

FLY LEGS UP

FLIGHT HAMMOCK

Kids and Adults

Make your Economy flight more comfortable!

Fly LegsUp allows you to lift your feet and legs into many different positions. Create a flat bed for babies and small children to lie down. It also enables older children and adults to convert their Economy seat into a type of recliner chair for optimal comfort on long haul flights



Suitable for all ages!

Adaptable,
compact,
easy to use,
weighs 550g



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**We recommend
children and adults
continue to wear their
seatbelt when using
Fly LegsUp**



For more information please head to
www.flylegsup.com

Fly LegsUp for Kids and Adults



- Creates a flat **bed** for babies
- A **play mat** for babies and toddlers
- An adaptable **leg and footrest** for older children and adults
- May help **improve lower leg/ankle swelling and back pain**
- Enhances **sleep** and reduces the effects of jet lag
- May help **reduce the risk of DVT and general aches and pains associated with sitting for long periods**

included



1x Fly LegsUp Hammock



1x Carry bag



2x Large inflatable pillows



1x Small inflatable pillow

before set up

It is easier to attach the hammock before the person in front reclines their seat. The hammock can then easily be tucked into the magazine pouch out of the way until you want to inflate the pillows and use it. Use Fly LegsUp during cruise flight only. It is not to be used during taxi, take off or landing

how to setup Fly LegsUp

- 1 Recline your seat back and remove your shoes
- 2 Lower the tray table
- 3 Hold the hammock by the front, where it says **THIS SIDE UP**

- 4 Locate and open **LEFT** straps



- 5 Push hammock down into the space between the back of the seat and the tray table

- 6 Reattach the straps onto the matching black and white velcro strips on the side of the bag



7 Follow the grey strip of fabric to the right to locate the RIGHT straps

8 Attach the RIGHT straps in the same way to the right arm of the tray table

9 Set the straps **HIGH** on the arms of the tray table (as shown below)



10 Then lock the tray table back into place

11 Spread the TAIL over your seat and secure it by tucking it into the back of the seat



12 Inflate 2 - 3 pillows as preferred
Refer to:

- **Kids** position ideas on Page 6
- **Adults** position ideas on Page 10



kids

Position ideas



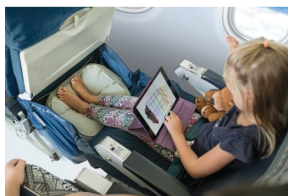
Bed/platform

Babies and small children

- Place the two Large pillows flat onto the base of the hammock
- The Small pillow can then be placed on top if more height is required
- Spread the TAIL over the seat and secure it by tucking it into the back of the seat
- Some airline seats slope down toward the rear of the seat. Bringing a small pillow from home will compensate for this. Alternatively use the supplied airline pillow for their head to rest on



Your child's favourite pillow makes it just like their cot at home



Play around with the pillow inflation and positions to find what suits your child best

Recliner chair effect Older Children

- Place one Large pillow onto the base of the hammock
- Then place the other Large pillow, half inflated, slanted downwards into the hammock underneath your child's legs



Make the most of your child's Economy seat



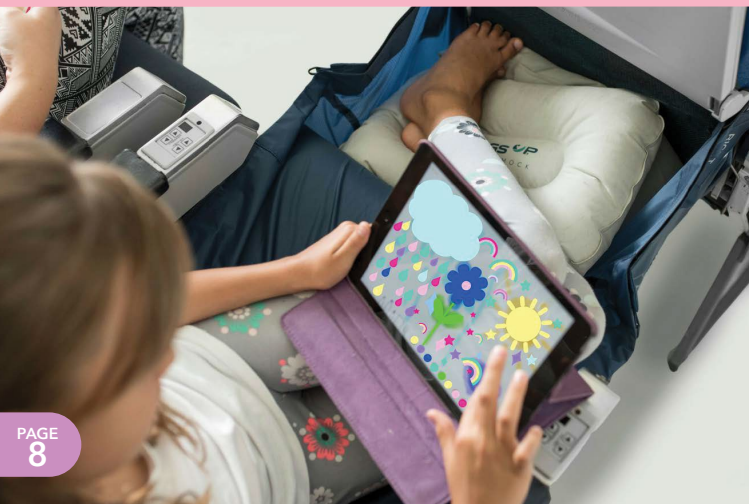
The hammock acts as a barrier, so no more losing toys on the plane!

