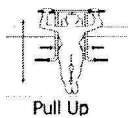


AQUATREND Water Workout Station

Owner's Manual



Pull Up



Push Up



Abdominal Crunch



Leg Lift



Lateral Raise



The AQUATREND Water Workout Station Owner's Manual

Welcome to your new AQUATREND Water Workout Station – the cool way to workout. With this one unit, you have a multi-purpose fitness Station that is easy to install, providing you with a total gym at your disposal.

The AQUATREND Water Workout System is a total body conditioning unit designed to help you improve all areas of physical fitness; cardio respiratory endurance, muscular strength, flexibility and body composition. It also can help you increase some minor components of physical fitness such as coordination, skill, power, agility and balance . Because of the lessened gravity of the aquatic environment, you can complete movements in the water that are very difficult on land such as pull ups, chin ups, dips, squats and lunges.

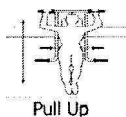
Physicians, Fitness Professionals, Physical Therapists and Athletes alike recommend this System for overall fitness training, cross training and rehabilitation. More and more people are getting wet AND healthy with Aquatic Fitness and the AQUATREND Water Workout System.

In our Fitness Programming Guide, you will find three training programs with recommended techniques for total body conditioning, including flexibility exercises and recommendations to help you achieve your fitness goals at a safe and effective pace.

Before you begin these programs, please read this Owner's Manual carefully, as it tells you how to affix the unit to your pool and provides safety tips regarding its use. Also, seek your physician's approval prior to beginning any exercise program.

We hope you enjoy your Water Workout Station. For any assistance, please contact our customer service department at 888-779-3201

Visit us on-line at www.Aquatrend-us.com for product and technique updates.



Pull Up



Push Up



Abdominal Crunch



Leg Lift



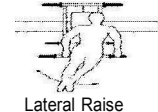
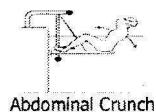
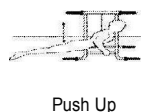
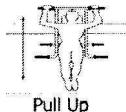
Lateral Raise



Safety and the Aquatic Environment

Pools are a fun and safe place to exercise. Upon completing the assembly of your AQUATREND Water Workout Station, you should always do the following prior to working out to ensure your safety:

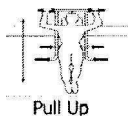
1. Check the station carefully. Do a visual and physical check of the deck fittings to make sure the station is secure in position. Press down on the upper part of the station to ensure it is in place.
2. Check the seat to make sure it is in the locked position – either up or down; (if set has chain hold, make sure it is secure to the top chain connection and make sure it is secure at the seat).
3. Check all hand and foot grips. Make sure they are secure and in place.
4. Check the pool wall around the station. Note any problem, broken tiles or chipped areas in the event that you would need to grab the wall for assistance at any time throughout your workout.
5. Exercise with a friend. It is recommended to be in an aquatic environment with supervision.





AQUATREND

Water Workout Station



Pull Up



Push Up



Abdominal Crunch



Leg Lift



Lateral Raise



Assembly Procedure

Review the picture of the AQUATREND Water Workout Station so that you can see what a completely assembled unit looks like. Lay out all parts of the unit in one area. Parts include:

- Installation Kits - three types
- Two 90 Degree Legs
- 2 Lower Units (1 Left and 1 Right)
- Seat (with chain)
- 1 Allen Wrench
- 1 Upper Unit With Handlebars

STEP 1: Place the seat on the floor or pool deck with flush side up.

STEP 2. Assemble lower unit left with seat, and slide through lower unit right; install bolt.

STEP 3: Rotate the lower legs (with the white rubber tips) so that the two legs with the snap buttons are facing up.

STEP 4: Take the upper unit with the 2 handle grips and slide it over the lower unit while depressing the snap buttons.

STEP 5: Slide upper unit down until the snap buttons pop out in one of four locations.

STEP 6: Take the two leg pieces and insert them into the upper part of the unit with the end pointing down at a 90 degree angle.

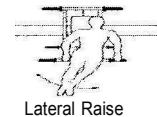
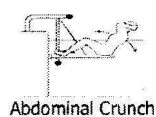
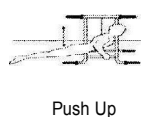
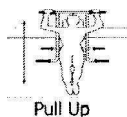
STEP7: The legs should be about 22 inches from the vertical tube of the lower unit.

STEP 8: Tighten the Allen bolt at the proper location.

STEP 9: Hand tighten setscrews.

STEP 10: Grasp center bar, rotate forward resting on rear legs and fasten chain hook to secure seat in upright position.

STEP 11: Insert entire unit into existing deck fittings. If fittings are not installed see deck fitting instruction procedures.





DECK FITTING INSTALLATION

FOR EXISTING POOL DECKS ONLY - FLUSH MOUNTING

You may install your AQUATREND® Water Workout Station yourself, or you may contact your local pool builder or pool service. Be sure to consult your local building inspector for any grounding requirements in your area.

