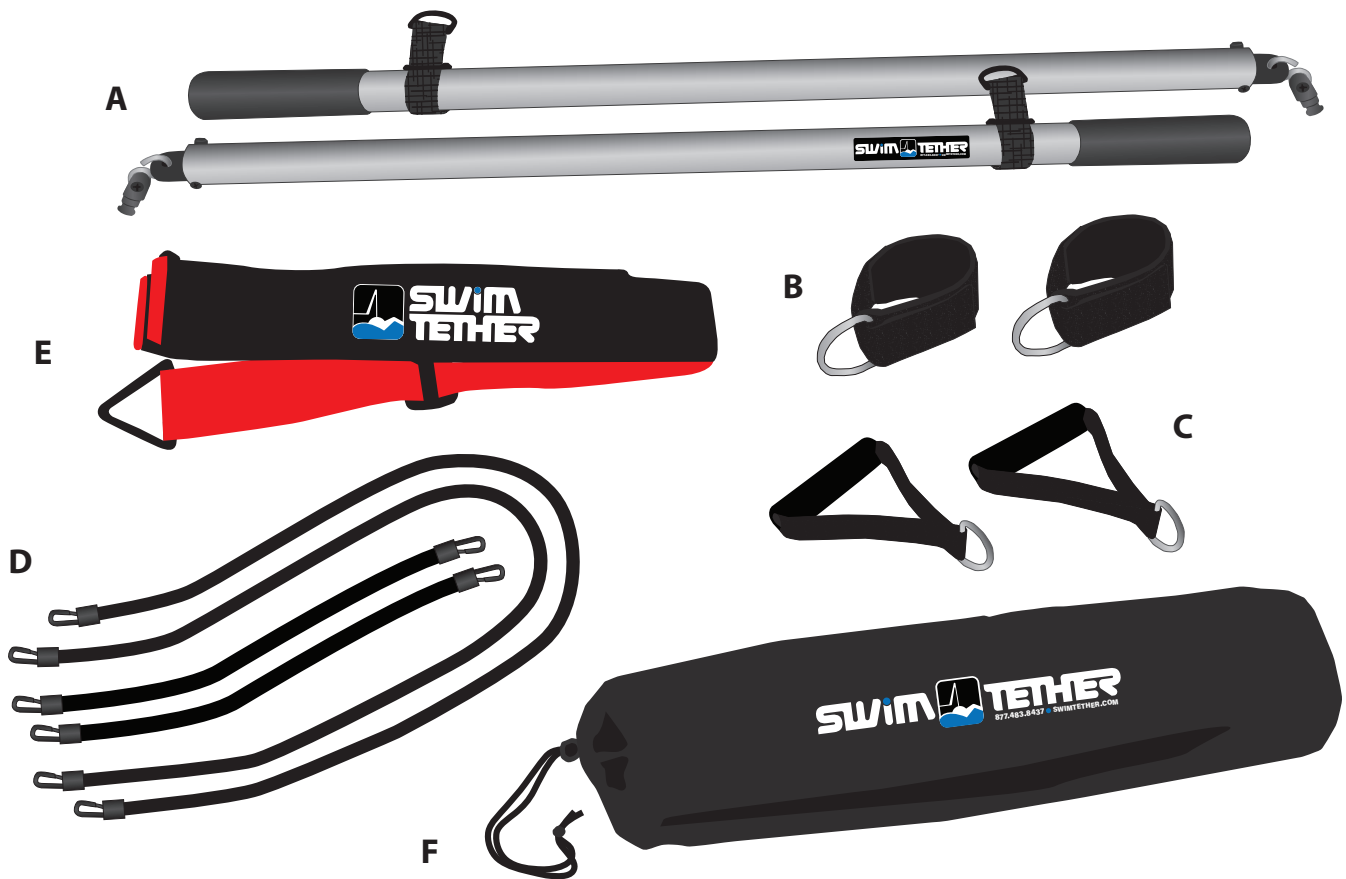




Row-Exercise Kit

Contents:

- A - Two Stainless Steel Row Bars with straps and quick-release spa attachment posts
- B - Ankle Cuffs for leg exercises
- C - Handle Grips for arm exercises
- D - Custom-blend resistance stretch cords for chlorine/UV environments
- E - Adjustable neoprene and nylon comfort swim belt
- F - Nylon storage sleeve



Illustrations not to scale. Actual product may vary and is subject to availability.

