

UNAOIWN EVA 5-Layer Leg Float

UNAOIWN Pull Buoy EVA 5-Layer Leg Float

USER MANUAL

Product Overview

The UNAOIWN Pull Buoy is an essential training aid designed for swimmers of all levels, from beginners to adults. It effectively immobilizes the legs, providing lift and allowing swimmers to focus on developing upper body strength and refining their stroke technique. Constructed from high-density EVA foam, this pull buoy offers excellent flotation, low water absorption, and is built for continuous, durable use. It is also eco-friendly and non-toxic.

Key Features:

- **Durable Material:** Made of high-density EVA foams, ensuring flotation, low water absorption, and continuous use. Eco-friendly and non-toxic.
- **Swimming Training Aid:** Specifically designed to help foster upper body strength during swimming workouts.
- **Arm-Stroke Technique Training:** By freeing the user from kicking, it allows for focused attention on arm motion and stroke refinement.
- **Maximizes Upper Body Workout:** Immobilizes legs to direct the swimming effort primarily to the arms, shoulders, and upper body.



Figure 1: The UNAOIWN Pull Buoy, featuring its distinctive black and blue striped design, ready for use as a swimming training aid.

Safety Information

- This pull buoy is a swimming training aid and **not a life-saving device**. It should not be used as a substitute for proper swimming instruction or supervision.
- Always use the pull buoy in a supervised aquatic environment.
- Ensure the pull buoy is securely placed between your legs to prevent it from slipping during use.
- Inspect the pull buoy for any signs of damage or wear before each use. Discontinue use if any damage is found.

- Keep out of reach of small children when not in use.

Setup

The UNAOIWN Pull Buoy requires minimal setup. Simply place the buoy between your thighs or ankles, depending on your training focus. The contoured design is intended to fit comfortably and securely.



Figure 2: A swimmer demonstrating the correct placement of the pull buoy between the legs for an effective upper body workout.

Operating Instructions

The pull buoy is used to isolate the upper body muscles during swimming. By providing buoyancy to your legs, it reduces the need for kicking, allowing you to concentrate on your arm strokes, core rotation, and breathing technique.

1. **Placement:** For most effective upper body training, place the pull buoy between your thighs. For more advanced stroke work, it can be placed between your ankles.
2. **Focus on Arms:** With your legs stabilized, focus on pulling water efficiently with your arms. Pay attention to your hand entry, catch, pull-through, and recovery.
3. **Core Engagement:** Maintain a strong, stable core to ensure proper body alignment and hip rotation.
4. **Breathing:** Practice consistent and rhythmic breathing patterns without the distraction of leg propulsion.

