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LifeGoods LG1146

LifeGoods Inflatable Stand Up Paddle Board with Kayak Seat

MODEL: LG1146

Introduction

Thank you for choosing the LifeGoods Inflatable Stand Up Paddle Board. This manual provides essential information for the safe and effective use, setup, and maintenance of your paddle board. Please read these instructions carefully before your first use and retain them for future reference.

Safety Instructions

- Always wear a U.S. Coast Guard-approved personal flotation device (PFD) when using the paddle board.
- Never paddle alone. Always inform someone of your paddling plans, including your route and estimated return time.
- Check weather conditions and water forecasts before heading out. Avoid strong winds, currents, and storms.
- The maximum weight capacity for this board is **135 kg (297 lbs)**. Do not exceed this limit.
- Attach the ankle leash to yourself and the board to prevent separation in case of a fall.
- Be aware of your surroundings, including other watercraft, swimmers, and obstacles.
- Do not use the board under the influence of alcohol or drugs.
- Children should always be supervised by an adult.

Package Contents

Your LifeGoods Inflatable Stand Up Paddle Board package includes the following items:

- 1x Inflatable SUP Board
- 1x Adjustable Aluminum Paddle (convertible to double-bladed kayak paddle)
- 1x Removable Kayak Seat
- 3x Fins (1 central removable fin, 2 fixed side fins)
- 1x High-Pressure Hand Pump
- 1x Ankle Leash

- 1x Repair Kit (patches included, glue not included)
- 1x Carry Bag / Backpack
- 1x Waterproof Phone Case



An overview of all components included in your LifeGoods Inflatable SUP Board package, including the board, paddle, pump, fins, and accessories.

Setup

1. **Unpack and Unroll:** Remove the inflatable SUP board from its carry bag. Unroll it completely on a clean, flat surface, ensuring there are no sharp objects underneath.
2. **Inflation:**
 - Locate the inflation valve at the tail of the board. Ensure the valve pin is in the 'up' position (closed) to prevent air from escaping.
 - Connect the hose of the hand pump to the valve by twisting it securely.
 - Begin pumping. The pressure gauge will not show a reading until the board reaches a higher pressure. Continue pumping until the board is firm and reaches the recommended pressure, typically **12-15 PSI**. Do not overinflate.
 - Once inflated, quickly disconnect the pump hose and ensure the valve cap is securely fastened to prevent air leakage.

Easy To Take With You

Compact size



±5
min

Done Quickly

Manual or
electric pump



The hand pump connected to the inflation valve of the LifeGoods SUP board, demonstrating the inflation process.

- 3. Fin Installation:** Slide the large central fin into the fin box located at the rear underside of the board. Secure it with the attached clip or pin. The two smaller side fins are typically fixed and do not require installation.
- 4. Paddle Assembly:** Assemble the paddle by connecting the sections. Adjust the paddle length so that when standing, the handle reaches your wrist when your arm is extended overhead. For kayak mode, attach the second paddle blade to convert it into a double-bladed paddle.
- 5. Kayak Seat Attachment (Optional):** If you wish to use the board in kayak mode, attach the provided kayak seat. Secure the seat straps to the D-rings located on the deck of the board. Adjust the straps for a comfortable and stable seating position.

Removable Seat

Use as a SUP board or kayak



A close-up view of the LifeGoods SUP board with the removable kayak seat attached to the D-rings, illustrating its conversion capability.

- Ankle Leash Attachment:** Attach one end of the ankle leash to the D-ring at the tail of the board and the other end to your ankle. This safety feature keeps the board close to you if you fall into the water.

Including Ankle Cord

So that your SUP board never floats away



A person on the LifeGoods SUP board with the ankle leash securely fastened, demonstrating its use for safety.

Operating Instructions

The LifeGoods Inflatable SUP Board offers versatile use for various water activities.

- **Stand-Up Paddling:** Begin by kneeling on the center of the board to get a feel for its stability. Once comfortable, slowly stand up, placing your feet shoulder-width apart over the carrying handle. Keep your knees slightly bent and your core engaged for balance. Use the single-bladed paddle to propel yourself through the water.
- **Kayaking:** With the kayak seat attached and the paddle converted to a double-bladed configuration, sit comfortably on the seat. Use the double-bladed paddle for efficient propulsion, similar to a traditional kayak.
- **Versatile Activities:** This board is suitable for cruising, yoga, fitness, and even small wave surfing. Always ensure proper balance and safety precautions for your chosen activity.

