Please read before setting up or using your Aqua Fitness Bag.

**SETUP**

1. Remove the Aqua Fitness Bag from the box and check for possible shipping damage.
2. Your Aqua Fitness Bag is now ready to fill with appropriate amount of water and securely close the cap.

**WORKOUT TIPS**

1. Always use the Aqua Fitness Bag in an open area free of objects, floor debris or other items that could get in the way while exercising.
2. Use a smooth and steady motion when performing each exercise.
3. Perform all exercises shown to the best of your ability without strain.
4. Avoid holding your breath while exercising.

**CARE**

1. Dry Aqua Fitness Bag with a towel after use.
2. Use a damp cloth to clean the Aqua Fitness Bag.
3. Avoid exposing the Aqua Fitness Bag to heat or excessive sunlight.
4. Store in a cool, dry place.

#BETTEREVERYDAY
IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using your Aqua Fitness Bag.

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment.

2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.

3. Inspect the Aqua Fitness Bag before each workout for rips or tears. If present, do not use.

4. Ensure the Aqua Fitness Bag is secure in your hands before beginning each exercise.

5. Perform exercises in a smooth and controlled manner.

6. Stop and rest if you feel dizzy or short of breath.

7. Use product only as intended.

All exercise programs come with inherent risks. Consult your health care professional before beginning this or any exercise program.

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