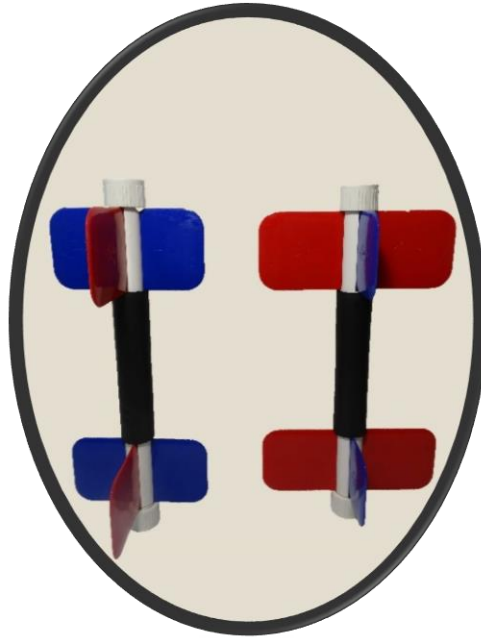


# Aqua Bladez

## Owner's Guide



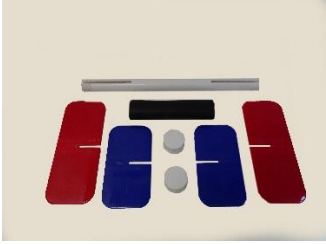



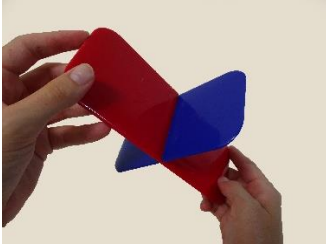


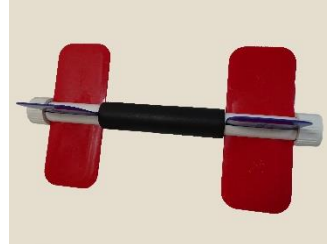
Welcome to Aqua Bladez where your Pool become a Fitness Centre.

[AquaBladezUSA.com](http://AquaBladezUSA.com)

## Your investment includes:

- 2 x Handles
- 2 x Grips
- 4 x End Cap Nuts
- 8 White Bladez
- 8 Blue Bladez
- 8 Red Bladez
- 1 Aqua Bladez Mesh Pool Bag (easy drainage)

## Easy Assemble & Dis-Assemble (portable to your Aqua Bladez everywhere)

			
Prepare your Aqua Bladez components	Slide foam Grips onto Handle	Center foam grip on handle	Slide the slots of each Bladez into each other to form a "+" shape.
			
Assembled "+"	Slide your "+" into the slots of the handle	Screw the nut onto the end of the handle <b>(do not over tighten)</b>	AQUA BLADEZ Repeat for other end and then second handle

**For Dis-Assembly reverse procedure. Click image below for video**



## Before you start



### “SAFETY FIRST”

- Always remember to be sun smart when enjoying Aqua Bladez
- Be aware of your current fitness status & exercise safely, if in doubt always seek medical advice or clearance before commencing exercise routine.
- Consider your personal space and the personal space of others when exercising with Aqua Bladez
- Always use Aqua Bladez in a safe water environment
- Children should be supervised at all times
- If appropriate seek exercise guidance from qualified exercise professionals
- Maintain your hydration whilst exercising in water
- If using as a deep water program use good quality flotation belts
- If you have had a break from exercise re-start at a lower intensity than your last session
- Some pool surfaces may be slippery or rough so aqua shoes may be of benefit and comfort
- Aqua Bladez should only be used for intended use
- Aqua Bladez are a water based fitness training device not a floatation device, a toy or recreational device

## How to use your Aqua Bladez effectively

**Movement in the water is very different than on land. Here are some tips for making movements with your Aqua Bladez water specific utilizing both the buoyancy and resistance of the water. Exercise should be performed with good posture.**

