



141 Sunset Ave, Wellsburg, WV 26070 USA  
P: 800-223-3444 F: 304-737-2511  
www.AMDOCKS.com

# INFLATABLE MUSCLE AIR DOCK

## User's Guide

### IMPORTANT NOTES:

- Because of folding, dock may have wrinkles/creases in EVA deck padding. These wrinkles are cosmetic only and typically lessen after use.
- Dock is not meant to be stored in direct sunlight over long periods of time.
- Tie-downs used to anchor dock need to have some slack in line. Having anchored too tight can cause D-rings to pull out of dock.
- Dock is meant to be pumped up to full pressure. Dock should feel almost solid after being pumped up.



## **WARNING**

For your own safety and that of your equipment, make sure to take the following precautions. Failure to follow warning notices and instruction may result in property damage, serious injury or death.

## **WATERSPORTS SAFETY CODE**

Water sports are fun and challenging but involve inherent risks of injury or death. To increase your enjoyment of the sport and to reduce your risks, use common sense and follow these rules:

### **Before you start**

- Familiarize yourself with all applicable federal, state, and local laws, the risks, inherent in the sport, and the proper use of the equipment.
- Always ensure that the swimming area around the air dock is free of submerged logs, rocks and sandbars. Ask about the local water conditions before use.
- Do not use without proper anchoring.
- Never use in poor weather conditions with excessive wind, waves or lightning.
- Always remove personal items such as rings, watches or other sharp objects before use.

### **Your equipment**

- Check all equipment prior to use. Inspect your product for missing, defective or worn parts.
- Always check for proper inflation before each use. Temperature and environmental changes can cause changes in tube pressure. Using the product over or under inflated is dangerous and can cause damage to the product, voiding the warranty.
- Always check security of the anchor and all attachments before each use.
- Always wear a life vest (PFD) as required by the authorities in area of use.

**THE WARNINGS AND PRACTICES SET FORTH ABOVE IN THE WATERSPORTS SAFETY CODE REPRESENT SOME COMMON RISKS ENCOUNTERED BY USERS. THE CODE DOES NOT PURPORT TO COVER ALL INSTANCES OF RISK OR DANGER. PLEASE USE COMMON SENSE AND GOOD JUDGMENT.**

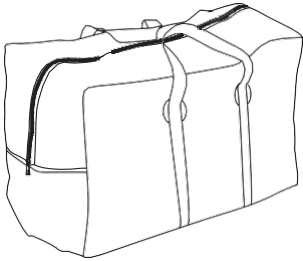
# SPECIFICATIONS

MODEL	SIZE	VOLUME	MAX. RIDER WGT	MAX. AIR PRESSURE
MUSCLE AIR DOCK (S)	8*8*6" 244 x 244 x 15cm	830 L	880 lbs /400 kg	8 PSI
MUSCLE AIR DOCK (L)	6*4*6" 183 x 122 x 15cm	300 L	320 lbs /145 kg	8 PSI

## ACCESSORIES

### STANDARD

Carry Bag

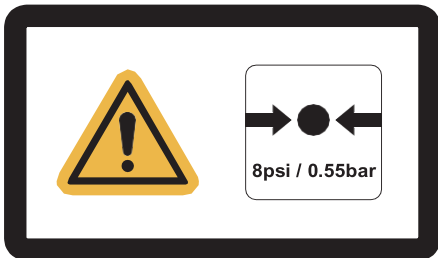
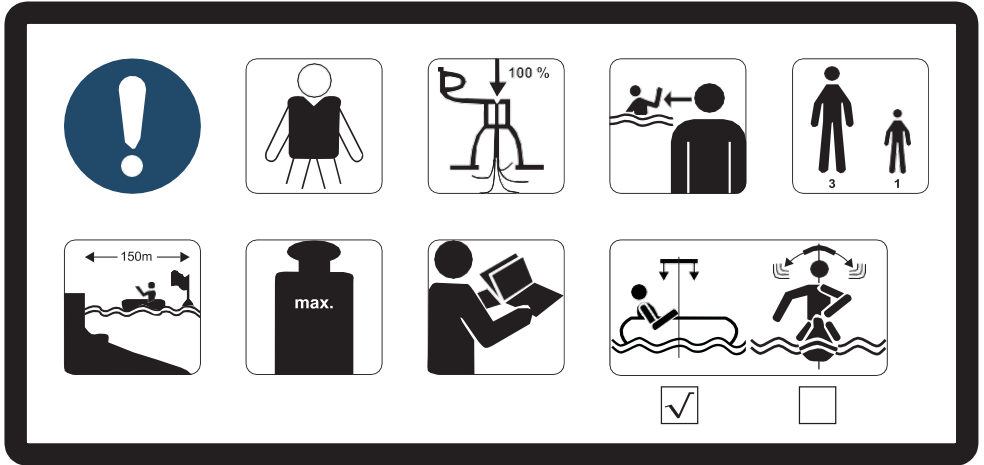


