

Photo showing the exercise belt

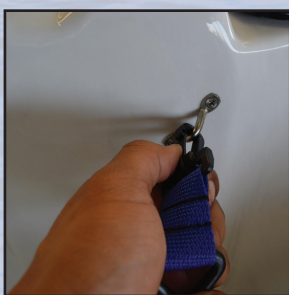


Photo showing the exercise handles

EXERCISE BELT

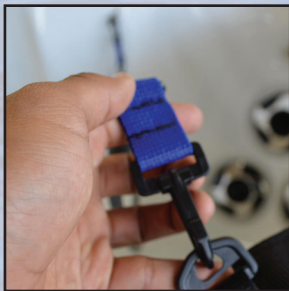
STEP ONE:

Hook up one end of the BLUE resistance band to the stainless steel Mount that's attached to the swim spa next to the Pillow (see photo).



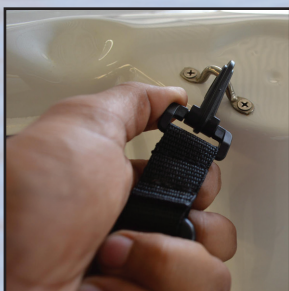
STEP TWO:

Connect the other end of the BLUE resistance band to the exercise belt (see photo).



STEP THREE:

Hook up one end of the BLACK resistance band to the stainless steel Mount that's attached to the swim spa in between the tile (see photo).



STEP FOUR:

Connect the other end of the BLACK resistance band to the exercise belt (see photo).



Repeat the process for the other side, then buckle the swimming belt around your waist. Make sure everything is set and secured as it should be before you start exercising.

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STEP ONE:

Connect one end of the BLACK resistance band to the stainless steel Mount that's attached to the swim spa by the grab bar (see photo).



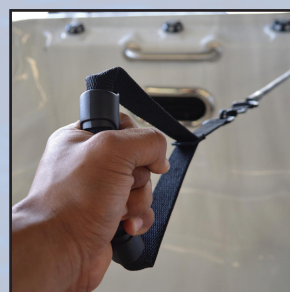
STEP TWO:

Connect the other end of the BLACK resistance band to the exercise handle (see photo).



STEP THREE:

Hold exercise handle tight, pull and verify that it has been properly connected (as shown in photo).



Repeat the process for the other handle. Make sure everything is set and secured as it should be before you start exercising.



WARNING!!!

DO NOT leave exercise equipment in the water after you have used it!

PLEASE READ WARRANTY LABEL!

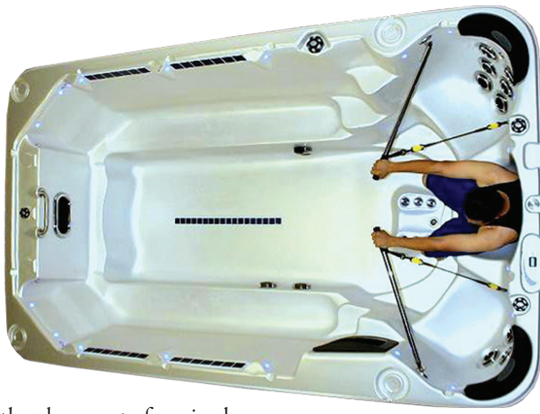


Photo showing the placement of rowing bars and bands for pushing

ROWING EXERCISE: PUSHING

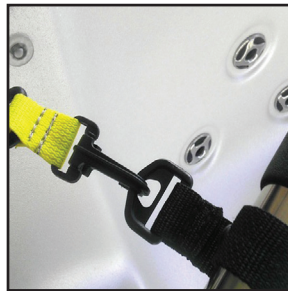
STEP ONE:

Hook up one end of the rowing bar to the stainless steel mount (see photo).



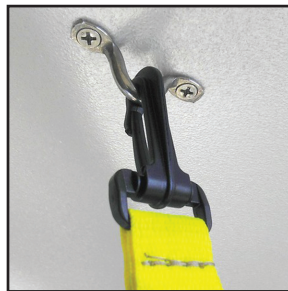
STEP TWO:

Connect one end of the YELLOW resistance band to the rowing bar (see photo).



STEP THREE:

Hook up the other end of the YELLOW resistance band to the stainless steel mount that's attached to the swim spa next to the pillow (see photo). Repeat the process for the other side. Make sure everything is set and secured as it should be before you start exercising.



WARNING!!!

MAKE SURE THAT BEFORE PERFORMING YOUR ROWING EXERCISE: YOU PULL THE ROWING EXERCISE BARS INWARD TOGETHER AWAY FROM THE SPA WALLS BEFORE YOU PERFORM THE ROWING EXERCISE.



Photo showing the placement of rowing bars and bands for pulling

ROWING EXERCISE: PULLING

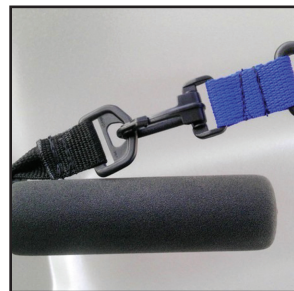
STEP ONE:

Connect one end of the rowing bar to the stainless steel mount (see photo).



STEP TWO:

Connect one end of the BLUE resistance band to the rowing bar (see photo).



STEP THREE:

Hook up the other end of the BLUE resistance band to the stainless steel mount that's attached to the swim spa in between the tile (as shown in photo). Repeat the process for the other side. Make sure everything is set and secured as it should be before you start exercising.



WARNING!!!

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PLEASE READ WARRANTY LABEL!