



# AQUASTRENGTH & AQUALOGIX QUICK START GUIDE

Thank you for your purchase! Here are a few tips and exercise variations to help get you started! We recommend starting off spending 30-45 seconds on each movement and aim to progress to 60-90 seconds. Perform 2-3 sets of each exercise.

Visit us online for more workout ideas and a growing range of exercise programs. [www.hydrorevolution.com](http://www.hydrorevolution.com)

## GETTING STARTED

### AQUALOGIX BELLS:

The Aqualogix bells can be held however is most comfortable for the user. For optimum performance we recommend a pistol grip with “thumbs up” position aligned with single fin. Visit [www.aqualogixfitness.com](http://www.aqualogixfitness.com) for more info.

### AQUASTRENGTH BELLS:

The Aquastrength Bells feature a unique handle design which allows the user to access the handle from either end. We recommend a nice loose grip to avoid any forearm fatigue.

### AQUALOGIX FINS:

The Aqualogix fins attach as a cuff on the ankle to provide resistance in all directions. We recommend dipping them in the pool before putting them on to help prevent rotation during your workout. Place the pad across the front of your ankle and then press the velcro to attach with the tab pointing to the inside or rear.

### AQUASTRENGTH FINS:

The Aquastrength Fins attach around the calf for a great lower body workout. For best results wrap the fin around your lower calf so that the velcro is at the back of your leg. Ensure the the neoprene sleeve fits on top of your foot. The taper of the sleeve should sit snug with the natural taper of your ankle.

### DID YOU KNOW:

**AQUALOGIX AND AQUASTRENGTH FINS CAN BE WORN IN DEEP AND SHALLOW WATER AND CAN BE ATTACHED TO THE ANKLE OR WRIST. USE IN CONJUNCTION WITH BELLS OR BARBELL FOR A GREAT TOTAL BODY WORKOUT!**

### AQUASTRENGTH BARBELL:

When holding the Aquastrength Barbell ensure you have a nice loose grip to reduce forearm fatigue. We recommend starting with a wider grip. As you want more of a challenge progress to a narrower grip.



## CARING FOR YOUR EQUIPMENT

Aqualogix and Aquastrength equipment has been designed to give you maximum resistance and ultimate comfort. To extend the life of your equipment please be sure to follow these care instructions:

1. Do not drop or drag your equipment across hard surfaces i.e. concrete or tiles
2. Rinse equipment in fresh water at room temperature after each use as harsh pool chemicals can result in unnecessary damage over time. Please do not leave fins soaking for longer than 15 minutes and ensure you air dry them after each use
3. Depending on your pool, you may want to rinse your fins in a product that helps remove the chlorine after each use
4. Do not machine wash or tumble dry
5. Do not store in direct sunlight as UV rays can deteriorate the equipment over time
6. Ensure you allow equipment to dry properly before storing in an appropriate manner
7. Please note that Aqualogix and Aquastrength equipment is not to be used as a flotation device

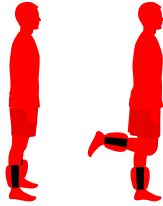
## LOWER BODY FIN EXERCISES

### 1. ALTERNATE HIGH KNEES



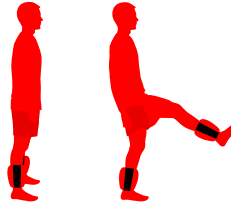
- Perform an alternate high knee march
- Either moving or running in place
- Stand tall
- Ensure core is engaged at all times

### 2. HEEL KICKS



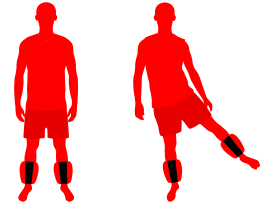
- Lift leg, bring heel towards buttocks
- Keep thigh vertical
- Straighten knee, pushing foot down
- Don't rock body

