

LEG EXERCISES



STEP ONE:

Connect one end of the long resistance band to the ankle cuff as shown.



STEP TWO:

Wrap the ankle cuff around the stainless steel grab bar and fasten velcro firmly.



STEP THREE:

Connect other end of the long resistance band to another ankle cuff and velcro cuff around ankle firmly.

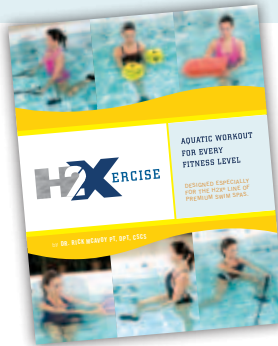
There are a variety of exercises you can do with this setup. Make sure to exercise using both legs.



AQUATIC EXERCISE SYSTEM

Aquatic exercise is rapidly growing in popularity across the country. The buoyancy of the water and the controlled temperature make it perfect for a variety of fitness exercises.

With the Aquatic Exercise System, you can experience the benefits of resistance training and range of motion exercises. A stainless steel grab handle at the end of the spa and two stainless steel anchors will help facilitate your workout.



A NEW WAY TO EXERCISE

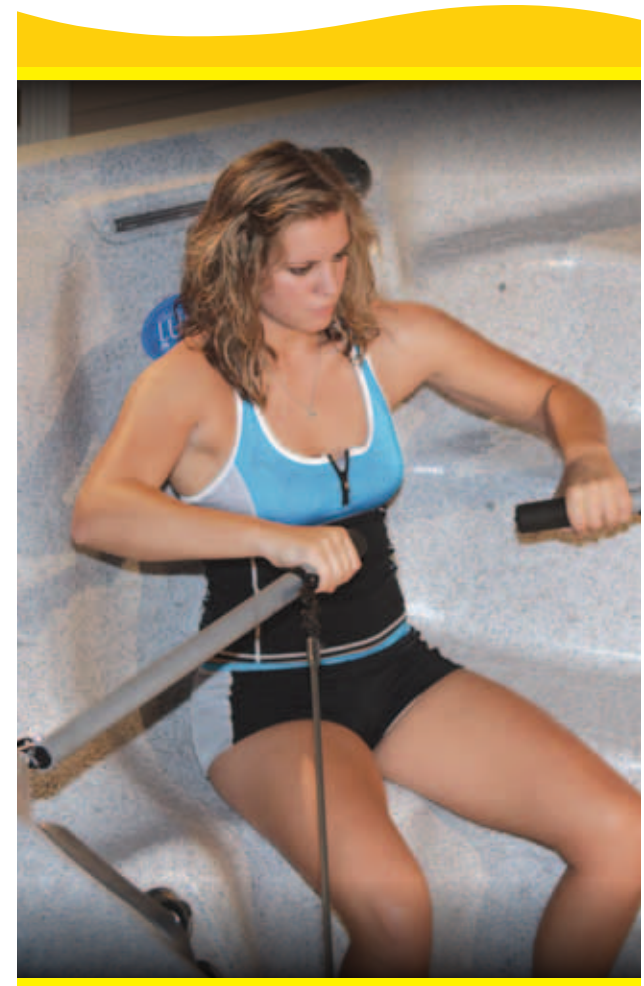
Dr. Rick McAvoy (PT, DPT, CSCS) has authored an exercise program designed exclusively for Master Spas Swim spas. This program is designed specifically to help you get the most out of your swim spa and is presented in an easy-to-follow format.

See your local Master Spas dealer for various fitness options including stainless steel aquatic treadmill and exercise bicycle.



MASTER SPAS®

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INSTALLATION INSTRUCTIONS

AQUATIC EXERCISE EQUIPMENT

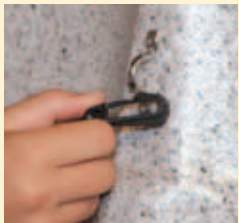


MASTER SPAS®

ROWING EQUIPMENT



STEP ONE:
Connect one end of the short resistance band to the oar.



STEP TWO:
Connect the other end of the resistance band to the stainless steel anchor in spa.



STEP THREE:
Press stainless steel connector into the anchor hole on swim spa. You should hear a click when the connector is seated properly.

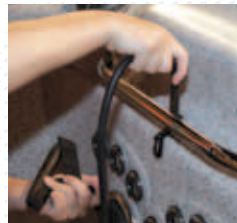
STEP FOUR:
Repeat for oar on other side of swim spa.



BICEP CURLS



STEP ONE:
Connect one end of the long resistance bands to one of the exercise handles.



STEP TWO:
Feed one end of the long resistance band through the long stainless steel grab bar.



STEP THREE:
Attach the second exercise handle to the other end of the long resistance band.

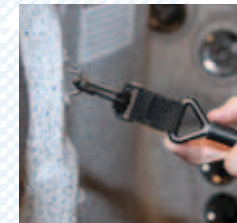
This setup can be used for a variety of exercises such as bicep curls, presses, and shoulder rotations.



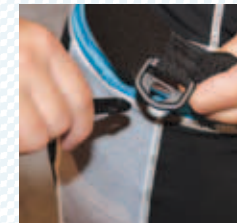
TETHERING BELT



STEP ONE:
Place belt around waist and connect buckle until you hear a click.



STEP TWO:
Connect one end of short resistance band to stainless steel anchor on spa wall.



STEP THREE:
Connect other end of short resistance band to belt. Repeat for other side.

This is used to walk/jog in place against the current of the swim spa.

