The BOTE Dock FX is, well... a floating inflatable Dock/fitness platform. Simple. It’s highly stable, incredibly durable, easily portable construction makes the Dock FX one of the most versatile products we make. Use it for your floating sunrise yoga sessions, up your fitness game for added stability training on the water or lash a few together to create the ultimate party barge at the lake house or the sand bar—the possible uses are endless.

WELCOME TO BOTE.
WARNING

This is not a toy. Adult supervision is required.

- This is not a lifesaving device.
- Always wear a USCG approved Type III PFD when using this product.
- This product should never be towed.
- Never use this product in the surf zone or high rushing water.
- Do not swim under platform.
- Do not dive from platform.
- Failure to comply could lead to injury or death.
DOCK FX HOW TO

What goes up, must come down. Getting the Dock FX inflated and deflated is simple. First remove the folded Dock from the sling, unroll, attach the pump hose to the inflation valve and fill ‘er up. The Dock FX is to be filled until the pressure reaches 8-10 PSI. When you are ready to pack it up, do everything in reverse ... Easy as 1,2,3.

DOCK FX/ CARE & STORAGE

Always store your Dock FX in a cool, dry place or shady area out of reach of direct sunlight to avoid bursting or fading of colors. The sun both weakens the material and seams and increases the pressure beyond its design limits. If you must leave your Dock FX out of the water and in direct sunlight, reduce pressure until the Dock is compressible by hand.

The Dock FX’s max pressure is 10 PSI, with recommended inflation between 8-10 PSI.
The Dock FX Circuit Training Guide is designed to give you all the right moves so you can utilize your Dock FX to reach your fitness goals. Each exercise consists of 10 reps, or one-minute intervals. Go through one set of each exercise to complete a circuit then repeat! We recommend 3 rounds, but feel free to shorten or extend as needed. Now, get ready to burn some calories!

1. LUNGE
2. JUMP SQUAT
3. PLANK TWIST
4. PUSH-UP
5. MOUNTAIN CLIMBER
6. VERTICAL UP
7. SCISSOR KICK
8. RAISED LEG CRUNCH
9. LEG RAISE
1. Stand with your feet shoulder’s width apart, spine long and straight, shoulders back, gaze forward.

2. Step forward with one leg into a wide stance (about one leg’s distance between feet) while maintaining spine alignment.

3. Lower your hips until both knees are bent at approximately a 90 degree angle.

4. Do three sets of 10 reps (5 on each leg).
1. Stand with your feet shoulder-width apart and go into regular squat.

2. Engage your core and jump up explosively.

3. When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control.

4. Do three sets of 10 reps.
1. Starting in plank position, have your hands beneath your shoulders and arms straight.

2. Pivot to one side, raising that arm vertically above you as you twist.

3. Pause and return to the starting position, and then repeat on the other side.

4. Do three sets of 10 reps (5 on each arm).
1. Starting in plank position, have your hands beneath your shoulders and arms straight.

2. Lower yourself by bending at the elbows.

3. Repeat lowering and raising at a steady pace.

4. Do three sets of 10 reps.
1. Starting in plank position, have your hands beneath your shoulders and arms straight.

2. With your core engaged, bring your right knee forward under your chest, with the toes just off the Dock. Return to your basic plank. Switch legs, bringing the left knee forward.

3. Keep switching legs and begin to pick up the pace until it feels a little like running in place in a plank position.

4. Continue “running” in your plank for one minute.
1. Lie face up with arms and legs extended and resting on the Dock.

2. Keep abs tight and lift hands and feet to meet over torso.

3. Lower your arms and legs toward the Dock to complete one rep.

4. If this variation is too difficult, bend the knees.

5. Do three sets of 10 reps.
1. With a slight bend at the knees, lift your legs up so that your heels are about 6 inches off the Dock. This is the starting position.

2. Lift your left leg up to about a 45 degree angle while your right leg is lowered until the heel is about 2-3 inches from the Dock.

3. Repeat, alternating legs at a steady pace.

4. Do three sets of 10 reps (5 on each leg).
1. Lie flat on your back with your legs fully extended toward the sky.

2. Crunch toward the sky and reach your hands to your feet. Lower your torso to the starting position.

3. Do three sets of 10 reps.
1. Lie on your back, legs straight and together.

2. Keep your legs straight and lift them all the way up to the sky until your butt comes off the Dock.

3. Slowly lower your legs back down till they’re just above the Dock. Hold for a moment.

4. Raise your legs back up and repeat.

5. Do three sets of 10 reps.