Beginners And Advanced

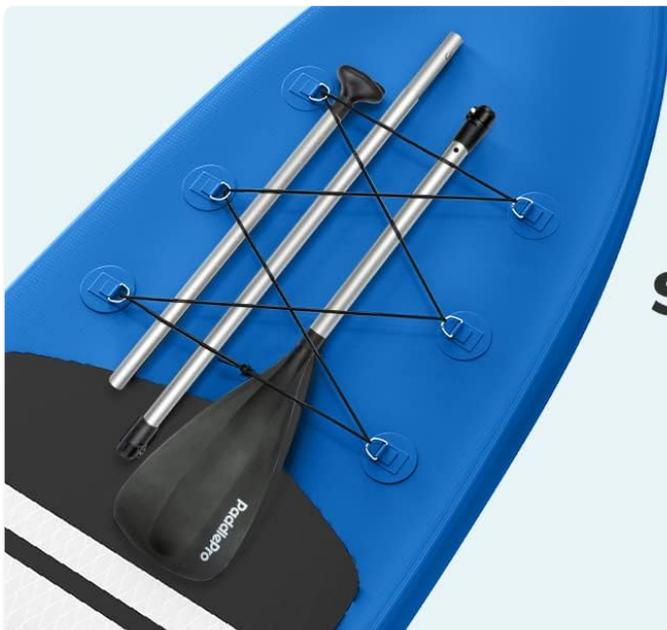
Perfect for cruising, yoga, fitness and surfing



A collage of images showing the LifeGoods SUP board being used for various activities including stand-up paddling, kayaking, yoga, and with a pet.

Maintenance

- **Cleaning:** After each use, rinse your paddle board, paddle, and accessories with fresh water to remove salt, sand, and dirt. Use mild soap if necessary, then rinse thoroughly.
- **Drying:** Ensure the board is completely dry before deflating and storing it. Drying prevents mold, mildew, and material degradation.
- **Deflation and Storage:**
 - To deflate, press the valve pin down and twist it to lock it in the open position. Air will rapidly escape.
 - Once mostly deflated, begin rolling the board tightly from the nose towards the tail, pushing out any remaining air.
 - Store the rolled board in its carry bag in a cool, dry place, away from direct sunlight and extreme temperatures.



Strong Bungeecord

Bring items safe with you

Handy Extra's

Repair kit and
waterproof phone case



Hands rolling up the deflated LifeGoods SUP board, illustrating the compact storage process.

- **Repair Kit:** Use the provided repair kit for minor punctures. Clean the area around the puncture, apply a patch according to the instructions (note: glue is not included and must be purchased separately). Allow sufficient drying time before re-inflating.

Troubleshooting

- **Board not inflating properly:** Ensure the valve pin is in the 'up' (closed) position before connecting the pump. Check that the pump hose is securely attached to the valve.
- **Board losing air:** Check the valve for any debris or sand that might prevent a proper seal. Re-tighten the valve cap. For small leaks, inflate the board and apply soapy water to the surface; bubbles will indicate a leak. Use the repair kit for punctures.
- **Stability issues:** Ensure the board is inflated to the recommended pressure (12-15 PSI). Distribute your weight evenly on the board. Verify that the central fin is correctly installed.
- **Paddle feels loose:** Ensure all paddle sections are fully inserted and locked into place. Adjust the clamp mechanism if present.

Specifications

Model Number	LG1146
Dimensions (Inflated)	320 cm (L) x 81 cm (W) x 15 cm (H)
Maximum Weight Capacity	135 kg (297 lbs)
Board Weight	8.5 kg (18.7 lbs)
Material	Durable PVC, Drop-stitch core, EVA deck pad
Skill Level	Beginner



An infographic displaying the LifeGoods SUP board's key specifications, including its dimensions (320x81x15cm), maximum capacity (135kg), and board weight (8.5kg).

Warranty and Support

For warranty information, product support, or any questions regarding your LifeGoods Inflatable Stand Up Paddle Board, please contact LifeGoods customer service. When contacting support, please have your model number (LG1146) and purchase details available.

You can typically find contact information on the LifeGoods official website or through your retailer.