Exercise Disclaimer. Swim Tether, LLC, a Georgia limited liability company, d/b/a Swim Tether® disclaims any liability from, and in connection with, the exercise programs provided in this manual, on the Swim Tether® Website, or any other exercise programs utilizing the Swim Tether® device (including all of its components - the belt, tether and pole). As with any exercise program, if at any point during your exercise regime or workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a duly licensed physician. The exercises provided in this manual and on the Swim Tether® website, www.swimtether.com (the "Website"), are for educational purposes only, and are not to be interpreted as a recommendation for a specific therapy or treatment plan, product or course of action. Swim Tether® does not provide any medical advice and is not engaged in providing any medical services. Exercise of any kind is not without risk and the exercises provided in this manual and on the Swim Tether® Website may result in injury. Such injuries include, but are not limited to, risk of personal injury, aggravation of pre-existing conditions, or adverse effect of over-exertion such as a muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and rare instances of heart attack. To reduce the risk of injury, before beginning a Swim Tether® exercise program or any other exercise program, please consult a physician or physical therapist for an appropriate exercise prescription and safety precautions, especially if you are pregnant, nursing, or elderly, have any chronic or recurring conditions, or are under 12 years of age. The exercise instruction and advice presented in this manual and on the Swim Tether® Website are in no way intended as a substitute for medical consultation. Any application of the exercise programs, exercise routines or any other techniques, ideas or suggestion contained in this manual or on the Swim Tether® Website are at the reader's sole discretion and risk.

NEVER DISREGARD MEDICAL ADVICE OR DELAY IN SEEKING MEDICAL ADVICE BECAUSE OF SOMETHING YOU READ IN THIS MANUAL OR ON THE SWIM TETHER® WEBSITE.

Product Disclaimer. Read all instructions before using the Swim Tether® device. The Swim Tether® device is specifically designed to maximize water exercise and safety. The components of the Swim Tether device (i.e., the best, tether, and fully assembled pole) are specifically designed to work, in tandem, to achieve the safety and results Swim Tether is proud to promote for its product. The Swim Tether is designed to be used for all forms of swimming related, resistance exercise. The use of the Swim Tether device by children under 18 years of age requires constant and continuous adult supervision. Although the Swim Tether device is extremely strong, if the surface of the Swim Tether device is cracked, broken, cut, scraped, or otherwise damaged, its integrity can be compromised and could shatter and cause personal injury and property damage.

THOROUGHLY INSPECT THE SWIM TETHER DEVICE EACH TIME YOU USE IT.

If the Swim Tether® device is cracked, broken, cut, scraped, or otherwise damaged, **DO NOT USE THE DEVICE.** Care should be taken in the unpacking and assembly of the Swim Tether® device. The Swim Tether® device should only be used in pools and spas that are at least ten feet long and three and one half (3.5) feet deep. Never use the Swim Tether® device near steps or steep inclines. Never allow more than one (1) user to use one (1) Swim Tether® device at a time. Always attach the Swim Tether® device belt and tether while standing in the pool or spa. Never attach the Swim Tether® device belt or tether and then jump into a pool or spa. When in use, warn bystanders to stay clear of the Swim Tether® device. Do not use the Swim Tether® device or swim when thunderstorms or lightning are present or threatening. Do not use the Swim Tether® device for any purpose except as described in this manual and on the Swim Tether® Website.

Proper Use + Care of Swim Tether Products

The guidelines below are intended to ensure an enjoyable user experience and product longevity while using Swim Tether products. Adhering to these simple DOs and DON'Ts will keep you swimming and exercising safely.

Always exercise the following precautions when using and caring for your Swim Tether products and accessories.

DO NOT: overstretch cords. Swim/row cords are designed for gradual application of resistance and not sudden impact. Never enter a body of water by jumping in with the belt and tether attached or holding onto a rowbar. If swimming, avoid pushing off the wall and instead, begin swimming once in the pool and all slack is out of the cord.

DO: rinse after each use. Thoroughly rinse all components with fresh water after each use. Extended exposure to pool chemicals without rinsing may result in weakened material and the potential for breakage or injury.

DO: define your swim/row space. Find a rhythm while swimming any of the four strokes to remain in a defined swim space and avoid repeated stop and go excessive tension on the cord or tether poles. If rowing, ensure you have a sturdy grip on the handle portion of the row bar while exercising.

DO: let the water do the work. Remain within your defined swim/row space and refrain from outswimming/outrowing the system. You may be surprised how a little effort translates into large amounts of water resistance and exertion.

DO NOT: use for dry land. Our products are designed for use solely in water and should never be used in dry land training or exercise.

DO: disassemble and store when not in use. To avoid pool/spa deck tripping hazards, disassemble and store in the protective sleeve in a dry, safe place out of the elements such as a pool house or closet.

Swim Tether is not designed or intended to be a lifesaving device.

For any questions or concerns please contact a customer service representative.

info@swimtether.com • 877.483.8437



www.swimtether.com •