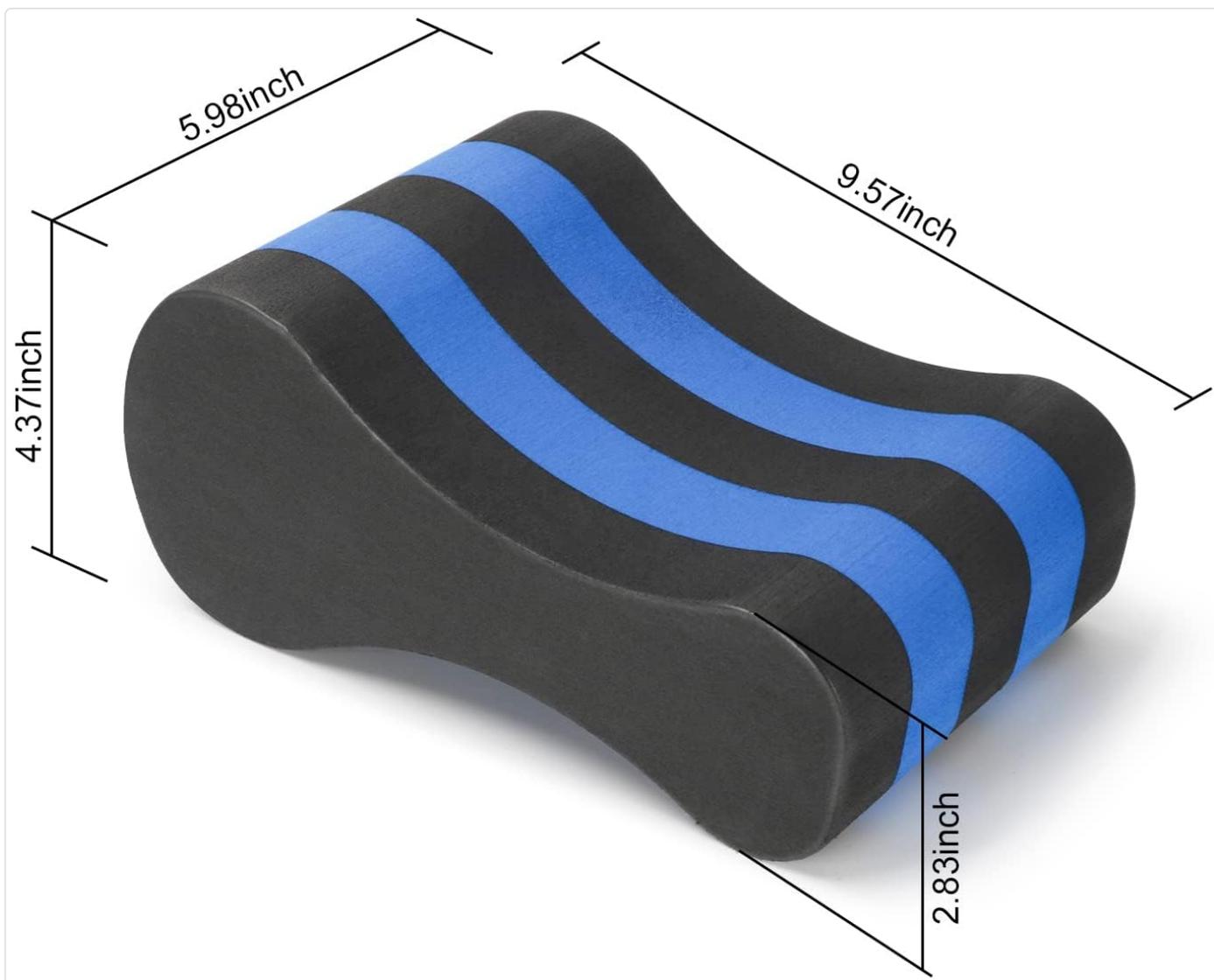


Figure 3: Detailed dimensions of the UNAOIWN Pull Buoy, illustrating its compact and ergonomic design for optimal performance.

Maintenance

- **Rinsing:** After each use, rinse the pull buoy thoroughly with fresh, clean water to remove chlorine, salt, or other pool chemicals.
- **Drying:** Allow the pull buoy to air dry completely in a shaded, well-ventilated area before storing. Avoid direct sunlight, which can degrade the EVA foam over time.
- **Storage:** Store the pull buoy in a cool, dry place away from extreme temperatures and sharp objects.
- **Cleaning:** If necessary, gently wipe the surface with a mild soap solution and rinse thoroughly. Do not use harsh chemicals or abrasive cleaners.

Troubleshooting

| Problem | Possible Cause | Solution |
|-----------------------------|---|--|
| Pull buoy slips during use. | Incorrect placement or insufficient leg pressure. | Ensure the buoy is placed firmly between your thighs or ankles. Adjust leg pressure to hold it securely. |

| Problem | Possible Cause | Solution |
|------------------------|---|--|
| Not enough buoyancy. | Buoyancy is relative to body composition; also, improper placement. | Confirm correct placement. The 5-layer design provides ample floatation for most users. |
| Discomfort during use. | Improper placement or initial adjustment period. | Experiment with slight adjustments in placement. Ensure the contoured shape aligns with your legs comfortably. |

Specifications

| Attribute | Detail |
|-------------------------|---|
| Brand | UNAOIWN |
| Model | EVA 5-Layer Leg Float |
| Material | High-density Ethylene Vinyl Acetate (EVA) Foam |
| Color | Black with Blue Stripes |
| Item Dimensions (LxWxH) | Approx. 9.57 x 5.98 x 4.37 inches (24.3 x 15.2 x 11.1 cm) |
| Package Weight | Approx. 0.11 Kilograms (0.24 lbs) |
| Age Range (Description) | Adult |

Support

For any questions, concerns, or assistance with your UNAOIWN Pull Buoy, please do not hesitate to contact our customer service team. We are committed to providing 24-hour customer service to ensure your complete satisfaction.

Please refer to your purchase documentation or the retailer's website for specific contact details.