

model
ST3

SWIM TETHER



Swim Tether 3

Three section pole design



Concrete or threaded wood install plates available

DESCRIPTION

Introducing the ALL-NEW Swim Tether 3. Larger diameter poles and better fit and finish at the connection points make this the most robust tether system we've ever developed. As with its predecessor, The Original, the ST3 is designed to provide a unique resistance workout for swimmers of all skill levels.

PRODUCT SPECS

- » Low impact, high resistance
- » Portable and packable
- » Belt Adjustable from 24-60"
- » 69 3/8" Overall Height
- » UV + Chemical Resistant Construction

KIT CONTENTS

- » 3-Section FlexRod pole
- » Adjustable ComfortFit Belt
- » Dynamic Stretch Cord
- » Optional Install Plate
- » Waterproof Nylon Bag

PROUDLY MADE IN GEORGIA

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Exercise Disclaimer. Blue Ridge Enterprises, LLC, a Georgia limited liability company, trading as Swim Tether disclaims any liability from, and in connection with, the exercise programs provided in this manual, on the Swim Tether Website, or any other exercise programs utilizing the Swim Tether device (including all of its components - the belt, tether and pole). As with any exercise program, if at any point during your exercise regime or workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a duly licensed physician. The exercises provided in this manual and on the Swim Tether website, www.swimtether.com (the "Website"), are for educational purposes only, and are not to be interpreted as a recommendation for a specific therapy or treatment plan, product or course of action. Swim Tether does not provide any medical advice and is not engaged in providing any medical services. Exercise of any kind is not without risk and the exercises provided in this manual and on the Swim Tether Website may result in injury. Such injuries include, but are not limited to, risk of personal injury, aggravation of pre-existing conditions, or adverse effect of over-exertion such as a muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and rare instances of heart attack. To reduce the risk of injury, before beginning a Swim Tether exercise program or any other exercise program, please consult a physician or physical therapist for an appropriate exercise prescription and safety precautions, especially if you are pregnant, nursing, or elderly, have any chronic or recurring conditions, or are under 12 years of age. The exercise instruction and advice presented in this manual and on the Swim Tether Website are in no way intended as a substitute for medical consultation. Any application of the exercise programs, exercise routines or any other techniques, ideas or suggestion contained in this manual or on the Swim Tether Website are at the reader's sole discretion and risk. NEVER DISREGARD MEDICAL ADVICE OR DELAY IN SEEKING MEDICAL ADVICE BECAUSE OF SOMETHING YOU READ IN THIS MANUAL OR ON THE SWIM TETHER WEBSITE. Product Disclaimer. Read all instructions before using the Swim Tether device. The Swim Tether device is specifically designed to maximize water exercise and safety. The components of the Swim Tether device (i.e., the best, tether, and fully assembled pole) are specifically designed to work, in tandem, to achieve the safety and results Swim Tether is proud to promote for its product. The Swim Tether is designed to be used for all forms of swimming related, resistance exercise. The use of the Swim Tether device by children under 18 years of age requires constant and continuous adult supervision. Although the Swim Tether device is extremely strong, if the surface of the Swim Tether device is cracked, broken, cut, scraped, or otherwise damaged, its integrity can be compromised and could shatter and cause personal injury and property damage. THOROUGHLY INSPECT THE SWIM TETHER DEVICE EACH TIME YOU USE IT. If the Swim Tether device is cracked, broken, cut, scraped, or otherwise damaged, DO NOT USE THE DEVICE. Care should be taken in the unpacking and assembly of the Swim Tether device. The Swim Tether device should only be used in pools and spas that are at least ten feet long and three and one half (3.5) feet deep. Never use the Swim Tether device near steps or steep inclines. Never allow more than one (1) user to use one (1) Swim Tether device at a time. Always attach the Swim Tether device belt and tether while standing in the pool or spa. Never attach the Swim Tether device belt or tether and then jump into a pool or spa. When in use, warn bystanders to stay clear of the Swim Tether device. Do not use the Swim Tether device or swim when thunderstorms or lightning are present or threatening. Do not use the Swim Tether device for any purpose except as described in this manual and on the Swim Tether Website.

INSTALL INSTRUCTIONS

Estimated time: <30 minutes

Swim Tether Base Plate installation in an existing concrete pool deck is straightforward and can usually be done in under 30 minutes.

Scan the QR code on this page for an instructional video.

STEP 1: Gather Tools Required

Swim Tether Base Plate
Hammer drill. *Corded recommended.*
1-1/8" masonry drill bit. *A 1" bit will work if you wallow out the hole.*
Hydraulic cement or a quality construction adhesive
Tape measure
Pencil/marker
Marking tape



STEP 2: Measure and Mark

Determine the best location for the install and mark. **The optimal distance from the water's edge is 6-8".** However, any distance is acceptable as long as it's compensated by using a longer stretch cord. Custom length cords can be found on our website. **It is highly recommended to install in the shallow end.**



STEP 3: Drill and Clean

Mark the drill bit with a piece of tape to indicate a drilling depth of 3". Start slowly with the drill perpendicular to the drilling surface and continue until the hole depth reaches your 3" mark. It's important for the hole to be drilled properly so the Swim Tether Base Plate sits flush against the concrete surface when installed. Clean out the hole of any dust and debris.



STEP 4: Check the Fit

Insert the Swim Tether Base Plate to check for fit and make any adjustments. If necessary, wallow out or drill the hole deeper until the Swim Tether Base Plate can be placed inside the hole easily and is flush with the concrete surface. You don't want too tight a fit, leave room for adhesive.



STEP 5: Set the Swim Tether Base Plate

Apply a good amount of hydraulic cement or construction adhesive inside the hole and around the Swim Tether Base Plate stem. Press firmly and evenly into the hole while wiping away any excess adhesive. Make sure the Swim Tether logo is aligned the way you want.



LET FULLY CURE FOR 24 HOURS BEFORE USE

For installation help please message us through our website.

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