Deck fitting installation procedures are as follows:

STEP 1: Assemble unit as per assembly instructions in owners manual.

STEP 2: Place assembled unit in pool and determine set back distance between 16" and 20"

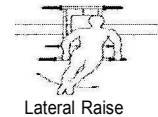
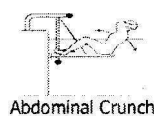
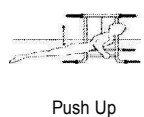
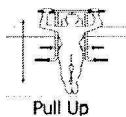
STEP 3: Fold template at desired set back distance between 16" and 20". Place folded edge at pool deck edge and mark the center of both holes through the template onto the pool deck.

STEP 4: Drill a hole 4 1/8" deep using a 3" diameter core drill through both circles on the template.

STEP 5: Insert deck fittings into the holes to check for fit.

STEP 6: Using any off the shelf sealer like 5200 or "Quick Set", partially fill in the hole and insert the deck fitting until it is snug and the plate is flush with the deck. If some of the Quick Set or sealer oozes out, simply wipe it up. Be sure there is no space between the plate and the deck.

STEP 7: Allow time for the sealer around the fitting to set up as per instructions and you will be ready to put the AQUATREND® Water Workout Station into service.





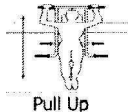
PRE CONSTRUCTION POOLS ONLY - FLUSH MOUNTING

Step 1: Place center of pre-construction mount assembly no closer than 16 inches and no further than 20 inches from the wall of the pool. Be sure to measure from the center part of the mount assembly.

Step 2: Secure pre-construction mount assembly to construction materials within the pour site of deck area.

NOTE:

- Be sure to consult with your local building inspector for any grounding requirements in your area.
- For optimal usage, the Water Workout Station should be in a water depth of 4 feet or more. A water depth of 5 to 6 feet is recommended. Plan your jig assembly placement accordingly.
- The deck fittings **MUST** be flush with the finished deck after concrete has been poured. If tile will be added, please allow for the height (thickness) of the tile.
- Pre-construction mount must be level during the pouring process. Repositioning the assembly during the pouring process may be necessary. This requires adjusting the mount assembly so that the deck fittings remain at the desired setback distance from the edge of the pool (when concrete is poured, you will not be able to see the jig).



Pull Up



Push Up



Abdominal Crunch



Leg Lift



Lateral Raise



FOR EXISTING POOLS ONLY -RESIDENTIAL SURFACE MOUNTING

You may install your AQUATREND® Water Workout Station yourself, or you may contact your local pool builder or pool service. Be sure to consult your local building inspector for any grounding requirements in your area.

Deck fitting installation procedures are as follows:

STEP 1: Assemble unit as per assembly instructions in owner's manual.

STEP 2: Place assembled unit in pool and determine set back distance between 16" and 20".

STEP 3: Fold template at desired set back distance between 16" and 20". Place folded edge at pool deck edge, place pre-drilled mount assembly on template and mark the center of the six (6) mounting holes thru the template onto the pool deck.

STEP 4: Remove template and place the predrilled mount assembly on pool deck to confirm drill marks.

STEP 5: Drill (6) 1/2" diameter holes that should be at least 2" deep. The appropriate depth and the anchor/bolts that are to be used should be determined by the installer.

STEP 6: Insert the (6) anchors into the newly drilled holes and tap down until flush.

STEP 7: Place the mount assembly over the anchors and insert the (6) bolts. Tighten evenly making sure not to over tighten.

STEP 8: Place Pre-assembled AQUATREND® Water Workout Station into mount.

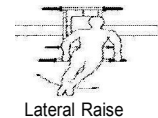
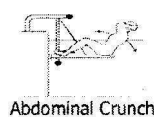
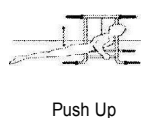
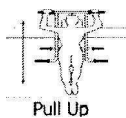




DIAGRAM I

Pull Up



Push Up



Abdominal Crunch



Leg Lift



Lateral Raise



Parts List

Part No.	DESCRIPTION	QTY.
1.	Rear Legs	2
2.	Deck Assembly Top	1
3.	Chain Master Link	1
4.	Hand Grips	4
5.	Adjustable Snap Button	2
6.	Stainless Steel Chain	1
7.	White Crutch Tips	2
8.	Foam Grips	2
9.	Seat Assembly	1
10.	Set Screw	1
11.	Water Workout Station Anchor	2
12.	White End Caps	2
13.	Allen Wrench	1
14.	Deck Fitting Template and Kit	1

SPECIFICATIONS

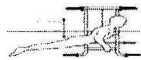
DIMENSION: 34"W x 58"L x

58"H WEIGHT: Approx. 40 lbs

WARRANTY: 1 year limited warranty on all mechanical components. Warranty outside the US may vary. Ask for details.

MATERIALS: Stainless Steel Grade 304 2B.

