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› Yes4All Ultimate Core Water Weights Aqua Bag (80 lbs / 36.3 kg) Instruction Manual

Yes4All RJTM

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INTRODUCTION

The Yes4All Ultimate Core Water Weights Aqua Bag is an innovative fitness tool designed to challenge your core stability and engage more muscles during workouts. By utilizing water and air, it creates an unstable load that requires constant adjustment, enhancing balance, strength, and endurance. This manual provides essential information for the safe and effective use of your Aqua Bag.

HIGH-QUALITY PVC OUTSIDE

STURDY HANDLES

BEST PRICE

For 80 LB

**SOFTNESS
REDUCES INJURY DAMAGES**

Image: The Yes4All Aqua Bag in use, demonstrating its key features like durable PVC, comfortable handles, and soft exterior for safety.

SAFETY INFORMATION

- **Consult a Physician:** Before starting any new exercise program, consult with a healthcare professional.
- **Inspect Before Use:** Always check the Aqua Bag for any signs of damage or leaks before each use. Do not use if damaged.
- **Proper Filling:** Do not overfill the Aqua Bag. Ensure the valve is securely closed after filling to prevent leaks.
- **Stable Environment:** Use the Aqua Bag on a clear, level, and stable surface to prevent accidents.
- **Controlled Movements:** Due to the unstable nature of the water, perform exercises with controlled movements to avoid injury.
- **Children and Pets:** Keep the Aqua Bag out of reach of children and pets when not in use.

PACKAGE CONTENTS

Your Yes4All Ultimate Core Water Weights Aqua Bag package includes:

- 1 x Yes4All Adjustable Aqua Bag (80 lbs / 36.3 kg capacity)
- 1 x Water Pump

SETUP INSTRUCTIONS

Follow these steps to prepare your Aqua Bag for use:

1. **Open the Port:** Uncover the filling port on the Aqua Bag. Press down the button inside the port to open the valve, allowing water to enter.
2. **Fill with Water:** Place the Aqua Bag under a faucet or use a water hose to fill it with water. Fill until it reaches your desired weight level. The bag can be filled up to 80 lbs (36.3 kg).
3. **Add Air and Seal:** If the bag is not completely full after adding water, use the provided air pump to add air until the bag is firm. Once filled to your preference, securely close the port.



Image: Step-by-step visual guide for filling the Aqua Bag with water and air.

OPERATING INSTRUCTIONS

The Aqua Bag's unique water-filled design creates an unpredictable, unstable load, making it an effective tool for functional strength and core training. Here are general guidelines for operation:

- **Weight Adjustment:** The weight can be easily adjusted by adding or removing water. This allows for progressive overload or lighter training sessions as needed.
- **Utilize Handles:** The Aqua Bag features multiple sturdy handles. Use these handles to perform various exercises such as squats, lunges, presses, rows, and carries. The handles ensure a firm and comfortable grip.
- **Embrace Instability:** The primary benefit of the Aqua Bag is the shifting water. This instability forces your muscles, especially your core, to work harder to stabilize the weight. Focus on maintaining control throughout each movement.
- **Versatile Training:** The Aqua Bag is suitable for a wide range of exercises, including strength training, conditioning, balance work, and rehabilitation. Its soft exterior reduces the risk of injury compared to traditional solid weights.



AQUABAG vs SANDBAG

MORE Easy Weight Change

MORE Ultimate Instability

MORE Clear, No Mess

MORE Convenience



Image: An athlete demonstrating a lunge with the Aqua Bag, illustrating its use in dynamic exercises.



Image: Two users demonstrating different ways to carry the Aqua Bag, highlighting its adaptability for diverse workouts.

MAINTENANCE

- **Cleaning:** Wipe the exterior of the Aqua Bag with a damp cloth and mild soap if necessary. Rinse thoroughly and allow to air dry completely before storage.
- **Storage:** Store the Aqua Bag in a cool, dry place away from direct sunlight and extreme temperatures. If storing for an extended period, it is recommended to empty the water and store it flat.
- **Avoid Punctures:** Keep the Aqua Bag away from sharp objects or abrasive surfaces that could cause punctures or damage.



Image: The Aqua Bag resting on an exercise mat, illustrating its compact and durable design.

TROUBLESHOOTING

- **Leakage:** If you notice any leakage, first ensure the filling port is securely closed. Inspect the bag for any visible punctures or tears. If damaged, discontinue use.
- **Difficulty Filling/Emptying:** Ensure the valve button inside the port is fully pressed down when filling or emptying to allow proper water flow.
- **Bag Not Firm Enough:** After filling with water, use the provided air pump to add more air until the bag reaches your desired firmness. This helps create the desired instability.

SPECIFICATIONS

Feature	Detail
Brand	Yes4All
Model Number	RJTM
ASIN	B088QVCP8L
Max Capacity	80 lbs (36.3 kg)
Color	Dark Blue
Style	Cylinder

Main Material	Plastic
Exterior Material	PVC
Sport Type	Fitness
Service	Unisex



Image: Detailed view of the Aqua Bag with dimensions and material highlights.

WARRANTY AND SUPPORT

For warranty information or product support, please refer to the manufacturer's official website or contact Yes4All customer service directly. Contact details can typically be found on the product packaging or the Yes4All brand store on Amazon.

