



# AQUA FITNESS SET

## INSTRUCTION MANUAL

### **WARNING:**

Consult your physician before beginning this or any exercise or diet program; If you experience dizziness, nausea, chest pain, back pain or other abnormal symptoms STOP; your workout and CONSULT A PHYSICIAN IMMEDIATELY before continuing. This Aqua Fitness set is designed for a low impact workout. Most exercises can be performed in chest deep water. The Buoyancy belt can be used for deep water exercises.

### **WARNING:**

- Using the belt or leg weights with too much buoyancy can cause you to flip forward in the water which can cause serious injury even death.
- When using the belt in deep water, make sure the water line is at your upper chest. Add or remove Flotation Blocks from the Belt to adjust flotation level as needed.
- When using the belt or leg weights for the first time have a competent adult swimmer in the water with you to provide physical support until the flotation level is adjusted correctly.
- Always use caution when in the water and never swim or workout alone. A competent Adult Swimmer should always supervise your swimming and Aqua Fitness workout sessions.
- This is not a Lifesaving device. It is designed for Aquatic Exercising Only, and should never be used as a flotation device for non-swimmers. Keep out of reach of children and never leave a child unattended in or around water.

### **Exercises:** Barbell

Exercises use the flotation of the foam barbells to create resistance. By slowly pushing the barbells underwater and slowly allowing them back up you can work different muscles in the shoulders and arms. Do all exercises in shallow chest deep water. Feet should be shoulder width apart with knees slightly bent. The foam barbells should be submerged under the water, and arms relaxed.

**Biceps:** Start with a barbell in each hand with palms facing up. Keep arms and elbow at your side, but bend at the elbows to allow the barbells to sit just below the waters surface. While keeping your arms and elbows at your side, slowly pull the weights down until your arms are almost straight down at your side. Hold for 3 seconds and than slowly return to the starting position working against the resistance.

Perform 3 sets of 15

**Triceps:** Start with a barbell in each hand with palms facing down. Keep arms and elbow at your side, but bend at the elbows to allow the barbells to sit just below the water surface. While keeping your arms and elbows at your side, slowly push the weights down until your arms are almost straight down at your side. Hold for 3 seconds and then slowly return to the starting position working against the resistance. Perform 3 sets of 15

**Chest:** Start with a Barbell in each hand with palms facing down. Raise your arms to shoulder height straight out in front of you. While keeping the barbells just below the water surface during the entire exercise slowly spread your arms out to your sides until they create a straight line, wait 3 seconds and then slowly return them to the starting position straight out in front of you. \*As an alternative do the same exercise, but rotate the barbells 90 degrees until your palms are facing towards each other before starting. Perform 3 sets of 15

**Exercises:** Leg Weights No Belt (See below for how to properly wear them)

Exercises use the flotation of the foam leg weights to create resistance. By slowly pushing the Leg Weights underwater and slowly allowing them back up you can work different muscles in the Legs. Do all exercises in Shallow Water, waist to chest deep, while holding onto the deck/side of the pool.

**Leg Curls:** Face the side of the pool with hands holding on to the side of the pool for support with legs together. While standing on one leg slowly curl the other leg behind by bending it at the knee, hold for 3 seconds and slowly lower back into place. Perform 3 sets of 15 on each leg.

**Side Leg Lifts:** Face the side of the pool with hands holding on to the side of the pool for support with legs together. While standing on one leg lift your other leg out to the side like a scissor. Raise your leg as high as you comfortably can while keeping your upper body straight. Hold for 3 seconds and then slowly bring your leg back to the starting position. Perform 3 sets of 15 on each leg.

**Exercises:** Leg Weights with Belt (**Read WARNINGS before wearing flotation belt**)

Exercises use the flotation of the foam leg weights to create resistance. By slowly pushing the Leg Weights underwater and slowly allowing them back up you can work different muscles in the Legs. Do all exercises in deep water with water at chest level.

**Jogging:** Start with water at chest level in deep water. Legs should be straight down and arms at your side bent 90 degrees at the elbow so your hands are in front of you. Jog in place by bringing one knee up to a 90 degree angle in front of you while the other leg is in the down position. Keep

upper body vertically straight as you continuously alternate leg positions. Repeat for 5 to 10 minutes.

To increase the workout you can try holding the Foam Barbells in each hand and coordinate your arms and legs in the jogging motion while keeping the barbells under the water surface.

**Putting on the Leg Weights:**

Before putting on the leg weights make sure the adjustable strap ends run through the loops on the outside of the ankle wrap. (Fig A) Open the Ankle wrap as shown in (Fig B) below. Put your foot into the ankle wrap and clip the strap together as shown in (Fig C). Pull on the loose end of the strap so the foam wraps up close to your ankle as shown in (Fig D)



Fig A



Fig B



Fig C



Fig D