Pull Up



Push Up



Abdominal Crunch



Leg Lift



Lateral Raise



Care of your AQUATREND Water Workout Station

Care

Routine cleaning is an absolute necessity to insure the integrity of the stainless steel chrome-oxide film and the removal of potential contaminants. In addition, stainless steel products should never be stored close to chlorine concentrates.

It should also be remembered that if not kept clean, this protective film could also have a detrimental impact on the stainless steel it is intended to protect. This is because contaminants can become trapped and imbedded in the film. With that, they may then be in direct, continuous and corrosive contact with the alloy.

In addition, when the protective film breaks down in small isolated spots, severe contaminants such as halide salts (sodium-chloride) can come in contact with the alloy surface and begin to pit the surface. Further, because of the differing electrical potentials of the contaminated and uncontaminated areas of the alloy, the speed of deterioration and pitting may actually be increased. This is very common in coastal and other similarly harsh areas.

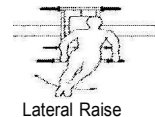
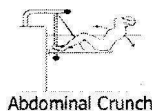
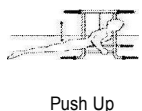
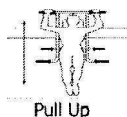
Another common form of corrosion is seen in crevices, weld points, under gaskets, rivets, bolt heads and in similar areas where there are differing oxygen concentrations or points where small amounts of liquid can collect and become stagnant. It is for this reason that AQUATREND strongly recommends the periodic inspection and thorough cleaning of these areas and the replacement of mounting hardware as necessary.

While the importance of stainless steel cleanliness cannot be overstated, if given proper care, most stainless steel products will give years of service and their cleaning need not be a tremendous burden.

Cleaning

As noted above, there are different contaminants that might impact the longevity of stainless steel. So, there are slightly different means of cleaning each contaminant.

However, depending upon the site, environmental conditions and other factors, the most effective and efficient means of cleaning most stainless steel products is





often warm water, a gentle detergent, a soft cloth and brisk rubbing. Remember that the primary protection of stainless steel is the chrome-oxide surface film. The use of gentle cleaning products and warm water will help remove contaminants from the film while the simple act of rubbing the film with a soft cloth will reinvigorate and strengthen the film.

Choosing a Cleaning Product

There are many proper cleaning products from which to choose. Depending on the type of cleaning and the degree of contamination, some products are better than others.

Although some products are called "stainless steel cleaners", they may scratch the surface and many contain chlorine bleach, which will dull, tarnish or discolor the surface if not completely removed.

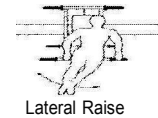
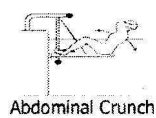
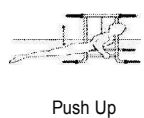
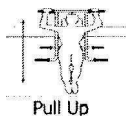
Various steel industry associations have provided lists of products advertised as stainless steel cleaners and in each such listing, they are careful to point out that:

1. Listing of a brand name does not constitute an endorsement of a product
2. Exclusion from the listing does not imply inadequacy of a product
3. Each product should be used in strict accordance with the instructions of the manufacturer.

They also reiterate that the mildest cleaner possible should be used for the particular task, rubbing should (to the extent possible) follow the polish lines of the steel and always insure thorough rinsing after cleaning.

For routine cleaning (as indicated above), the cleaning products most recommended are gentle soaps or detergents or mild mixtures of ammonia.

For stubborn spots and stains and light discolorations, products listed by the various associations include: 3M Stainless Steel Cleaner and Polish, Allen Polish, Areal 20, Cameo Stainless Steel Cleaner, Copper-Brite, Highlite, Lac-0-Nu, Liquid Nu Steel, Lumin Cleaner/Wash, O'Cedar Cream Polish, Penny-Brite, Revere Ware Cleaner, Sta-Clean, Stainless Shine and Twinkle. In addition, mention is made of Grade FFF or Grade F Italian Pumice, Whiting or talc.





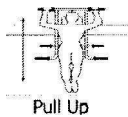
Slightly stronger products (some of which may cause scratching of the surface) include: Ajax, Allchem Concentrated Cleaner, Bon Ami, Comet, Goddard's Stainless Steel Care, Old Dutch, Soft-Scrub and Zud Restoro.

Disclaimer of Liability

THE MANUFACTURER OF THE AQUATREND WATER WORKOUT STATION DISCLAIMS AND EXCLUDES ALL WARRANTIES, EXPRESS OR IMPLIED INCLUDING, WITHOUT LIMITATION, ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

The manufacturer disclaims any responsibility or liability for the AQUATREND Water Workout Station that has been repaired, altered or improperly installed or subject to improper use or storage.

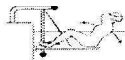
The manufacturer disclaims any responsibility or liability for the failure of the user to perform the exercise as intended.



Pull Up



Push Up



Abdominal Crunch



Leg Lift



Lateral Raise