- Lengthen the spine
- Brace abdominals always, hold the natural curve of your spine, and slightly tuck your chin
- Keep your shoulders down and relaxed
- Knees and elbows are kept slightly bent, avoid locking out of the joints
- Move in a smooth and controlled manner
- Ensure wrists are aligned and hold equipment with a moderate/ light grip (similar to your steering wheel as you drive). Relax your grip between movement patterns, to release tension
- Always ground your heels when walking and running during exercise to avoid calf fatigue
- Exaggerate the movements in water to feel light or forceful
- Increase the number of repetitions of an exercise to create intensity
- Consider using music to maintain the tempo of movement
- Increase the 'TEMPO' (the speed you push the Bladez through the water) to encourage more forceful movements using greater resistance
- Use directional changes to reduce and increase intensity of your Aqua Bladez workout
- Increase the surface area of the pushing or pulling actions by capturing as much water with the Bladez as possible, known as the 'PRESSURE' phase of the movement
- Decrease the surface area of the pushing or pulling actions by leading with the end of the Bladez, decreasing the drag through the water, known as the 'GLIDE' phase of the movement
- To ensure a quality workout try to engage your core muscles and avoid your feet sliding around the bottom of the pool- 'STAY STRONG AND BALANCED'

**"IF YOU WANT THE BEST  
RESULTS POSSIBLE  
CONSISTENCY  
IS THE KEY"**



## Benefits of Exercising with Aqua Bladez

- Improves cardiovascular fitness
- Reduces impact on musculoskeletal system
- Provides movement resistance
- Improves strength and power
- Important core stability improvement
- Water pressure improves blood flow
- Greater ease of movement
- Improves flexibility and range of movement
- Exercising in water acts as a coolant, no overheating
- Excellent tool for rehabilitation
- Soft foam grips cater for a variety of users
- Aqua Bladez are portable
- Variable resistances literally at your fingertips
- No less than 6 resistances in original kit



## Care and Maintenance of Your Aqua Bladez

- Your Aqua Bladez need to be stored safely, do not throw or drop around on hard surfaces.
- Your mesh carry bag allows for travel and storage so be gentle when placing the Aqua Bladez in bag.
- Cap Ends are **NOT to be screwed tightly**, they only have to just touch the Bladez (there is no movement and should not come loose when working out).
- Your Aqua Bladez can be stored assembled ready for your next session or unassembled.

## Foam Grips

- Will be affected by the sun the so where possible keep in the shade.
- Rings can cut into the foam. Spare foam grips are available for purchase.
- Rinse with clean tap water after use Aqua Bladez can be used in both fresh and salt water.
- Do not store with foam grip directly touching other grips
- After considerable use you may experience movement of the grip while exercising, this is an indication that it may have stretched and should be replaced.





## Additional tips for working out with Aqua Bladez

All movement is beneficial whether it's simple or part of a complex routine. Aqua Bladez are designed to “*push or move water*” as a form of resistance...it is that simple. Variations in workout and intensity come into effect by use of different sized Bladez. The larger the Bladez, the more water moved, resulting in a more challenging workload. It doesn't stop there, though! The speed or tempo at which you do movement also comes into play. Simple things, like the placement of the feet during stationary exercises, require the use of your stabilizer muscles, resulting in a great core workout. Your Aqua Bladez can be used in many ways from just casually moving them around in the water on a Sunday afternoon to a full blown workout. Workouts could be very similar to what you would do at the gym using traditional weight training equipment, or doing a myriad of moves that you might encounter in a group exercise or even cross fit classes. Sports movements such as forehands, backhands, golf / baseball swings, jabs or hooks, swimming, softball pitching and bowling, jogging, walking or sprints can be simulated.