Resting on one side

Place a Large pillow flat onto the base of the hammock and the Small pillow to the side



Children can curl up and go to sleep in comfort



kids comfort tips

- For babies and toddlers bringing their favourite pillow will make it feel more like their cot at home
- Where children can lie flat, for their safety we recommend their head face the rear of the plane
- A Large pillow, half inflated, makes a good headrest for when older children want to sleep
- Fly LegsUp is designed to be very adaptable. Experiment and move the pillows around, varying the inflation, to find your child's most comfortable positions
- We recommend children continue to wear their seat belts when using Fly LegsUp. If necessary, you can ask the cabin crew for an extension belt



Clip the carry bag onto the side of the hammock to store small items

adults

Position ideas



Fly LegsUp for Adults can be used with or without the TAIL. Sitting on the TAIL provides extra fabric which means you have more options for placing the pillows into different positions

WITHOUT TAIL

To use Fly LegsUp without the TAIL roll and tuck the TAIL into the hammock



WITH TAIL

To use Fly LegsUp with the TAIL, spread the TAIL over your seat and secure it by tucking it into the back of the seat



Simple footrest (without TAIL)

- Place an inflated Large Pillow flat onto the base of the hammock
- Place Small pillow on top (optional)





One leg straight (with or without TAIL)

- Place one to two pillows flat onto the base of the hammock
- Push one leg at full stretch through the front of the hammock and rest the other leg up on the pillows



Both legs straight (with or without TAIL)



- Place one to two pillows on top of each other onto the base of the hammock
- Swing hammock towards you to make enough room to push both legs at full stretch through the front of the hammock



One leg resting to the side (with TAIL)

- Sit down on the TAIL and place the Large pillow flat onto the base of the hammock
- Place the Small pillow vertically down the side of the hammock to rest your leg against
- The other leg can be fully stretched through the front of the hammock



Resting on one side (with TAIL)

- With the TAIL on the seat, place the Large pillow flat onto the base of the hammock
- Lie on your side and place the Small pillow vertically down the side of the hammock to rest under your leg
- Rest your other foot on the opposite side of the hammock



Feet on hammock (with TAIL)

- You can rest your feet up on the sides of the hammock with your heels facing out. It is surprisingly comfortable!



Extra legroom seats (with TAIL)

- Sit down on the far end of the TAIL. The extra material gives you room to stretch out and more options to move the pillows around
- Place the Small pillow in the base of the hammock
- Place the Large pillow, half inflated, resting under your legs
- Experiment with the pillows, there are many variations to explore



adults comfort tips

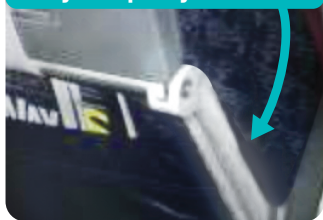
- We recommend using the additional Large pillow, half inflated, as a headrest or armrest for extra comfort
- Fly LegsUp is designed to be very adaptable. Move the pillows around and vary the inflation, to change the way you can use the hammock
- Ensure you have minimal luggage at your feet, so that your legs can be at full stretch through the front of the hammock
- Use the carry bag to store items in flight and clip it onto the ring on the side of your hammock
- Please continue to wear your seat belt when using Fly LegsUp

troubleshooting

In case of very steep tray table arms

Some aircraft have tray table arms with a very steep angle and the straps will slide down. This means the hammock will be too low

Very steep tray table arm



Attach the straps to the bar as shown



To compensate you can attach the straps to the horizontal bar that runs behind the tray table. You may need to pull the tray table towards you to expose the bar

FAQ's

Where to sit on the plane?

When you book your seats, if you do not want your sleeping child woken to let someone get past, book a seat next to a window, or in the centre block of seats where people can exit via the other end

Your neighbour wants to get past?

Leave the hammock set up. Take the Large pillow out and place it onto your seat, then roll and tuck the TAIL into the hammock. The hammock will now swing out of the way when someone passes

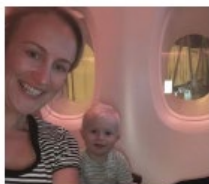
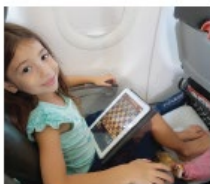
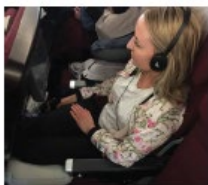


When you want to have a break from using the hammock in flight



When you don't want to use the hammock for a while, there is no need to detach it. Tuck the TAIL into the hammock and let it hang in front or behind your legs. Alternatively, you can remove the pillows and place them under the seat in front of you and then tuck the hammock into the magazine pocket

let's get social!



Tag us in your Fly LegsUp travels

@flylegsup or #flylegsup

www.flylegsup.com