### 3. HIGH KICKS



- Perform alternate high front kicks
- Keep leg as straight as possible
- Perform slowly to emphasize quadriceps and hip flexor strengthening or bounding for cardio and plyometric conditioning

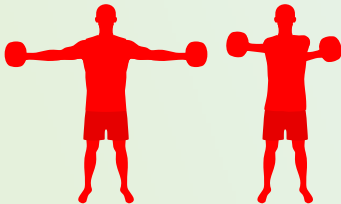
### 4. LATERAL LEG LIFTS



- Lift leg out to side
- Keep knee straight
- Pull leg down to start position
- Keep core/buttocks tight
- Don't rock body
- Repeat on other leg

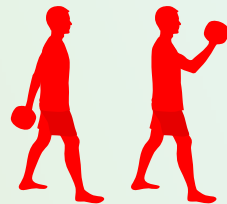
## UPPER BODY BELL EXERCISES

### 5. CROSS OVERS



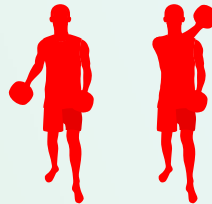
- Start with arms wide open
- Adduct arms horizontally in front of body
- As you adduct, rotate the bells to a horizontal position with palms down
- As arms open, rotate the bells back to vertical position

### 6. BICEP CURLS / TRICEP EXTENSION



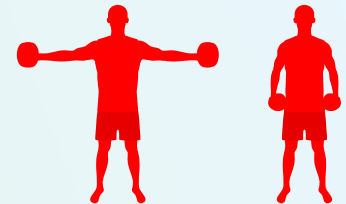
- Perform with symmetrical arms
- Alternate arms or perform with one arm
- Begin by bringing the bells toward your chest, as you return extended to engage triceps
- Elbows are tucked in close to the waist with forearms holding the bells extended to the bottom of the pool

### 7. UPPERCUTS



- Wide, staggered stance
- Core/buttocks tight
- Rotate from hips
- Bending from knees
- Scoop water
- Vary intensity

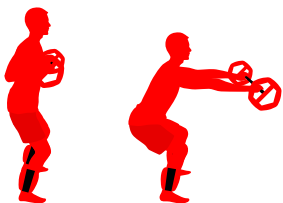
### 8. LATERAL PULL DOWN BEHIND



- Extend bells to the sides
- Pull bells downward to side and slightly behind

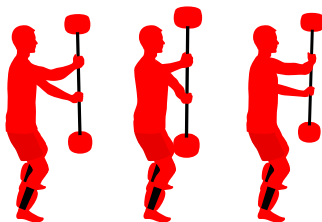
## BARBELL EXERCISES

### 9. CHEST PRESS WITH SQUAT



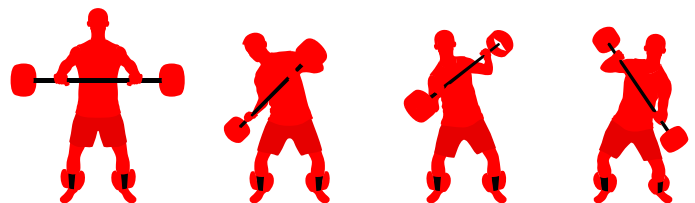
- Hold barbell in at chest with arms shoulder width apart
- Press out as you sit down into a squat, maintain pressure on heels
- As you return to stand, pull barbell back to start position
- Ensure you keep barbell underwater

### 10. CAULDRONS



- Ensure knees are slightly bent
- Engage core/buttocks muscles
- Ensure you have a wide grip on the bar
- Put of the bar underwater to start
- Perform a 'stirring' motion, ensuring you keep the bar vertical
- Repeat in both directions

### 11. KAYAK PUSHES



- Stand with good upright posture
- Ensure you have a wide grip on the barbell
- Dig and push the barbell as shown in the illustrations
- Ensure you stay stable and emphasize leg muscles