

AQUABLAST® TOTAL BODY WORKOUT

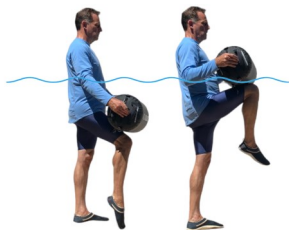
STEP UPS / LOG ROLL



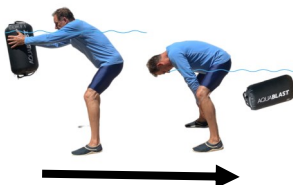
CHEST ROLL



KNEE LIFT



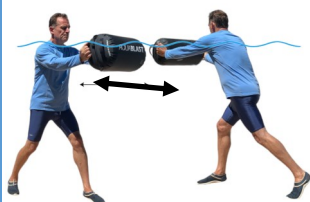
LEAP FROG & CHASE



KETTLE BELL



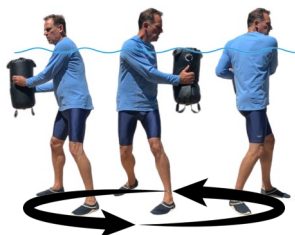
PUSH PULL & TWIST



MOGULS



BLASTER 360



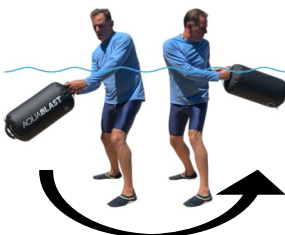
SHOULDER CURL



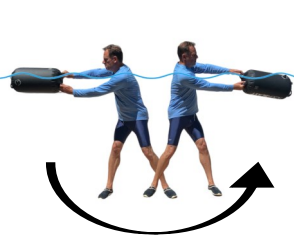
WAVE MACHINE



HAMMER SWING



SIDE KETTLE BELL

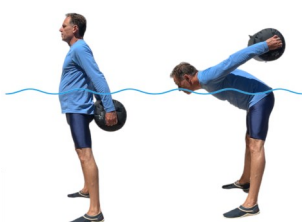


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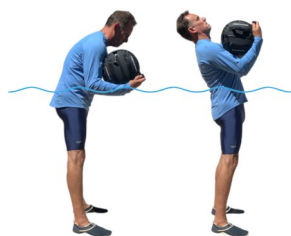
BOWLING



BACK KETTLE BELL



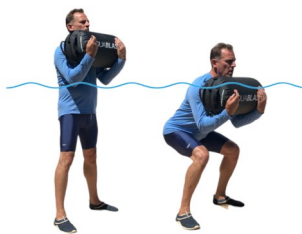
BLASTER CRUNCHES



BICEP CURL



CRADLE & SQUAT



BLASTER CURLS



ROWING



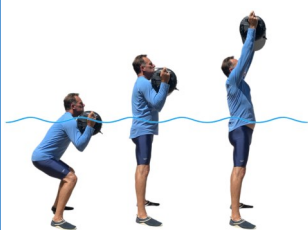
PENDULUM LIFT



POTATO SACK



OVERHEAD LIFT



BABY LIFT



Blue Wavy Line = Water Level
Keep shoulders below water
when moving & striking the
bag underwater.

Try timed exercises or 5-10
repetitions of each in 3-5 feet
of water.

Blast Away!



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STRENGTH IN WATER®

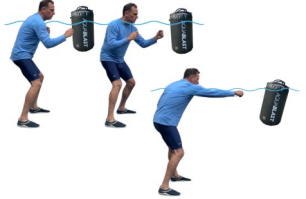
TWO HAND PUSH



ONE HAND PUSH



1-2-3-PUNCH



SIDE / KARATE CHOP



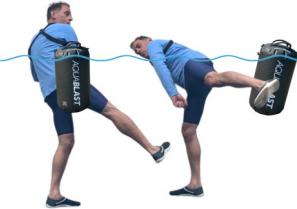
SIDE KICK



FRONT KICK



BACK KICK



KNEE KICK



HARNESS SETUP



TUCK LOOSE WEBBING UNDER ELASTIC BANDS

ROUNDHOUSE



SMACKDOWN



TETHER CORD SETUP



 DO NOT ATTACH CARABINER TO D-RING (FINGER GRIP)

AQUABLAST SUCTION TETHER SYSTEM AVAILABLE AT WWW.AQUABLASTFIT.COM

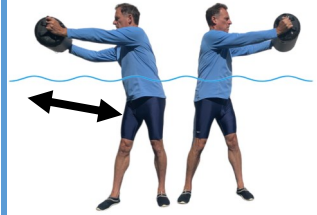
AQUABLAST® VARIABLE WEIGHT—1/2 WATER—1/2 AIR

REDUCE WEIGHT OF BAG BY REMOVING WATER & REPLACING WATER WITH AIR. TRAP AIR INSIDE BAG TO RETAIN SHAPE (LIFT ABOVE WATER & ZIP SHUT) OR USE PUMP.

SIDE SLOSH



PUSH, PULL & TWIST



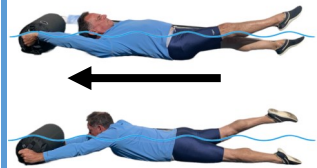
BOUYANCY SLOSH



BUOYANCY DIP

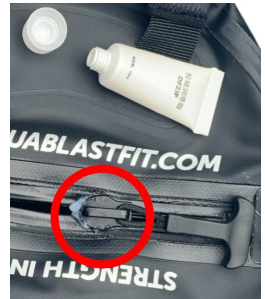




FOOT PADDLE



TIPS + ZIPPER & BAG MAINTENANCE

To operate zipper, hold finger grip and firmly tug zipper; squeeze bag to check for water/air leaks. For kickboxing, remove 3-4 inches of water and add air for buoyancy. Apply vegetable shortening or silicone zipper lubricant gel to zipper weekly. If zipper is hard to open, it needs lubrication. Do not force the zipper — lubricate it! Change water daily. To clean the inside of bag, remove foam ring & wash interior with soapy water. Air dry.



Please rate us ★★★★★ online!! Your feedback will help make AquaBLAST even better. Follow us on Facebook & Instagram @ [AquaBlastFit](https://www.instagram.com/AquaBlastFit) Need help or have ideas & improvements? Email us: info@aquablastfit.com Stay fit & have a BLAST! Coach Mack & Rob—  in 



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