Remember Aqua Bladez are **PORTABLE!**



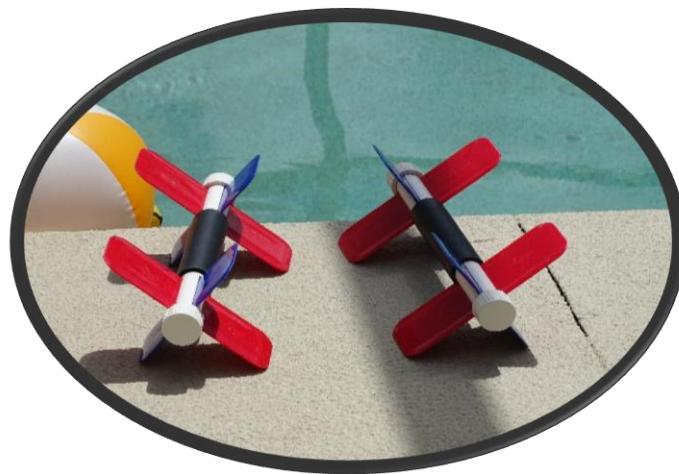
Use them at the club, local pool, why not the Hotel pool while travelling.

When thinking about workouts, they too are somewhat only limited by imagination. For example, you can do Circuit, quick/slow, opposing muscle, interval, or tempo training. Seeking the knowledge of a professional is often a great move as well.

Your Aqua Bladez can be assembled in a variety of different configurations. This can allow you to have 2 different colour Bladez so that you could work a big muscle with the bigger Bladez and immediately roll to a smaller Bladez for a smaller muscle such as a Chest Fly and a Triceps pushdown. Alternatively the same configuration allows for slow controlled motion and the roll to a quick set giving slow and big and fast and small.

As mentioned earlier, you can keep your feet stationary or add leg motion as well like nice easy side steps that could be elevated to jumping jacks for more cardio intensity.

Please visit Facebook our **YouTube** channels ([Aqua Bladez USA](#) and [Just Add Water Fitness](#)) periodically for workout, exercise information and updates, or maybe some of the news feeds from the Aqua Bladez USA.com Blog.





## Warm Up: Preparing your body for exercise

- Approximate time 5-10 minutes \*Duration will vary based on fitness level
- Slightly raises body temp, muscle and joint movement
- Gradually elevates heart rate (know your fitness level)



### **Walking Forwards- Single Arm Punch**

**GREAT FOR: ALL OVER BODY**

**Technique:** Incline body slightly forward and push and pull Bladez alternately through the water to feel the pressure.

**Variation:** Combine with a light jog, walk or jog backwards w/ the same upper body movement.

### **Walking Backwards**

#### **Straight Arm Pull Downs**

**GREAT FOR: UPPER BODY/ CORE**

**Technique:** Step backwards and draw the Bladez with a straight-arm to your hips.

**Variation:** Perform with an alternating straight-arm pull down to hips.



### **Stationary – Opposite Hand to Foot**

**GREAT FOR: LOWER BODY**



**Technique:** Start with arms wide and bring the opposite hand across to meet the foot of the other side.

**Variation:** Add a hop/jump to change legs.

## Conditioning Exercises: Fitness & Strength

### \*Time/Sets Will Vary Based on Fitness Level

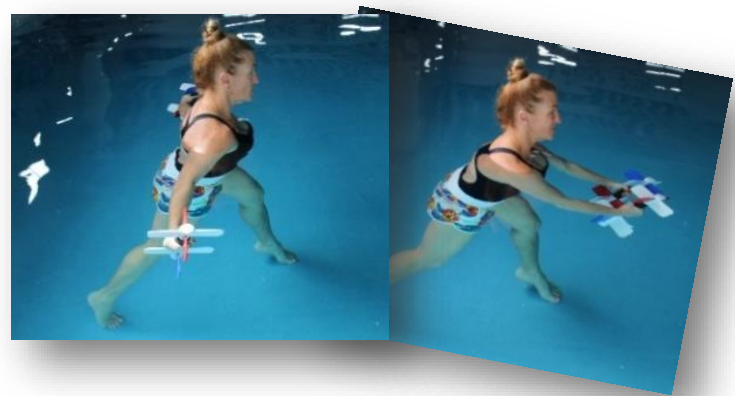
- Approximate time 20 minutes
- Using a wide variety of movement patterns with Aqua Bladez
- Repeat each exercise in sets of 3 depending on fitness level
- Reintroduce exercises used in warm up with a little more intensity between the exercises listed below

