



Bedienungsanleitung



Aquafins, Paar

Art.-Nr. 04585

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Aquafitness

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The Ultimate Aquatic Exercise Gear

QUICK START CARD

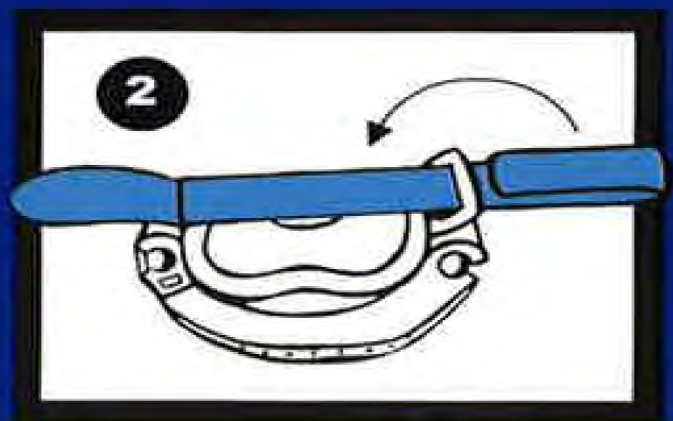
*For those who just can't
wait to get in the water*



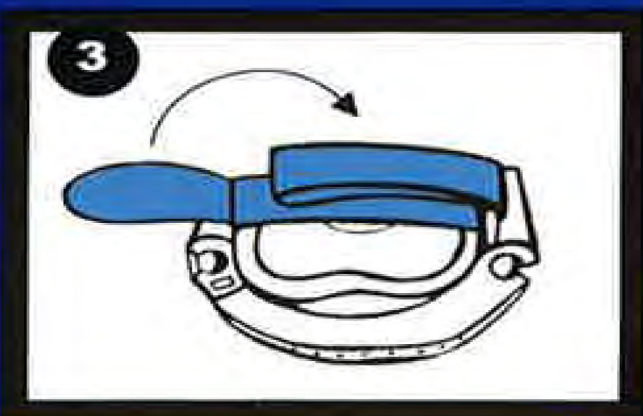
USING ON YOUR ARMS



1
With your wrist placed comfortably in the cuff (with the cuff placed behind wrist bone), push the strap completely through the plastic fastening loop.



2
Fold the strap over onto itself. Pull the strap over the wrist and tighten until it is snug.



3
Double lock the strap by pulling the shorter velcro strap over top.



4
Press down firmly and voilà - a secure fit.



Swimmers: Use Speedking Fins
(Swimmers Kit Only)

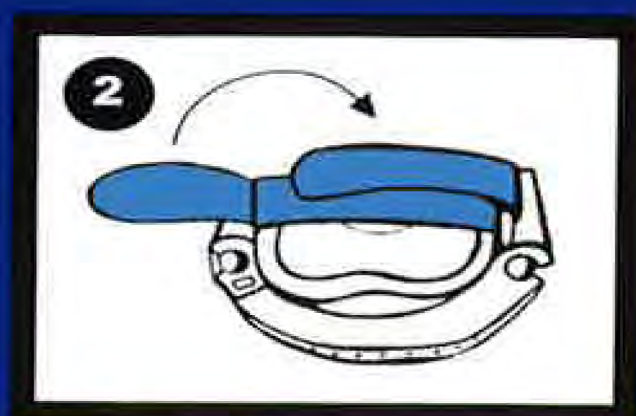
USING ON YOUR LEGS



Aqua-Aerobics: Use Predator Fins
(Swimmers Kit Only)



Place the cuff comfortably on your ankle, then push the strap through the plastic fastening loop. Pull strap across the back of the leg until snug.



Double lock the strap by pulling the shorter velcro strap over top.



Press the velcro strap down and you're ready for the water.

Look inside for tips on proper cuff placement, and for more information on getting your Aquafins™ gear ready for the water. Please keep in mind that Aquafins™ products do not provide floatation.

FREQUENTLY ASKED QUESTIONS

What are they? A complete resistance training system for the whole body. Its functionality improves the quality of any swim or aquatic workout. Replaces over \$200 worth of training equipment. One-size-fits-all cuff, interchangeable fins, accessories, superior craftsmanship, and advanced hydrofoil design, make them an unequalled performer for all types of swimmers & aquatic exercise enthusiasts.

