

HYDRO REVOLUTION

BARBELL QUICK START GUIDE

Thank you for purchasing the Aquastrength Barbell! Below you will find some quick assembly instructions to help get you in the pool as soon as possible! **Please note if you have ordered Aquastrength Dumbbells, the same assembly process applies.**

PROUDLY MADE IN THE U.S.A.

STEP 1:

First, grab the following parts from the box:

- 1 x Aquastrength Bar
- 2 x Aquastrength Bells with a “spigot” on one side of the handle area

Please note: if you ordered Aquastrength Dumbbells, you should have 2 x bars and 4 x Bells.

STEP 2:

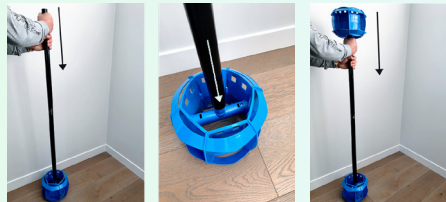
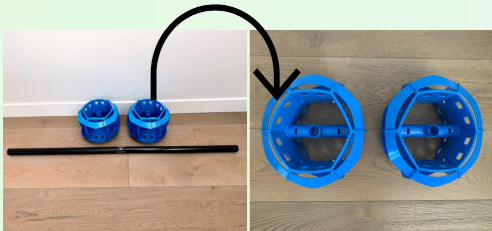
Position the first bell on the floor and insert the end of the bar into the spigot as shown in the below picture. The fit is very tight so you will need to push down firmly. You will only need to insert the bell into the bar a half inch or so for it to be secure.

Now get the second bell ready and turn the bar over to repeat the above step. Ensure the second bell is in the same direction, so the bell handles run parallel to one another on either end of the bar.

STEP 3:

Once you have attached each bell-end to the bar you are ready to start using your new barbell!

We have included a few exercises on the back of this guide to help get you started. Depending on your fitness level, we recommend to start by performing 2-3 sets of each exercise for 30-60 seconds.



CARING FOR YOUR BARBELL

All Hydrorevolution equipment is designed to give you maximum resistance and ultimate comfort. To extend the life of your Barbell (or Dumbbells) please be sure to follow these care instructions.

1. Do not drop or drag your equipment across hard surfaces such as concrete or tiles.
2. Rinse equipment in fresh water after each use as harsh pool chemicals can result in unnecessary damage over time.
3. DO NOT store your barbell in direct sunlight as the UV rays can cause deterioration over time. We recommend storing it in a climate controlled location in a completely horizontal or vertical position.
4. DO NOT store the barbell with anything leaning on or against the bar. Some bar deflection is normal, but care will prevent significant bowing.
5. Please note that Hydrorevolution equipment is not to be used as a flotation device.

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