### **Chest Squeeze**

#### **GREAT FOR: CHEST, UPPER BODY, CORE**

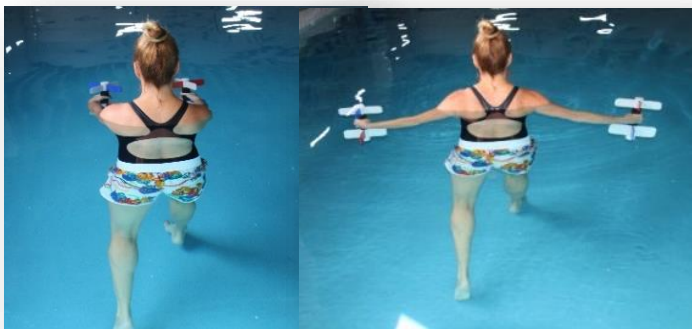
**Technique:** With arms wide and Bladez vertical, squeeze the arms together to feel the pressure. Turn the Bladez horizontal (glide position) to return to the start position.

**Variation:** Add a step forward, or perform a single arm at a time.



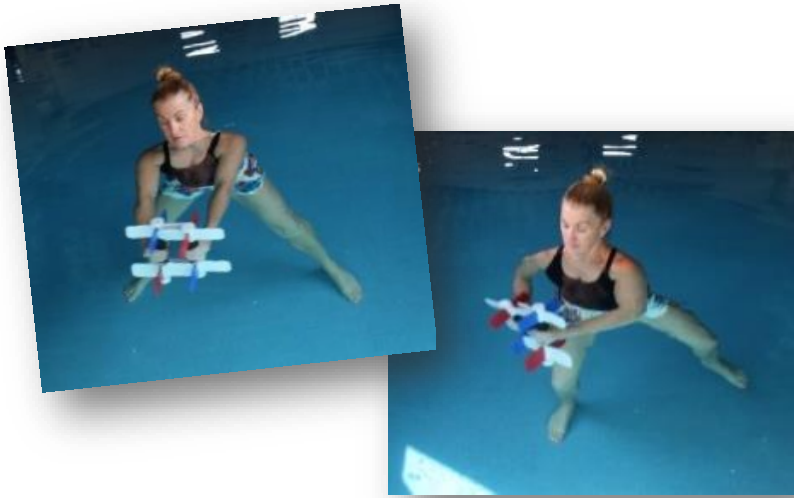
### **Rear Deltoid Fly**

#### **GREAT FOR: UPPER BACK, SHOULDERS, CORE**



**Technique:** With the arms close and the Bladez vertical, keep the arms straight and squeeze the back muscles to open the arms.

**Variation:** Perform a single arm at a time



### **The Pot - Side Step**

**GREAT FOR: UPPER BACK, SHOULDERS, CHEST, CORE**

**Technique:** Side step while pushing Bladez out and around like you are stirring a big pot.

**Variation:** Stir to the left then

the right. Stir-step and travel the length of the pool.

### **Standing Abdominal Exercise**

**GREAT FOR: ABDOMINALS, WAIST, LOWER BACK**

**Technique:** Hold Bladez close to the abdomen and twist left, right.

**Variation:** Repeat the twist the left only for several repetitions then repeat on the right



### **Shoulder and Core Stabilizers**

**GREAT FOR: UPPER BACK, CHEST, CORE**

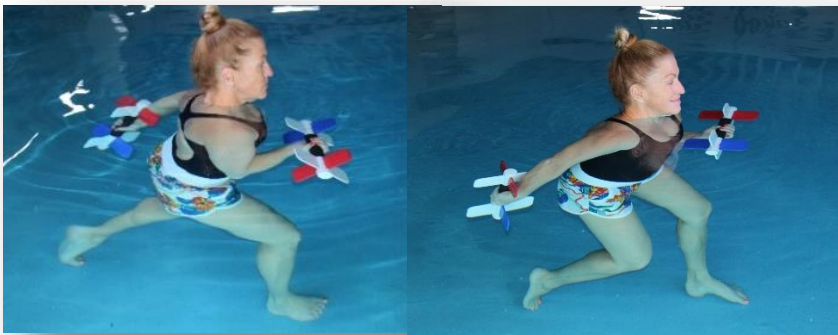
**Technique:** Starting with straight arms wide, draw the Bladez down to the hips.