Electric Pump -  
800w



Repair kit

# WARNINGS AND CAUTIONS



# INSTRUCTION FOR ASSEMBLING AND DISASSEMBLING

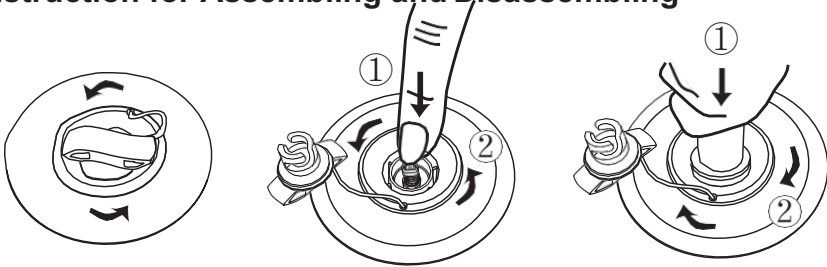
## 1. Unfold the Air Dock

Get yourself a clean and flat area to unfold the AMDOCKS air dock and lay it flat.

**IMPORTANT:** Careful thought must be given to the setup area regarding the size of the product. Ideally, this air dock should be carefully carried to and inflated at somewhere close to the water.

**NOTE:** Dragging or sliding the air dock on the ground, either before or after inflation, can cause damage.

## 2. Instruction for Assembling and Disassembling



### Inflation

- 1) Open the valve cap by twisting counter-clockwise. Ensure the valve is clear from debris, sand, or dirt before releasing.
- 2) Push valve button in and turn counter-clockwise 90 degrees so it pops up and is in the “OUT” position.
- 3) Insert the pump hose and twist it 45 degree clockwise to lock in place. Inflate until you reach the required pressure.

### Deflation

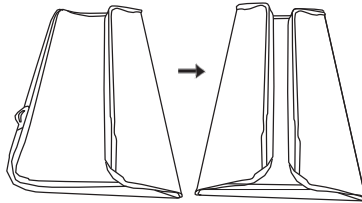
To deflate your dock, follow the instructions below.

- 1) Open the valve cap by twisting counter-clockwise. Ensure the valve is clear from debris, sand, or dirt before releasing.
- 2) Push valve button in and turn clockwise to lock it in DOWN position.

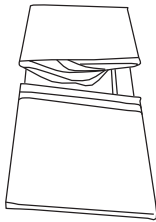
## Folding Steps

Completely deflate the dock by pushing out any remaining air.

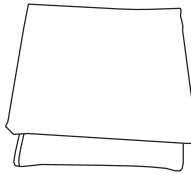
- 1) Tri-fold the board from the longer side.
- 2) Fold at one-fourth of the length of the tri-folded board to the middle (refer to picture 3).
- 3) Fold in half.
- 4) The carry bag is designed to allow you to get your ISLAND into the bag as easily as possible with minimal folds.



(1)



(2)



(3)



(4)

## 3. Inflation Tips and Precautions

- The dock can be inflated either with hand pump or an electric pump. Electric Pumps can be used to inflate the dock up to 80-90% of the required air pressure.
- Do NOT over-inflate the dock. A max pressure of 8psi is adequate.
- Do NOT use an air compressor. Damage to your air dock caused by over inflation from an air compressor is not covered by your warranty.
- If leaving the dock inflated, we strongly recommend you keep it under shade from direct sunlight and deflate the dock at least to 5PSI.
- After 2 or 3 days, there may be a slight decrease of pressure due to temperature change. If so, add a few pumps of air.
- Do NOT pump the dock to a high pressure and leave it in the sun. If the dock is going to be in a warm environment, slightly under-inflate it.
- Low water temperature may cause a slight loss in chamber pressure. You are recommended to carry a pump with you to add some air when necessary.