

Rowing Exercise

- 1 Install Rowers**
Press the quick release button.
Snap the back of the rowing bar into the mount.
- 2 Install First Set of Tension Cords**
Use the mounting loops as a slip knots around each safety bar.
Clip tension cord to mounting loop.
Clip tension cord to rowing bar.
- 3 Install Second Set of Tension Cords**
Choose a desired pair of the varying length tension cords.
Clip the tension cord to the mounting loop.
Clip the tension cord to the row bar.

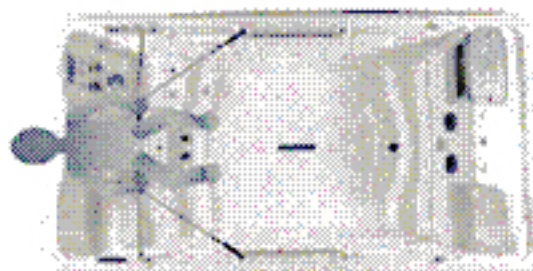


The tension cords are varying sizes to compensate for different levels of tension.

Rowing

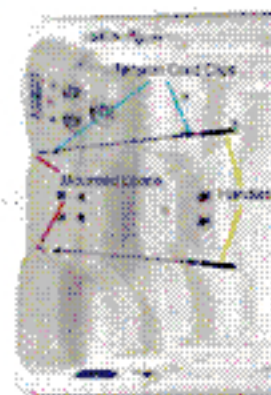
Sit in the rowing seat and grasp the rower handles, to begin your rowing exercise.

! Double check the Rowers, making sure that each clip, cord and rower is mounted securely.



Upper Body Workouts

- 1 Install Tension Cords**
Choose a desired pair of the varying length tension cords.
Clip the tension cords to the mounted loops.
Attach handles to the tension cords.



Chest Press

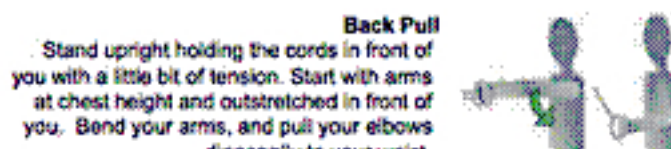
Standing upright and facing away from the cords, position your hands and elbows at

your sides, chest level. Keeping your elbows at chest level, push until your arms are outstretched in front of you.



Shoulder Pull

Stand upright holding the cords in front of you with a little bit of tension. Start with arms and hands at chest level and outstretched in front of you. Pull arms to your sides, keeping your elbows at chest level.



Back Pull

Stand upright holding the cords in front of you with a little bit of tension. Start with arms at chest height and outstretched in front of you. Bend your arms, and pull your elbows diagonally to your waist.

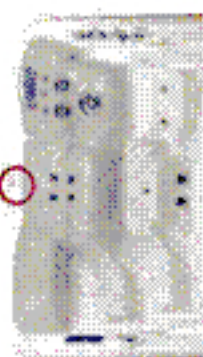


Tricep Pull

Sitting in the seat and facing away from the cords, position your elbows chest level, and hands eye level. Keeping your elbows parallel to your shoulders, pull until your arms are outstretched in front of you.

Treadmill with Swim Tether

- 1 Install Swim Tether Pole**
Attach the three poles together by inserting the thinner top pole into the middle section and the middle into the thicker base pole. Place bottom of the pole into the attachment on the lip of the pool, above the rowing seat. Adjust nylon rope to desired length.
- 2 Install Waist Band**
Pull the stainless steel clip along the waist band to adjust belt's diameter. Strap waist belt attachment to your waist by buckling the smaller clip into the larger, angled clip.

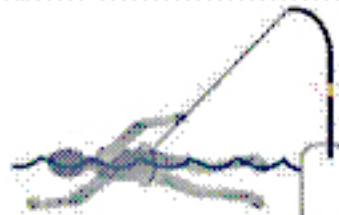


Treadmill

Run in place, utilizing water resistance.

Advanced Swimming with Swim Tether

- 2 Install Waist Band**
Strap waist belt attachment to your waist by clipping the smaller clip into the larger angled clip.



Swimming with Added Resistance
Practice advanced swimming techniques and swim at a faster rate with the waist attachment.

! For more information on the installation and use of the Swim Tether, please visit the "documents" section of www.SwimTether.com