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Sportneer Aqua Exercise Set with Foam Cuffs

Sportneer Aquatic Exercise Equipment Combo Set User Manual

Model: Aqua Exercise Set with Foam Cuffs

1. Product Overview

The Sportneer Aquatic Exercise Equipment Combo Set is designed to enhance water-based workouts, providing resistance for aerobic, strength, and flexibility training. This set includes water dumbbells, an adjustable aqua belt, and water ankle weights, suitable for various fitness levels and ages.



Figure 1: Components of the Sportneer Aquatic Exercise Combo Set.

Package Contents:

- 2 x High-Density EVA Foam Water Dumbbells
- 1 x Adjustable Aqua Belt
- 2 x Water Ankle Weights (Foam Cuffs)
- 1 x User Manual

Key Features:

- **High-Density EVA Foam:** Provides strong resistance for effective workouts.
- **Detachable Design:** Facilitates convenient assembly and disassembly.
- **Comfortable Grip:** Water dumbbells feature durable PC tubes wrapped in soft EVA foam with anti-slip handle strips.
- **Adjustable Aqua Belt:** Includes 6 removable blocks for customizable resistance and fits waist sizes from 23 to 47 inches (60-120 cm).

- **Adjustable Ankle Weights:** Features waterproof webbing for a secure fit around ankles (8-13 inches / 20-33 cm circumference).



Figure 2: Features of the Sportneer water dumbbells, emphasizing material quality and quick-drying properties.

2. Safety Information

Please read and understand all safety instructions before using this product. Failure to follow these instructions may result in injury.

- Always consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions.
- This product is designed for aquatic exercise and should only be used in water.
- The aqua belt is a buoyancy aid for exercise and **does not protect against drowning**. Always use under supervision, especially for children or individuals who are not strong swimmers.
- Ensure all components are securely fastened and adjusted correctly before entering the water.
- Inspect the equipment for any signs of wear or damage before each use. Do not use if damaged.

- Avoid sharp objects or abrasive surfaces that could damage the EVA foam.
- Use caution when performing exercises to maintain balance and prevent falls.

3. Setup

3.1 Aqua Belt Setup

The aqua belt features removable foam blocks to adjust buoyancy and resistance. Adjust the belt to fit your waist securely.

1. **Adjust Buoyancy:** The belt comes with 6 removable foam blocks. To increase resistance or reduce buoyancy, remove blocks as needed. To increase buoyancy, ensure all blocks are in place.
2. **Secure Belt:** Wrap the belt around your waist.
3. **Buckle:** Connect the buckle securely.
4. **Tighten:** Adjust the webbing straps to ensure a snug and comfortable fit. The belt should be firm but not restrictive.



Figure 3: Steps for adjusting and securing the Aqua Belt. Suitable for waist sizes 23.5-47 inches (60-120 cm).

3.2 Water Ankle Weights Setup

The water ankle weights are designed with adjustable webbing for a secure fit around your ankles.

1. **Position:** Place one ankle weight around each ankle.
2. **Adjust:** Use the adjustable waterproof webbing to tighten the cuff until it fits securely and comfortably.
3. **Check Fit:** Ensure the cuffs are snug enough to stay in place during movement but do not restrict circulation.

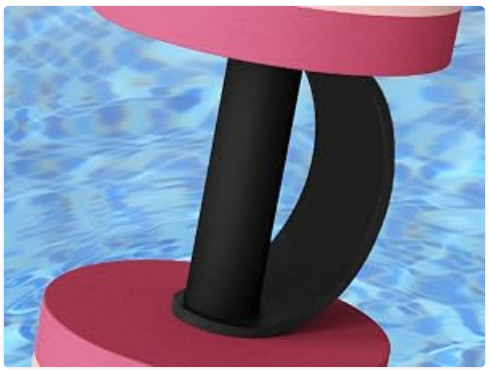


Figure 4: Adjusting the Water Ankle Weights for a secure fit. Fits ankle circumferences from 8 to 13 inches (20-33 cm).

4. Operating Instructions

This equipment is designed to increase resistance in water, making your aquatic exercises more challenging and effective. The following are general guidelines and example exercises.

