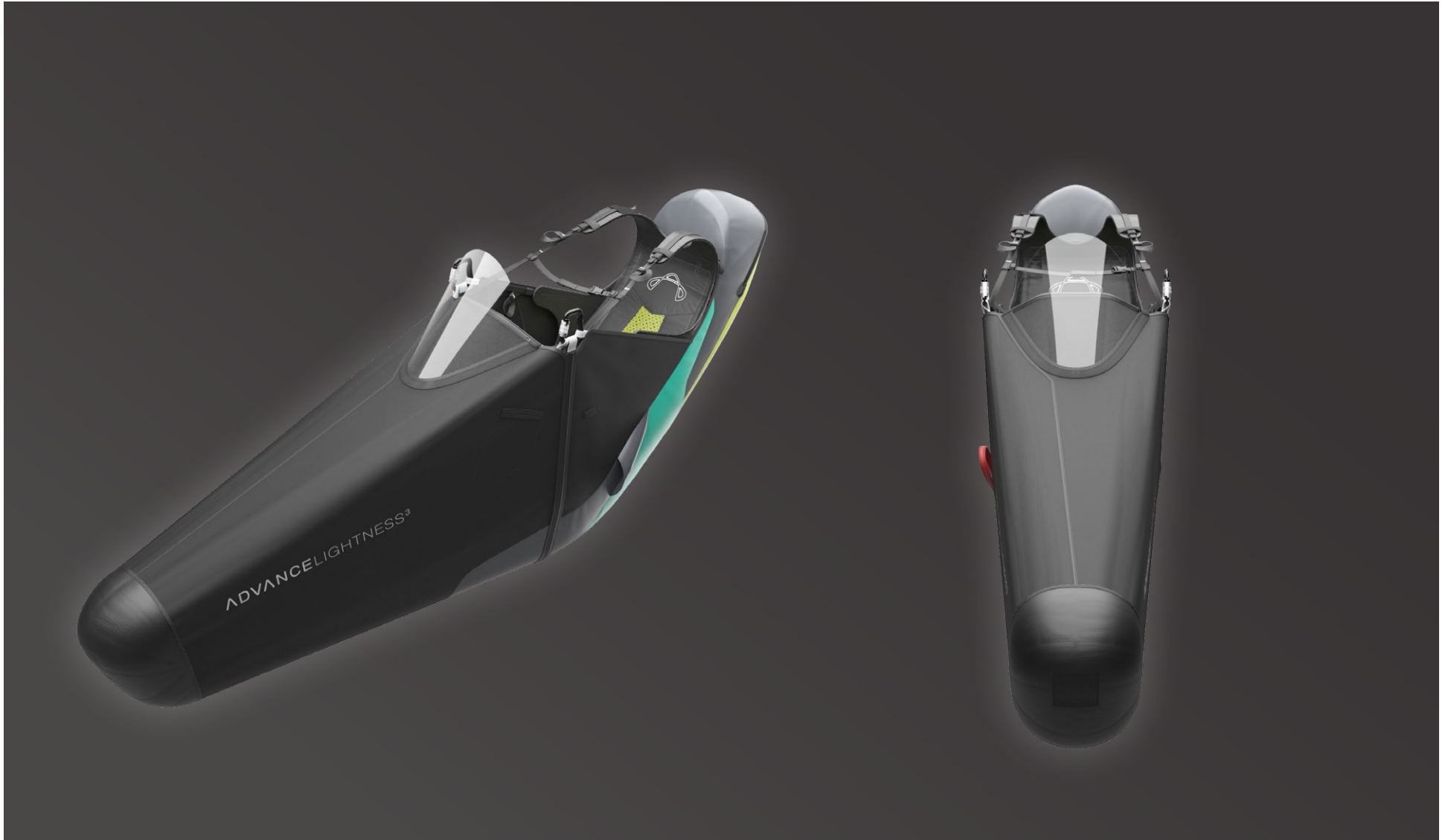
How robust is the LIGHTNESS 3?

The LIGHTNESS 3 is made from light materials. These also demonstrate the maximum robustness obtainable for their weight, but in terms of lifetime, resistance to abrasion and UV light, cannot be expected to achieve the values of conventional materials. The advice therefore is: Handle with care.

Why is a LIGHTPACK 3 and COMPRESSBAG included in a LIGHTNESS 3 purchase?

LIGHTNESS 3, LIGHTPACK 3 and the COMPRESSBAG were intended to go perfectly together, and create a compact unit. The rucksack was designed around the harness so that the total equipment requires minimal space. The weight of the rucksack then sits close to the carrier's back when walking. The harness back pocket is also designed to ideally accept the LIGHTPACK 3. This allows space inside, next to the LIGHTPACK 3, for other important things like clothes, supplies, telescopic hiking poles etc. during flight.

The full potential and efficiency of this system can only be enjoyed if all three components (LIGHTNESS 3, LIGHTPACK 3 and COMPRESSBAG) are used together. Compared with a reversible harness (harness and rucksack as one) the LIGHTNESS System provides significantly more flexibility.



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Perfect Combo



- XI from 3.40 kg
- LIGHTNESS 3. from 2.75 kg
- LIGHTPACK 3. from 0.74 kg
- SQR Light from 0.97 kg

Total from 7.86 kg

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