

## FITPULSE FITWAVE 9.5ft/10ft Inflatable SUP

# FITPULSE FITWAVE 9.5ft/10ft Inflatable Stand Up Paddle Board User Manual

Model: FITWAVE 9.5ft/10ft Inflatable SUP (ASIN: B08YFKFH46)

## 1. INTRODUCTION

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Thank you for choosing the FITPULSE FITWAVE Inflatable Stand Up Paddle Board. This manual provides essential information for the safe and effective use, setup, maintenance, and storage of your paddle board. Please read all instructions carefully before use to ensure optimal performance and safety.

## 2. WHAT'S INCLUDED

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Your FITWAVE Inflatable Stand Up Paddle Board kit includes the following components:

- Inflatable Paddle Board (9.5ft or 10ft variant)
- Adjustable-Length Aluminum Paddle
- Coiled Ankle Leash
- Waterproof Phone Case
- Paddle Pump with Pressure Gauge
- Emergency Repair Kit
- Roomy Storage/Carrying Bag
- Triple Bottom Panel Fins
- Valve Tightening Tool
- Floating Sunglasses Strap
- Double Clip Hoops



Figure 2.1: All accessories included with your FITWAVE Inflatable SUP.

### 3. SETUP INSTRUCTIONS

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Follow these steps to prepare your FITWAVE paddle board for use:

1. **Unpack the Board:** Remove the paddle board and all accessories from the carrying bag. Lay the board flat on a clean, smooth surface.
2. **Attach the Fin:** Locate the fin box at the rear underside of the board. Slide the removable balance fin into the slot and secure it with the clip or pin provided.
3. **Inflate the Board:**
  - Unscrew the valve cap on the board. Ensure the inner pin is in the 'up' position for inflation.
  - Attach the hose from the paddle pump to the board's valve by twisting it securely.
  - Begin pumping. The pressure gauge may not register until the board reaches approximately 7 PSI. Continue pumping until the recommended pressure of **10-15 PSI** is reached. The board should feel very firm.
  - Once inflated, quickly remove the pump hose and replace the valve cap tightly. **Always use the valve tightening tool to securely tighten the air valve after inflating to avoid air leakage.**
4. **Assemble the Paddle:** Connect the paddle sections and adjust the length to your preference. A general guideline is to extend the paddle approximately 6-8 inches above your head when standing.
5. **Attach the Ankle Leash:** Secure one end of the coiled ankle leash to the D-ring at the tail of the board and the other end to your ankle.

## Attention to detail

CREATED BY A  
**FLORIDA DESIGNER**

**H 10"**

**W 32"**

**D 6"**

**MAX CAPACITY:  
330 LBS**

### HIGH QUALITY DECK PAD

Provides traction and comfort for paddling, sitting & kneeling.

### MULTI-PURPOSE METAL D-RINGS

Perfect for attaching anchors, kayak seats & more.

### PREMIUM GRADE INFLATION VALVE

### STRONG BUNGEE TIES

Keep your accessories and paddles in place.

### CARRY HANDLE

Added for hassle-free carrying.

### REMOVABLE BALANCE FIN

### SPACE FOR CAMERA



Figure 3.1: Key features and components of the FITWAVE Inflatable SUP.

Your browser does not support the video tag.

**Video 3.1:** A demonstration of setting up and using the FITWAVE Inflatable Paddle Board, including inflation and general paddling.

## 4. OPERATING INSTRUCTIONS

The FITWAVE Inflatable SUP is designed for improved stability and maneuverability, suitable for various water activities and skill levels.

- **Stability:** The board features triple bottom panel fins, a wider design, and a non-slip EVA deck pad for enhanced stability and easier steering.
- **Versatile Use:** Perfect for activities such as fishing, recreational paddling, touring, exploring, and yoga.
- **Paddling Positions:** You can comfortably paddle while standing, sitting, or kneeling. The adjustable paddle allows for easy transitions between these positions.
- **Weight Capacity:** The board is designed to support up to 242 lbs.

## BONUS ITEMS INCLUDED



Figure 4.1: Demonstrating stability on the FITWAVE Inflatable SUP.



Figure 4.2: The FITWAVE SUP is suitable for various water activities.

## 5. MAINTENANCE

Proper maintenance will extend the life of your paddle board:

- **Cleaning:** After each use, rinse the board with fresh water to remove salt, sand, and debris. Allow it to air dry completely before storage.
- **Storage:** Deflate the board by pressing the inner pin of the valve down and twisting to lock it in the 'open' position. Once deflated, roll it up neatly and store it in the provided carrying bag in a cool, dry place away from direct sunlight.
- **Valve Check:** Periodically check the inflation valve for tightness using the valve tightening tool to prevent air leaks.
- **Repair Kit:** In case of minor punctures, use the emergency repair kit according to its instructions.