4.1 Using Water Dumbbells

Hold one dumbbell in each hand. The buoyancy of the dumbbells will provide resistance when pushing them down or pulling them up through the water.

- **Arm Curls:** Stand in water, hold dumbbells with palms facing up. Curl arms towards shoulders, then slowly lower.
- **Triceps Extensions:** Hold dumbbells overhead, extend arms, then bend elbows to lower dumbbells behind head.
- **Chest Press:** Hold dumbbells in front of chest, push forward, then return.

4.2 Using the Aqua Belt

The aqua belt provides buoyancy to keep you afloat, allowing you to perform deep-water exercises without touching the bottom of the pool. This reduces impact on joints.

- **Water Jogging/Running:** Simulate jogging or running motions in deep water. The belt will keep you upright.
- **Knee Lifts:** Lift knees towards your chest, alternating legs.
- **Leg Swings:** Swing legs forward and backward or side to side.

4.3 Using Water Ankle Weights

The ankle weights add resistance to leg movements, strengthening leg muscles and increasing calorie expenditure.

- **Leg Lifts:** Stand or hold onto the pool edge, lift one leg to the side, front, or back against the water resistance.
- **Bicycle Kicks:** Perform cycling motions with your legs.
- **Scissor Kicks:** Lie on your back (with aqua belt for support if needed) and perform scissor-like leg movements.

4.4 Example Exercise Guide

Combine the equipment for a full-body aquatic workout. Refer to the diagram below for visual examples of exercises.

