

EXERVO™ Aqua Fitness Products User Guide and 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. 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. Never use these products while alone in the water.

EXERVO AQUA FITNESS PRODUCTS ARE NOT LIFE SAVING OR OR PERSONAL FLOATATION DEVICES. YOU MUST KNOW HOW TO SWIM BEFORE USING ANY OF THESE PRODUCTS- FOR ADULT USE ONLY.

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.

ALWAYS MAINTAIN A VERTICAL POSITION IN THE WATER WHILE WEARING THIS BELT.

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.

Resistance Ankle Cuffs

Place the cuffs around each ankle and 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 and 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 AN AQUA FITNESS BELT.

Aqua Swim Bar

Grab the bar at a comfortable, shoulder width grip. This bar is not an aid for anyone who cannot swim and is not life saving or rescue device.

Care

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

Safety

Consult a physician before beginning any exercise program. Warm-up before beginning the activity. 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.

ALWAYS USE EXERVO AQUA FITNESS PRODUCTS UNDER THE SUPERVISION OF A CERTIFIED WATER AEROBICS INSTRUCTOR IF YOU ARE INEXPERIENCED OR UNFAMILIAR WITH THEIR USE.



www.nefitco.com

800-452-0980 customersupport@nefitco.com

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