

#### COMPONENTS OF HANDY FLY

- |                          |                  |
|--------------------------|------------------|
| ① Base machine           | ⑥ Pull rope      |
| ② Rope replacement cover | ⑦ Safety spacer  |
| ③ Flywheels              | ⑧ Rope regulator |
| ④ Tightening knobs       | ⑨ Carabiner      |
| ⑤ Flywheel covers        | ⑩ Velcro         |



**START  
YOUR  
JOURNEY**

Step 2: discover Handy Fly



**SAGA™**

#### LIST OF ACCESSORIES INCLUDED IN THE BASE PACK

Accessories that attach to the Handy Fly rail:



Handgrip



Rack mounting plate  
with 3 ties



Wall mounting plate

Accessories that attach to the rope regulator carabiner:



Multipurpose handle



Ankle strap



Loop strap



Door stopper

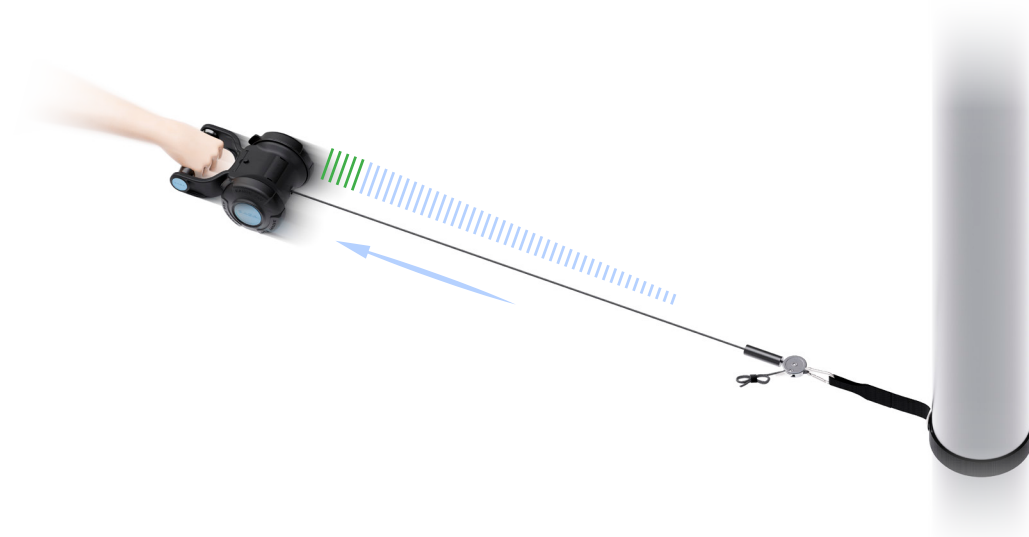
# SAGA

## HANDY FLY

### PERFORMING EXERCISES

#### Concentric phase

Pull until just before the end, then stop pulling in the final stretch.

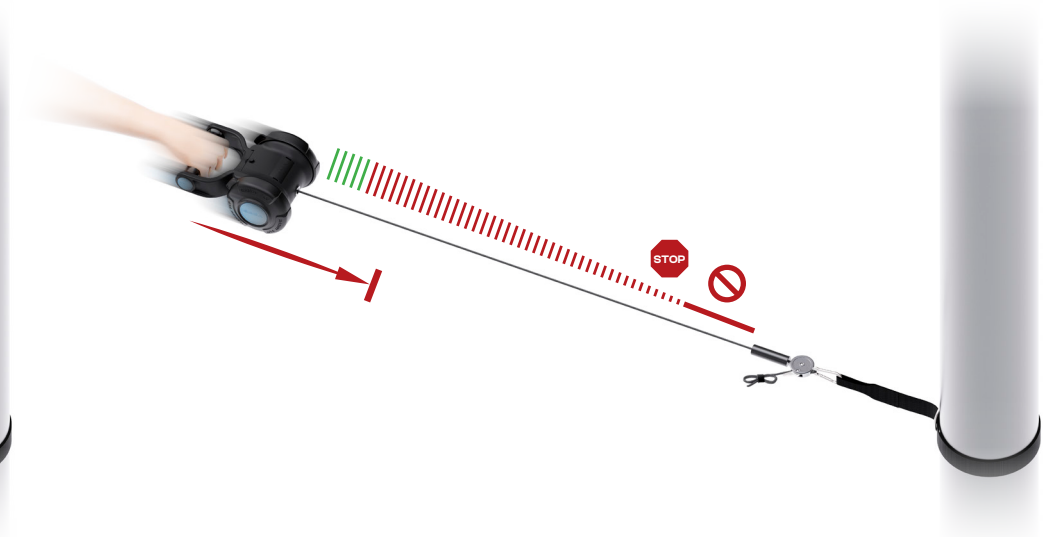


||||| The section of rope where the pull is made.

||||| The section of rope where pulling stops and the machine is allowed to continue rotating.

#### Eccentric phase

Decelerate the returning force by a controlled movement.



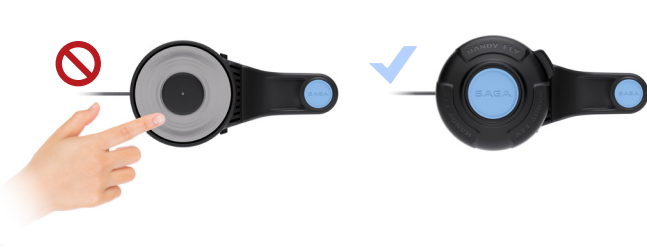
||||| The section of rope where the return force is permitted.

||||| The section of rope where the system must be decelerated and brought to a halt.

■ The section of rope which the machine must not reach.

### ESSENTIAL SAFETY GUIDELINES

Always use Handy Fly with the flywheel covers installed.



Never allow the safety spacer to impact Handy Fly.



Never use Handy Fly to perform rowing exercises, as doing so may cause catastrophic damage.

Handy Fly is designed for short, controlled sets. To avoid damage, it is recommended that users do not exceed 20 repetitions per set and allow the Handy Fly to rest for 30-60 seconds between sets.