



SAFETY FIRST:

IMPORTANT: Not all exercises are suitable for every individual. Before beginning any exercise program, consult your physician.

WARNING: Inspect bungees and connections before every use. Loose or degraded parts can cause snapping and potential injury.

CAUTION: Exercising in water that exceeds 91° Fahrenheit (F) / 32.78° Celsius (C) increases the risk of hyperthermia, which could cause serious injury or death.

H2Xercise™ fitness equipment is intended for adult exercise only and is not a life saving device.

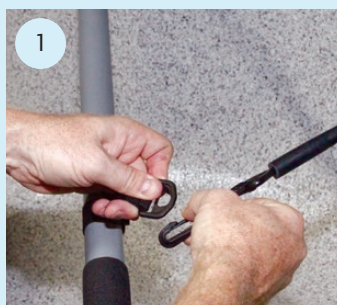
To maximize the life of your H2Xercise products:

- Avoid extended exposure to sunlight.
- Avoid contact with harsh chemicals.
- Rinse with fresh water after each use.
- Store in a warm, dry place.

Before You Begin:

- For your safety, never exercise in the water without qualified supervision.
- Aquatic footwear should be worn during your workouts if your swim spa does not have the optional Nonslip, Comfort Floor System.
- Always inspect bungees before use and never use if unsafe conditions are seen (damage, cracking, or deterioration).
- Stay properly hydrated during your workout. Drink water before, during and after exercising.
- Monitor how you are feeling at all times. If at ANY time, you experience pain, stop exercising immediately. If pain persists, consult your physician.
- If you experience any signs of overexertion such as labored breathing, dizziness, nausea, loss of coordination, heart rate irregularities or chest tightness, stop exercising immediately and consult your physician.

ASSEMBLY INSTRUCTIONS:



Connect one end of the short resistance band to the oar.



Connect the other end of the resistance band to the stainless steel anchor in swim spa.



Press stainless steel connector into the anchor hole on swim spa. You should hear a click when the connector is seated properly. Repeat for oar on other side of swim spa.

▶ Tethering Belt

Use to walk or jog in place against the current of the swim spa.



Place tethering belt around waist and connect buckle until you hear a click.



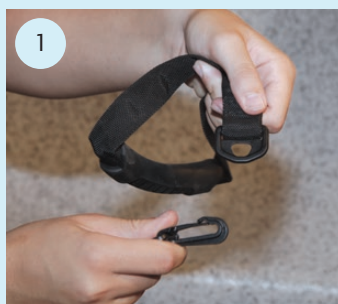
Connect one end of a short resistance band to stainless steel anchor on swim spa wall.



Connect other end of short resistance band to belt. Repeat for other side.

▶ Handle Attachment

This can be used for bicep curls, presses, shoulder rotations, and more.



Connect one end of the long resistance band to one of the exercise handles.



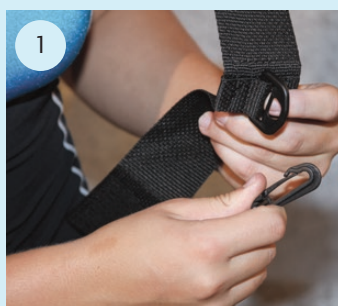
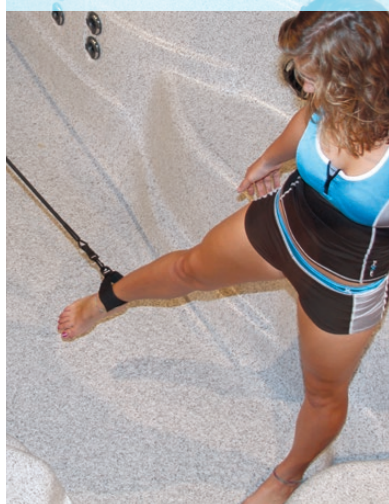
Feed the other end of the long resistance band through the long stainless steel grab bar.



Attach the second exercise handle to the end of the long resistance band.

▶ Ankle Attachment

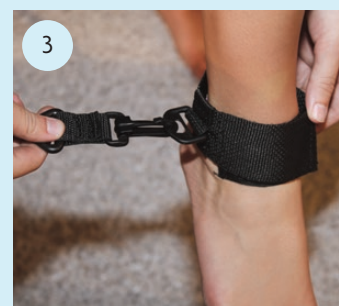
This setup can be used for a variety of lower body exercises.



Connect one end of the long resistance band to an ankle cuff as shown.



Wrap the ankle cuff around the stainless steel grab bar and fasten the hook and loop closure firmly.



Connect the other end of the long resistance band to the other ankle cuff and fasten cuff around ankle firmly.



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