



[Manuals.plus](#) /

› [Wham-O](#) /

› Wham-O Bodyboard Instruction Manual

Wham-O 34069

Wham-O 37" Bodyboard Instruction Manual

Model: 34069

INTRODUCTION

Welcome to the world of Wham-O! This manual provides essential information for the safe and effective use of your new Wham-O 37" Bodyboard. Designed for all skill levels, this bodyboard features a durable Phuzion (high-density EPS) core and a comfortable wrist leash, ensuring a fun and secure experience in various wave conditions.



Figure 1: Wham-O 37" Bodyboard

Safety Information

- Always use the bodyboard in appropriate water conditions and within your skill level.
- Children should always be supervised by an adult when using the bodyboard.
- Do not use the bodyboard in areas with strong currents, hidden obstacles, or heavy boat traffic.
- Ensure the wrist leash is securely attached to both the board and your wrist to prevent loss of the board.
- Be aware of other swimmers and surfers in the water to avoid collisions.
- Avoid prolonged exposure to direct sunlight when not in use, as this can damage the board material.

Components and Features

Your Wham-O Bodyboard package includes the following:

- Wham-O 37" Bodyboard
- Attached Wrist Leash

Key features of your bodyboard:

- **Phuzion Core (High-Density EPS Core):** Provides strong buoyancy and stability for easy wave catching.
- **Durable Fiber-Clad Cover:** Enhances longevity and resistance to wear.
- **Crescent Tail Shape:** Offers excellent traction on wave faces and aids in maintaining proper body positioning.
- **Smooth Bottom:** Designed to increase speed when riding on waves.
- **Secure Wrist Leash:** Keeps the board close to you, preventing it from being lost in the ocean.



Figure 2: Phuzion Core Detail

WRIST LEASH INCLUDED

Enhances safety, ensuring the board stays within your reach at all times



Figure 3: Wrist Leash Included

SETUP

1. **Inspect the Bodyboard:** Before each use, check the bodyboard for any signs of damage, such as cracks, dents, or tears in the cover. Do not use if damaged.
2. **Attach the Wrist Leash:** The wrist leash is pre-attached to the board. Secure the cuff of the leash comfortably around your wrist (typically your leading arm, which is the arm closest to the nose of the board when riding). Ensure it is snug but not too tight to restrict circulation.

OPERATING INSTRUCTIONS

Follow these steps for an enjoyable bodyboarding experience:

1. **Entering the Water:** Carry your bodyboard into the water until you are waist-deep or where waves begin to break.
2. **Positioning:** Lie prone on the board with your chest centered and your hips at the back edge. Your hands should grip the

nose of the board.

3. **Catching a Wave:** As a wave approaches, kick your legs to gain momentum. When the wave lifts the tail of your board, push down on the nose and extend your body to glide forward.
4. **Riding the Wave:** Use your body weight to steer. Shift your weight slightly to the left or right to control direction. Keep your body low on the board for stability.
5. **Exiting the Water:** Ride the wave to shore or paddle back to a safe depth. Always be mindful of other beachgoers.



Figure 4: Enjoying the Waves

SMOOTH BOTTOM

Increases your speed
when riding on waves



Figure 5: Smooth Bottom for Speed

MAINTENANCE

- **Rinse After Use:** After each use, rinse the bodyboard thoroughly with fresh water to remove salt, sand, and chlorine.
- **Dry Properly:** Allow the bodyboard to air dry completely in a shaded, well-ventilated area before storing. Avoid direct sunlight for extended periods.
- **Storage:** Store the bodyboard flat or on its side in a cool, dry place away from extreme temperatures and direct sunlight. Do not store heavy objects on top of the board.
- **Avoid Punctures:** Keep the bodyboard away from sharp objects that could puncture or damage the core.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Board feels unstable	Incorrect body positioning; rough water conditions.	Ensure your chest is centered and hips are at the back edge. Practice in calmer waters.
Difficulty catching waves	Insufficient paddling speed; incorrect timing.	Increase your kicking speed as the wave approaches. Observe wave patterns to improve timing.
Leash tangles or feels uncomfortable	Leash twisted; improper wrist attachment.	Untwist the leash before use. Adjust the wrist cuff for a snug but comfortable fit.

SPECIFICATIONS

Brand	Wham-O
Model Name	34069
Material	High-density EPS core
Item Package Dimensions (L x W x H)	36.6 x 18 x 2 inches
Package Weight	0.45 Kilograms
Skill Level	All
Included Components	Bodyboard and Leash
UPC	032187342673

ABOUT WHAM-O

Wham-O has been a pioneer in outdoor fun since 1948, creating iconic products that bring joy to families worldwide. The Boogie Board, born in 1971 from California surf culture, made wave-riding accessible and enjoyable for everyone with its lightweight foam design.

Your browser does not support the video tag.

Video: Wham-O Games and Sports - A brief overview of various Wham-O products and their legacy.

WARRANTY AND SUPPORT

For warranty information, product support, or to inquire about replacement parts, please visit the official Wham-O website or contact their customer service. Keep your purchase receipt as proof of purchase. You can also visit the [Wham-O Store on Amazon](#) for more products and information.