**Variation:** Alternate left and right, draw Bladez down to the front of the body or behind.

## Warm Down

- Approximate time 3 to 5 minutes (depending on individual)
  - Be aware of cooling down too quickly after completing exercises.
- Use Slower movement

### Slow Walking Lunge and Curl



**GREAT FOR: ALL OVER BODY**

**Technique:** Step out forward and bend knee into a lunge while performing a bicep curl.

**Variation:** Step and lunge the length of the pool. Perform a back stepping

lunge

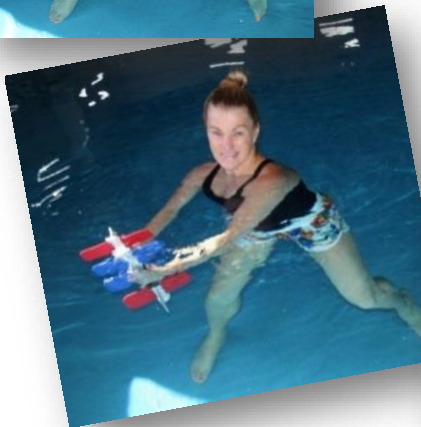


### Gentle Figure of Eight (8)

**GREAT FOR: UPPER BODY/CORE**

**Technique:** Push out to the right and perform a small circle. Repeat to the right. Making an 8 shape

**Variation** Alternate left arm then right arm





## Suggested Stretches

- Approximate time 3-5 min (depending on individual)
- Hold Stretches for a slow count to 30
- Gentle static stretching
- Avoid cooling down too quickly after completing exercises.



### **Calf Stretch**

GREAT FOR: LOWER LEG

**Technique:** Stand tall, and hold edge of pool. One leg behind the other, back leg straight, press heel to the bottom of the pool. Repeat on the other side.



### **Hamstring Stretch**

GREAT FOR: LOWER BACK, LEG

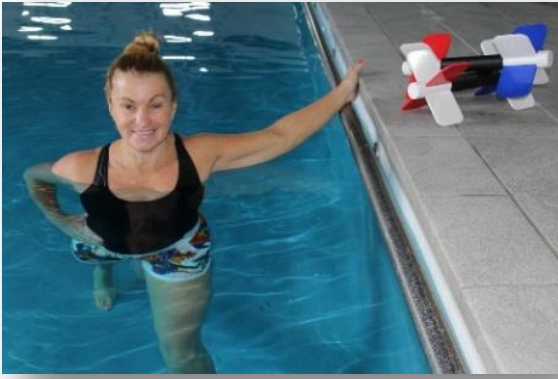
**Technique:** Stand tall, and hold edge of pool. Place one leg up the wall until a stretch is felt at the back of the leg. Repeat on the other side



### **Back Stretch**

GREAT FOR: LOWER LEG

**Technique:** Hold the pool wall and walk feet up the side wall until a stretch is felt in the back



## Chest and Shoulder Stretch

GREAT FOR: CHEST, UPPER BODY

**Technique:** Stand to the side of the pool placing one straight arm horizontal to the wall and lean forward. Repeat on the other side



## Quadriceps Stretch

GREAT FOR: FRONT OF LEG

**Technique:** Stand tall to the side of the pool and bring one leg behind. Knees together and hips pressing forward. Repeat on the other side

- Aqua Bladez USA its partners and affiliates assumes no liability for accidents or damage that may occur with the use of Aqua Bladez. Aqua Bladez should only be used for the intended purpose.

Stay Informed and Up-to-date about Products, developments, videos & workouts at:

[www.justaddwaterfitness.com](http://www.justaddwaterfitness.com) in Australia

[www.AquaBladezUSA.com](http://www.AquaBladezUSA.com) in North America

OR join us on

Facebook and YouTube

Aqua Bladez USA or Just Add Water Fitness

816