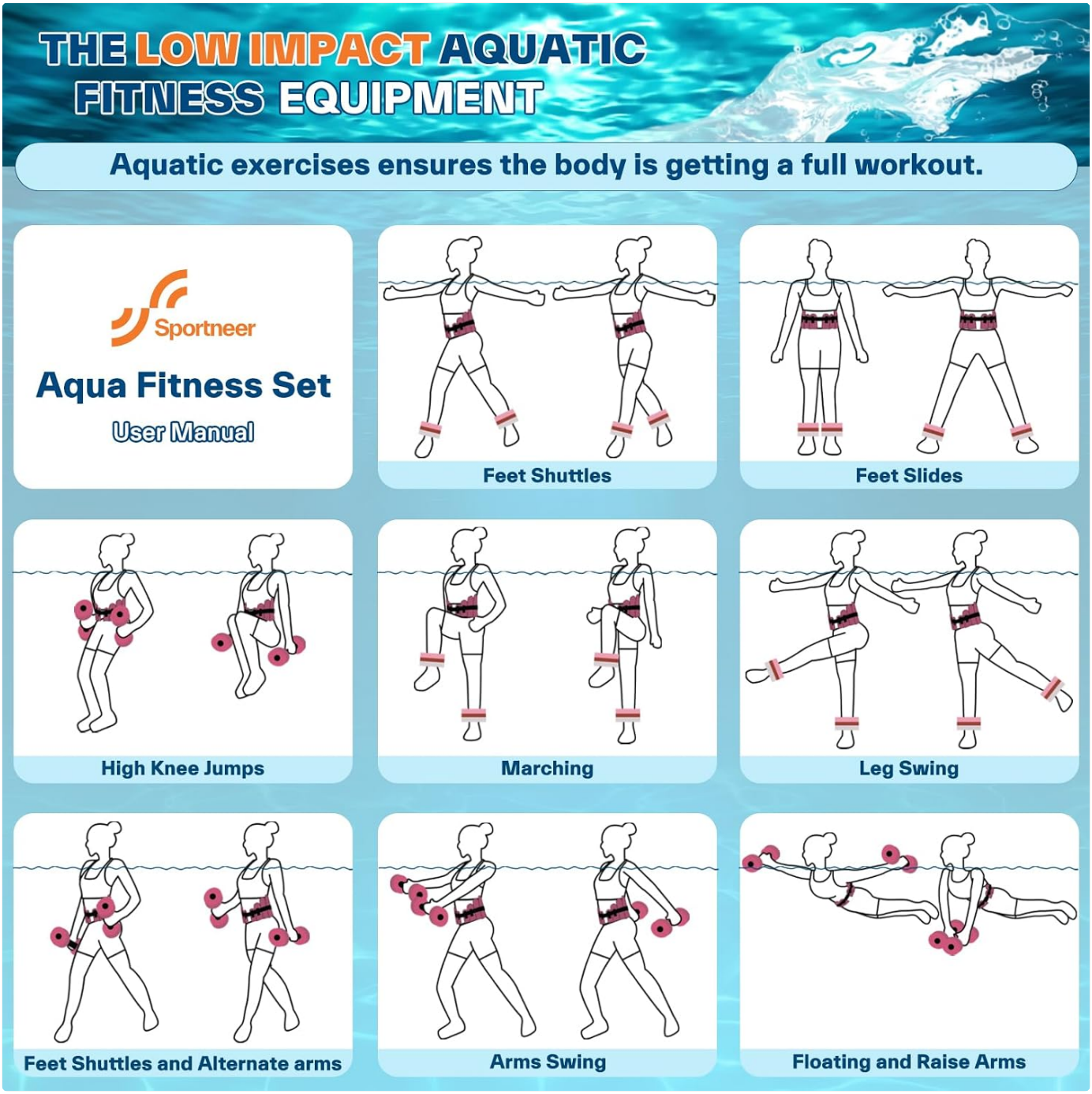


Figure 5: Illustrated guide for various low-impact aquatic fitness exercises using the Sportneer Aqua Fitness Set.

5. Maintenance

Proper care and maintenance will extend the life of your Sportneer Aquatic Exercise Equipment.

- **Rinse After Use:** After each use, rinse all equipment thoroughly with fresh water to remove chlorine, salt, or other pool chemicals.
- **Air Dry:** Allow all components to air dry completely in a shaded, well-ventilated area before storing. Do not expose to direct sunlight for prolonged periods, as this can degrade the EVA foam.
- **Storage:** Store the equipment in a cool, dry place away from extreme temperatures and direct sunlight.
- **Inspection:** Periodically inspect the foam for tears or excessive wear, and check the straps and buckles for damage.
- **Cleaning:** For deeper cleaning, use a mild soap and water solution. Avoid harsh chemicals or abrasive cleaners.

6. Troubleshooting

If you encounter any issues with your Sportneer Aquatic Exercise Equipment, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Equipment feels too buoyant/not enough resistance	Aqua belt has too many foam blocks; dumbbells not used with enough force.	Remove foam blocks from the aqua belt to decrease buoyancy. Increase the speed and force of movements with dumbbells and ankle weights to generate more resistance.
Equipment feels uncomfortable or slips	Straps are too loose or too tight; incorrect positioning.	Adjust the straps on the aqua belt and ankle weights for a snug, comfortable fit. Ensure the aqua belt is centered on your waist.
Foam material shows signs of wear	Prolonged exposure to sun or chemicals; abrasive contact.	Rinse thoroughly after each use and air dry in shade. Store away from direct sunlight. Avoid dragging equipment on rough surfaces.

7. Specifications

Feature	Detail
Product Name	Sportneer Aquatic Exercise Equipment Combo Set
Model	Aqua Exercise Set with Foam Cuffs
Material	High-Density EVA Foam, PC Tubes, Waterproof Webbing
Aqua Belt Waist Range	23.5 - 47 inches (60 - 120 cm)
Ankle Weight Circumference	8 - 13 inches (20 - 33 cm)
Item Package Dimensions	17.13 x 13.5 x 6.89 inches
Package Weight	1.48 Kilograms
Color	Pink (for this specific variant)

8. Warranty and Support

Sportneer products are manufactured with quality and durability in mind. For specific warranty details, please refer to the product packaging or contact Sportneer customer support directly.
If you have any questions, concerns, or require assistance with your Sportneer Aquatic Exercise Equipment, please visit the official Sportneer website or contact their customer service team. Contact information can typically be found on the product packaging or on the Sportneer brand store page.

Thank you for choosing Sportneer.

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