What is the Aquafins™ gear made out of? The cuffs are made from a high-strength plastic polymer and the fins are made from a variable density synthetic rubber for durability in and out of the pool. All are designed to be extremely durable. The strap is made from a Neoprene padding which provides comfort for wrists and ankles.

What sizes do they come in? Aquafins™ gear come in one size. The straps are adjustable and have been designed to fit almost everyone.

Will my fins wobble in the water? No. You simply need to get the correct tightness on the cuffs. The Velcro™ will stretch slightly when it's wet so make sure the Velcro™ is wet before you put them on. Because the fins are always in equilibrium, there is no risk of them rotating during your workout.

FOR SWIMMERS ONLY:

How do they work? What makes Aquafins™ gear better than hand paddles? 1) Aquafins™ gear attaches to your wrists so your hands are left free to feel the water. 2) You can adjust the resistance you get with Aquafins™ gear simply by rotating the fins (it's like having two different sized hand paddles in one system). 3) Keeps your elbow high and promotes proper entry position. 4) Traditional hand paddles are made from flat pieces of plastic that cannot travel smoothly through the water. Our fins are shaped like wings and actually glide through the water putting less stress on the shoulders and arms.

How do they work? What makes Aquafins™ gear better than flippers? 1) Aquafins™ cuffs attach to your ankles so your feet are free to feel the water while promoting proper technique on the up beat. 2) No more blisters or foot cramps plus you can walk around with them on. 3) You can feel the wall on your flip turns. 4) You use your quads, hams and glutes for the kick instead of your ankles and knees. 5) Can be used for breaststroke kick simply by rotating the cuff on the ankle. 6) Teaches proper "toed in kicking technique" on the freestyle and backstroke.

The fins clip together while on the ankles. You need to relax your ankles and point your toes in towards the center. This will stop the fins from clipping and help promote "toe in kicking technique" which exposes more surface area of the foot to the water.

The fins clip to your side at the end of recovery in freestyle. You need to roll your hip into the full extension of the leading arm. This moves the hip out of the way and allows you to finish in proper position. Hip rotation promotes full extension of stroke enhancing distance per stroke technique.

SAMPLE EXERCISES FOR AQUATIC EXERCISE



For upper leg (quads and hamstrings), buttock muscles (gluteus) and lower back. Kick one leg forward and then pull it back to position shown. Repeat. Keep knee slightly bent throughout exercise.



For inner and outer thighs, hips and buttocks. Kick leg out sideways then bring back down. Repeat. Keep knee slightly bent throughout exercise.



For back of arms (triceps) and front of arms (biceps). Curl arms up and then push down. Repeat. Face palms down to tone triceps. Face palms up to tone biceps.



For chest and upper back. Press forward with both arms until hands touch then push apart to position shown above. Repeat.

HELPFUL HINTS

1

While strapping the cuff onto your wrist, relax your hand and make a loose fist (this action contracts the forearm muscles). When the cuff is on and your hand is extended, you will feel the muscles in your forearms expand - giving you a nice snug fit.

3

If you have small wrists and ankles, simply cut off any excess strap with scissors. Just round the edge for easy insertion through the buckle.

2

For correct positioning, rotate your arm with your hand extended and adjust the cuff so that the fins move on the same plane as your hand.

4



The first few times you insert the fins into the cuffs you may find that they are a bit tight - this is normal. Simply apply a bit of petroleum jelly or soap along the rails of the cuffs and the fins will slide in easily.

FIN POSITIONS



SPEEDKING FIN POSITION
FOR BREASTSTROKE
(SWIMMERS KIT ONLY)

VERY IMPORTANT FOR SWIMMERS

We designed our fins to provide "lift" to help you plane on the water's surface. To get the "lift" going in the right direction, you **MUST** have the "Predator" or "Speedking" logo facing **DOWN** (towards the water) when swimming.



LOW-RESISTANCE
FIN POSITION



HIGH-RESISTANCE
FIN POSITION

For maximum comfort, wear the cuff on the bottom of your wrist. Make sure the cuff sits behind your wrist bone so that your hand and wrist can move freely.



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