

AQUAFIT

13 SPORT 16 PLAY 19 PRO 19 PLUS

INSTALLING YOUR AQUAFIT ACCESSORIES

Congratulations on your recent AquaFit accessory purchase! AquaFit Systems allow users of all fitness levels the ability to customize their workout. In order to provide you with the best experience, D1 has created exclusive fitness accessories that work in tandem with the AquaFit System for a safe and effective workout. Below are instructions on how to install and use your AquaFit Accessories.

Fitness Bar

Contents:

- (1) 36" Bar with (2) 12" Tensor Cords that attach for bicep and triceps curls
- (2) OptiMount Attachments (Butterfly Top, Washer, Safety Cap) for safe equipment attachment areas.

Installation:

- 1) Screw Butterfly Tops into an Optimount in the area you want to perform the exercises. Be sure to first remove the plastic insert from the Optimount center.
- 2) Snap one end of the tensor cord to the Butterfly Top. Snap the other end of the cord to one end of the Aquatic Fitness Bar.
- 3) Repeat for the other end of the bar.

Note: If desired, the two cords can connect to the same OptiMount because the design accommodates multiple pieces of equipment.



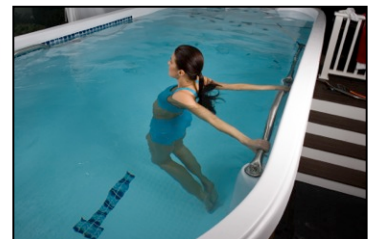
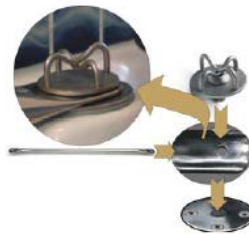
Stainless Steel Grab Bars

Contents:

- (2) 42" Straight, 30 degree, 45 degree grab rails
- (6) OptiMount Attachments (Butterfly Top, Washer, Safety Cap) for safe equipment attachment areas.

Installation:

- The Grab Bars connect to the AquaFit OptiMounts using Butterfly Tops. Push the Butterfly Top screw through the hole in the end of the bar and screw it into the OptiMount. Repeat for the other end of the bar. Be sure to first remove the plastic insert from the Optimount center.



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HydroSport Rowing Kit

Contents:

- (2) Rowing Bars, Row Bar Handles and Grips
- (2) 36", 24", 18", 12" Tensor Cords.
- (2) Wrist/Ankle Straps and D Handles
- (2) Bar Attachment Straps
- (4) OptiMount Attachments (Butterfly Top, Washer, Safety Cap) for safe equipment attachment areas.
- (1) pair of Goggles
- (1) Training DVD

Installation:

- 1) Screw a Butterfly Top into the OptiMount located on top of the pedestal closest to the rowing seat area ("1" on the diagram). Be sure to first remove the plastic insert from the OptiMount center.
- 2) Screw each row bar into an OptiMount on the wall on each side of the rowing seat ("2" on the diagram). Be sure to first remove the plastic insert from the center of the OptiMount.
- 3) Choose two tensor cords of the same length for your rowing exercise. Snap a clip from one end of the rower to a Butterfly Top and the other end to the rower as shown in the diagram.
- 4) Select a shorter tensor cord and attach between the rings of the two row bars. Adding this cord is necessary to maintain control of the rowers.

Note: A good guide for measuring the correct rower installation is to first screw the rower into the OptiMount until it is almost snug, then back off ½ turn. Continue to back it off slightly until the rings on the rower are horizontal.

Note: Ensure the cord snap-hooks are properly and completely connected to the rower ring and the Butterfly Top prior to use. If not properly installed, the tension on the cords during exercise could cause them to release and become a safety hazard.

Rowing for the First Time

- Make sure that the row bars are screwed into the wall securely but remain loose enough for self alignment during use.
- Sit in the rowing seat and grasp the row bar handles.
- If the tensor cord between the row bars is too close to your hands, you can reposition it to attach between the longer tensor cords
- Sitting upright, use the bars to stroke as if you are rowing a boat. To increase resistance, use shorter tensor cords in position "3" as noted on the diagram.

