

HYDR REVOLUTION

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YOUR FREE
BARBELL 360
WORKOUT ONLINE

BARBELL QUICKSTART GUIDE

Thank you for purchasing an **Aquastrength Barbell**! Before you jump in the pool, you will need to follow the quick assembly instructions outlined below (please note the same method can also be applied if assembling the **Aquastrength Dumbbells**).

Over the page you will find a few exercises to test out your new Barbell along with some important information on caring for your equipment and tips for accessing our **FREE** training resources!

PROUDLY MADE IN THE U.S.A.

Get Started:

First, line up the following parts from the box:

- 1 x Aquastrength Bar
- 2 x Aquastrength Bells with a spigot on one side of the handle area



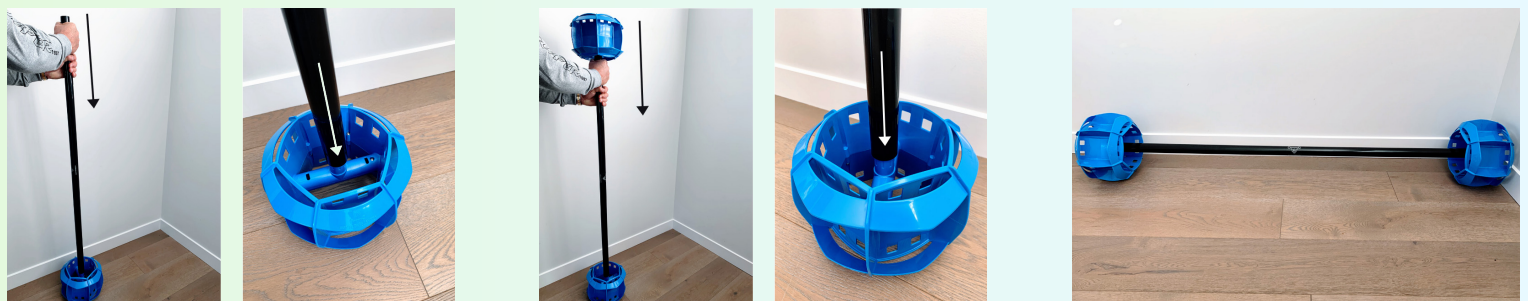
Step 1

Position the first bell on the floor, and insert the end of the bar into the spigot as shown in the below picture. The fit is very tight so you will need to push down firmly. You will only need to insert the bell into the bar a 1/2 inch or so for it to be secure.



Step 2

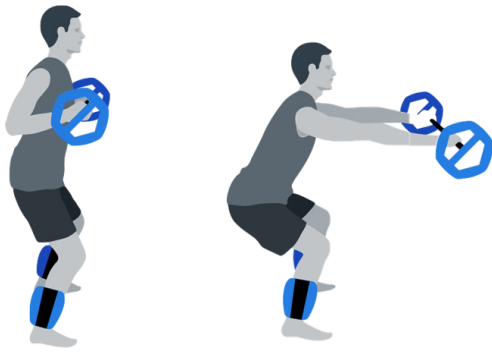
Get the second bell ready and turn the bar over to repeat the first step. Ensure the second bell is in the same direction so that the handles run parallel to each other on either end of the bar.



Step 3

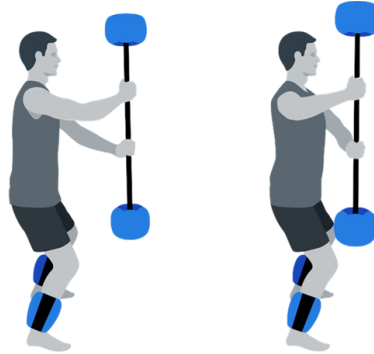
Once you have attached each bell-end you are ready to start using your new barbell. **Please ensure you refer to the care instructions found in the inside of this guide.**

1. CHEST PRESS WITH SQUAT



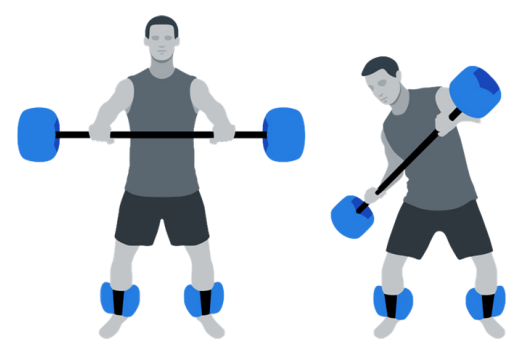
- Hold barbell at chest with arms shoulder width apart
- Press out as you sit down into a squat, maintain pressure on heels
- As you return to stand, pull barbell back to start position
- Ensure you keep the barbell underwater

2. CAULDRONS



- Ensure knees are slightly bent
- Encourage core/buttocks muscles
- Ensure you have a wide grip on the bar
- Put half of the bar underwater to start
- Perform a 'stirring' motion, ensuring you keep the bar vertical
- Repeat in both directions

3. KAYAK PUSHES



- Stand with good upright posture
- Ensure you have a wide grip on the barbell
- Dig and push the barbell as shown in the illustrations
- Ensure you stay stable and emphasize leg muscles

CARING FOR YOUR NEW BARBELL

A FEW TIPS TO ENSURE YOUR AQUASTRENGTH BARBELL LASTS IT'S LIFETIME

The Aquastrength Barbell has been designed to give you maximum drag resistance performance and ultimate comfort. To extend it's life, please be sure to follow the below care instructions:

1. Do not drop or drag your barbell across hard surfaces i.e. concrete or tiles.

2. Rinse in fresh water (at room temperature) after each use.

3. DO NOT store in direct sunlight as UV rays can deteriorate the Barbell over time.

4. Please ensure you store the Barbell in a completely horizontal or vertical position in a climate controlled location. Failure to do so could result in distortion of the bar.

5. Please remember that the Aquastrength Barbell is not to be used as a flotation device.



To make sure you are getting the most out of your Aquastrength Barbell, we recommend checking out the free training resources available to you on our website, including the **FREE Barbell 360 Workout Video and Printable PDF**.

Simply visit www.hydrorevolution.com/workout-programs/free-programs and follow the prompts to gain access!

Looking for more? Browse our full range of Drag Resistance Equipment and growing range of Workout Programs designed for all ages and fitness levels online.

