

H2XERCISE™ FITNESS SYSTEM

ASSEMBLY INSTRUCTIONS

SAFETY FIRST

IMPORTANT: Not all exercises are suitable for every individual. Before beginning any exercise program, always consult your physician.

CAUTION: Exercising in water that exceeds 91 Fahrenheit (F) / 32.78 Celsius © increases the risk of hyperthermia, which could cause serious injury or death.

H2Xercise fitness equipment is intended for adult exercise only and is not a life saving device.

BEFORE YOU BEGIN:

- For your safety, never exercise in the water without qualified supervision.
- Aquatic footwear should be worn during your workouts if your swim spa does not have the optional SoftTread™ Nonslip Floor System by SwimDek®.
- Stay properly hydrated during your workout. Drink water before, during and after exercising.
- H2Xercise Bells and Fins are not recommended for deep water exercise.
- Monitor how you are feeling at all times. If at ANY time, you experience pain you should stop exercising immediately. If pain persists, consult your physician.
- If you experience any signs of overexertion such as labored breathing, dizziness, nausea, loss of coordination, heart rate irregularities or chest tightness, stop exercising immediately and consult your physician.

H2XERCISE™ BELLS

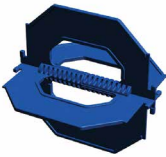
Your H2Xercise Bells can be configured into four different resistance combinations depending on your fitness level and goals.



SINGLE BLADE PADDLE:

Used for novice users, rehabilitation and deconditioning.

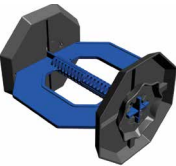
To assemble, begin by locating one blade and one gripped handle shaft. Slide gripped handle shaft perpendicular into blade until center grips meet.



X-BLADE DESIGN:

Used for general fitness, speed and endurance.

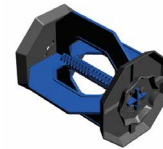
To assemble, begin by locating two blades. Align blades perpendicular to each other and slide blades together allowing center grips to meet.



SINGLE BLADE WITH END CAPS:

Used for general fitness, strength, and power.

To assemble, begin by locating one blade and one gripped handle shaft. Slide gripped handle shaft perpendicular into blade so that center grips meet. Hold handle in one hand while aligning black end cap over handle in unlocked position. Stabilize handle while turning inner black end cap in clockwise direction. You should feel and hear the end cap lock into place. Repeat with other side.



FULL H2XERCISE™ BELL:

Used for strength, power and conditioning.

To assemble, begin by locating two blades. Align blades perpendicular to each other and slide blades together allowing center grips to meet. Hold assembled blades in one hand while aligning black end cap over handle in unlocked position. Stabilize handle while turning inner black end cap in clockwise direction. You should feel and hear the end cap lock into place. Repeat with other side.

H2XERCISE™ FINS



Used for general fitness and conditioning.

Place the fin comfortably on your shin/ankle. Push the strap through the plastic fastening loop. Pull the strap across the back of the leg until snug, secure Velcro®.





ROWING EQUIPMENT



STEP ONE:
Connect one end of the short resistance band to the oar.



STEP TWO:
Connect the other end of the resistance band to the stainless steel anchor in swim spa.



STEP THREE:
Press stainless steel connector into the anchor hole on swim spa. You should hear a click when the connector is seated properly.

STEP FOUR:
Repeat for oar on other side of swim spa.

TETHERING BELT



STEP ONE:
Place belt around waist and connect buckle until you hear a click.



STEP TWO:
Connect one end of short resistance band to stainless steel anchor on swim spa wall.



STEP THREE:
Connect other end of short resistance band to belt. Repeat for other side.
This is used to walk/jog in place against the current of the swim swim spa.

BICEP CURLS



STEP ONE:
Connect one end of the long resistance bands to one of the exercise handles.



STEP TWO:
Feed one end of the long resistance band through the long stainless steel grab bar.



STEP THREE:
Attach the second exercise handle to the other end of the long resistance
This setup can be used for a variety of exercises such as bicep curls, presses, and shoulder rotations.

LEG EXERCISES



STEP ONE:
Connect one end of the long resistance band to the ankle cuff as shown.



STEP TWO:
Wrap the ankle cuff around the stainless steel grab bar and fasten Velcro firmly.



STEP THREE:
Connect the other end of the long resistance band to the other ankle cuff and Velcro cuff around ankle firmly.
This setup can be used for a variety of exercises.

TO MAXIMIZE THE LIFE OF YOUR H2XERCISE™ PRODUCTS:

- Avoid extended exposure to sunlight.
- Avoid contact with harsh chemicals.
- Rinse with fresh water after each use.
- Store in a warm, dry place.



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