



H2Xercise

FITNESS SYSTEM

MASTER SPAS®

H2Xercise Products:

Master Spas has teamed up with renowned aquatic physical therapist and strength and conditioning specialist, Dr. Rick McAvoy PT, DPT, CSCS, to develop the H2Xercise aquatic equipment line. The H2Xercise Bells and Fins provide adjustable resistance for a variety of fitness levels and goals.

Introduction:

Engineered to provide adjustable resistance for any fitness level, the H2Xercise Bells and Fins can help improve dynamic flexibility, stability, endurance, power, speed, balance/coordination and strength. This manual addresses how to assemble/attach the Bells and Fins to perform a water fitness program effectively.



SAFETY

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 (C) increase the risk of hyperthermia, which could cause serious injury or death.

H2X 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.
- 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.

Workout Tips:

- Always begin your program with a proper gentle warm up.
- Start each exercise slowly, gradually increasing your speed and range of motion.
- Maintain proper posture and body alignment during every exercise.
- Keep core musculature engaged during each exercise.
- Do not over grip dumbbells, keep loose grip on bells when exercising.
- Properly cool down before concluding your program.

FITTING INSTRUCTIONS

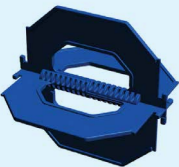
H2Xercise Bells: Your H2Xercise Bells can be configured into 4 different resistance combinations depending on your fitness level and goals.

SINGLE BLADE/PADDLE: Used for novice users, rehabilitation and deconditioning.



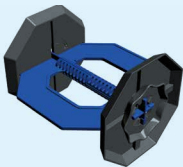
To assemble, begin by locating one blade and one gripped handle shaft. Slide gripped handle shaft perpendicular into blade until center grips meet.

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.

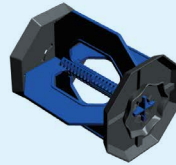
SINGLE BLADE WITH END CAPS: Used for general fitness, strength, and power.



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®.

To maximize the life of your H2Xercise products:

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



MasterSpaParts.com



Made in USA

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