

IMPORTANT SAFETY INFORMATION

CAUTION

Since resistance exercise in water creates forces in all directions of movement, you may find it more challenging and fatiguing than similar land exercises. Proper technique is important in achieving the desired results and to avoid injury. Start at a low intensity level and a short range of motion. Increase the intensity and range of motion as you become more comfortable in the water. Exervo Aqua Fitness products are designed for adult use only.

If you are unfamiliar with the use of these products or not sure of your ability then use them only under the supervision of a certified water aerobics instructor. Please read this safety information in its entirety before using any of these products.

>>>WARNING: Exervo Aqua Fitness products are not lifesaving, safety, rescue or personal flotation devices.

Aqua Fitness Belt

Position the belt around the waist between the hips and rib cage. Clip the adjustable belt closed and position across the navel. Tighten the belt strap until snug. A tight, snug fit will prevent the belt from riding up the waist upon entering the water. Maintain a vertical body position in the water at all times while using this belt. Relax in the water and focus on keeping your head, neck, shoulders, back and hips vertically aligned. Never use this belt in an inverted (upside down) position in the water. The intended use of this belt is to provide vertical flotation for water aerobics exercises only.

>>>ALWAYS maintain a vertical position in the water while wearing this belt. For adult use only.

Water Dumbbells

Start with a low resistance level - especially if you are just beginning. Move the dumbbell slowly through the water. Modify the resistance by changing the orientation, speed or path of the dumbbell or use a different dumbbell resistance level. Due to the buoyancy of foam, resistance is higher on a downward motion compared to motion towards the surface. Typical exercises are arm curls, tricep extensions, pectoral flies, reverse pectoral flies and deltoid raises.

Resistance Ankle Cuffs

Place the cuffs around each ankle. Adjust the velcro strap so the cuff fits snug. Focus on keeping vertically aligned in the water. Start with slow movement and a short range of motion. Increase resistance by increasing the speed of movement. Typical exercises are scissor kicks and run, walk or jog motions.

>>>NEVER use Exervo ankle cuffs without wearing a buoyancy belt. For adult use only.

Aqua Swim Bar

Grasp the bar with both hands positioned in a comfortable, shoulder width grip. This bar is a training aid only - not a life saving, personal flotation or rescue device.

Care

After each use wash off with clean water to remove any chlorine or salt. Store in a cool, dry, ventilated place out of the sun.

Personal Safety

Consult your health care provider before beginning any exercise program. Warm-up on dryland before entering the water. If you experience shortness of breath, nausea, excessive sweating or chest pain cease exercising and seek medical attention immediately. If you experience any pain while exercising stop immediately. Always assess the risks of your local conditions and immediate surroundings before entering the water.

Warranty

Exervo Aqua Fitness products are warranted against defects and material workmanship for 90 days from the date of purchase only under the intended use of these products. They are not warranted for use in hot or high chlorine concentration water like jacuzzis or hot tubs.

ALWAYS use Exervo Aqua Fitness products under the supervision of a certified water aerobics instructor if you are inexperienced or unfamiliar with their use. Exercise in water with a partner at all times.

