

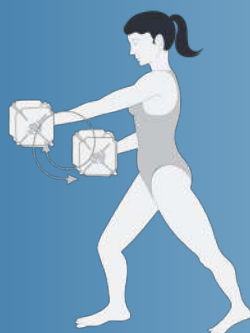
# HYDRO-TONE®

## QUICK START GUIDE

Thank you for your purchase! Here are a few exercises to get you started with your new equipment! These have been designed to suit a wide range of fitness levels, from the elderly or injured, right through to fitness enthusiasts and elite level athletes. We recommend checking with your healthcare professional before starting any new exercise regime. Remember, the water is your source of resistance. You control the level of intensity with the effort you put in. The harder you push, the harder the water will push back. Quite simply, this means you can easily adapt your workout to suit your fitness level at anytime, by adjusting the time or intensity you workout at.

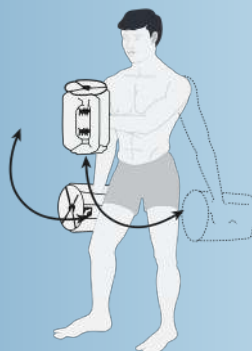
PROUDLY MADE IN THE U.S.A.

### PADDLE WHEEL - FORWARD/REVERSE



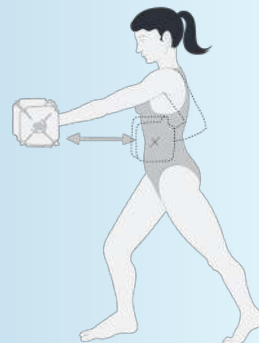
Warm-up the shoulders and chest. Start slow and gain speed churning the bells over one another in front of the body in a forward circular motion, then in reverse.

### RUNNING / CROSS-COUNTRY ARMS



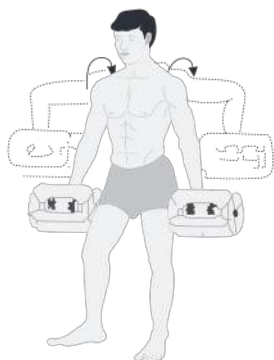
Start with the arms moving as if running. Keep elbows bent and close to the body. Bells move in opposite direction from each other. Gradually make longer swinging motions with the arms. Keep elbows bent.

### KARATE PUNCH & PULL



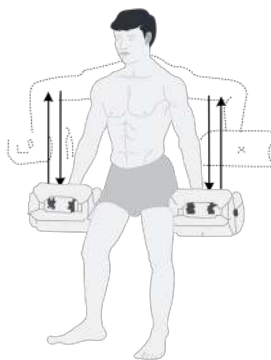
Alternately punch the water and draw the bells back to your body. Keep abdominal muscles tight.

### SHOULDER SHRUGS/ROWING



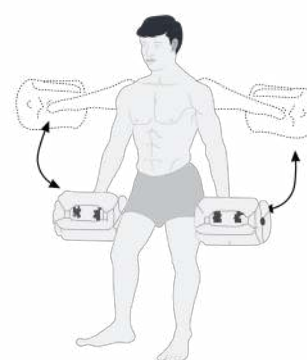
Begin with bells close to the side and move the shoulders in a backwards shrugging/circular motion. Gradually begin to move the bells in larger circles until you have transitioned to a full rowing motion.

### PLUNGES



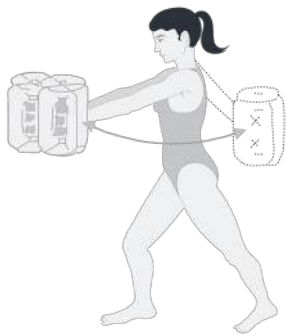
Begin with the bells at your sides, arms nearly straight. Alternately raise the bells to your armpits and lower them (up, down, up, down).

### LATERAL RAISE / PRESS



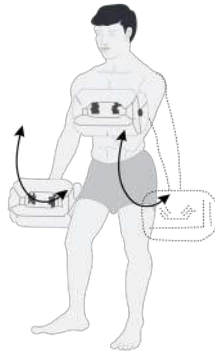
Begin with the bells at your side and swing them outward and upward and then return. Begin with small movements and progressively increase the size of the swing until you are bringing the bells to the surface.

## FLYS



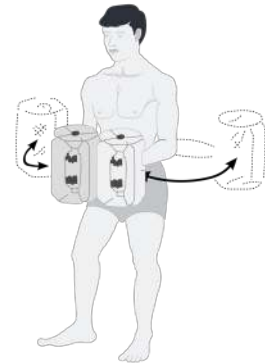
Begin with bells together in front of chest, and close to the body. Move bells outward as if opening and closing shutter doors. Gradually make the movements wider and farther from the body.

## ELBOW CURL / EXTENSION



Begin with one arm nearly straight down at your side and the other bent to position the bell near the shoulder. Alternately bend and extend the elbows moving bells in opposite directions.

## ROTATOR CUFF



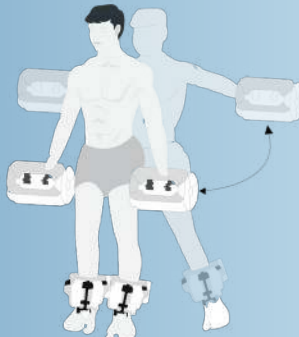
Keep elbows at your sides bent to 90 degrees. Swing the bells outward then together again.

## WALK FORWARD / BACKWARD



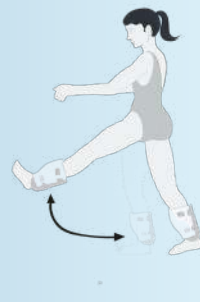
Begin with feet shoulder width apart. Step forward, with small steps and gradually increase the stride. Same for walking backwards. Keep abdominals tight.

## SIDE STEP LATERAL ARM RAISE



Begin with feet together and hands at side. Step sideways as you raise both bells. Bring second foot to first as you press the bells down. Continue in traveling motion, then change directions.

## SIDE LEG LIFT PLIE



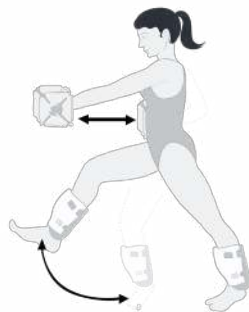
Stand facing the wall. Sweep right leg out towards the surface. Pull it back down and behind the left leg while doing a plie'. Repeat several swings up and down with the right leg while standing on the left. Switch legs.

## BAND MARCH



Begin with arms down, elbows bent in front, palms down. As you lift one knee press bells down. Return to starting position. Alternate legs as if marching in a band. Keep abdominals tight.

## KARATE KICK & PUNCH



Lift knee and kick foot up as you punch opposite hand forward. Alternate legs and arms. Keep abdominals tight.

## DEAD LIFT



Begin standing with feet shoulder width apart. Bend knees to a squat position. Press up to a standing position. Keep abdominals tight.