## DURABLE AND HIGH QUALITY MATERIALS

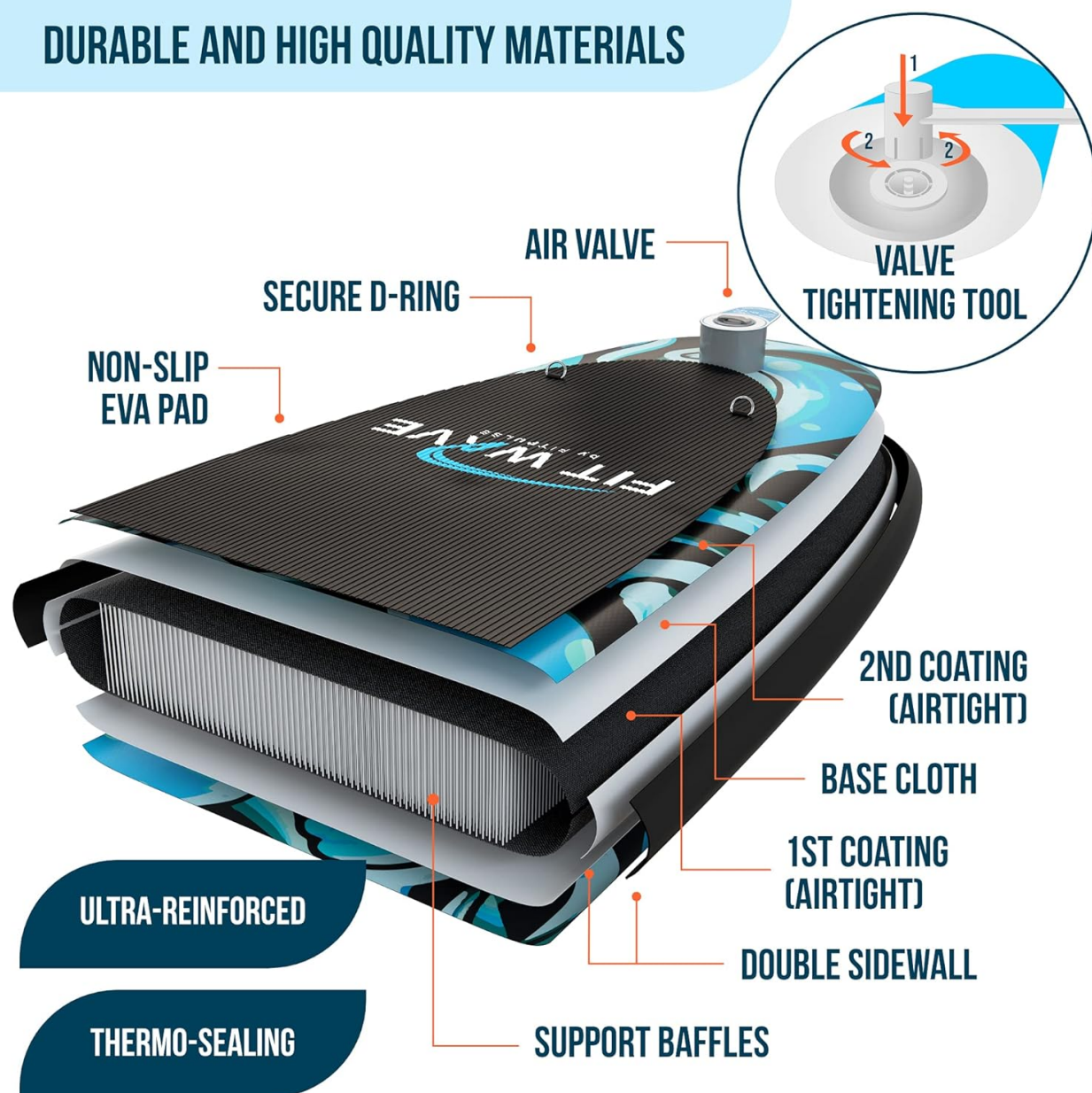


Figure 5.1: Durable construction for long-lasting use.

## 6. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

- **Board is losing air:** Ensure the inflation valve cap is tightly secured and the inner pin is in the 'up' position for inflation. Use the valve tightening tool to ensure the valve itself is fully tightened. Check for small punctures using soapy water; bubbles will indicate a leak.
- **Pump gauge not showing pressure:** The pump's pressure gauge typically starts registering once the board reaches approximately 7 PSI. Continue pumping; if the board is firming up, the gauge should eventually show a reading.
- **Difficulty inflating:** Ensure the pump hose is securely attached to the valve and there are no kinks in the hose. Verify the valve's inner pin is in the 'up' position.

## 7. SPECIFICATIONS

Feature	Detail
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Brand	FITPULSE
Model Name	FITWAVE Inflatable SUP
Length	9.5ft (approx. 2.9m) / 10ft (approx. 3.05m)
Width	32 inches (approx. 81 cm)
Thickness	6 inches (approx. 15 cm)
Item Weight	19 Pounds (approx. 8.6 kg)
Max Weight Recommendation	242 Pounds (approx. 110 kg)
Material	Aluminum (paddle), Ethylene Vinyl Acetate (EVA - deck pad)
Recommended Pressure	10-15 PSI
Skill Level	All



Figure 7.1: FITWAVE Paddle Board specifications and dimensions.

## 8. SAFETY INFORMATION

Your safety is paramount. Please observe the following guidelines:

- **Wear a Life Vest:** Always wear a U.S. Coast Guard-approved personal flotation device (PFD) when using the paddle board.
- **Check Weather Conditions:** Before heading out, check weather forecasts and water conditions. Avoid strong winds, currents, and storms.
- **Stay Connected:** Always use the coiled ankle leash to keep your board close if you fall off.
- **Know Your Limits:** Do not paddle beyond your skill level or physical capabilities.
- **Supervise Children:** Children should always be supervised by an adult when using the paddle board

and must wear a PFD.

- **Avoid Overloading:** Do not exceed the maximum weight recommendation of 242 lbs.
- **Be Aware of Surroundings:** Watch out for other watercraft, swimmers, and obstacles.

## 9. WARRANTY AND SUPPORT

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FITPULSE is committed to providing quality products and excellent customer service. While specific warranty details are not provided in this manual, if you have any questions or encounter problems with your purchase, please do not hesitate to contact FITPULSE customer service. They will gladly assist you with any inquiries or issues.

For support, please refer to the contact information provided with your product packaging or visit the official FITPULSE website.