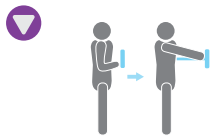
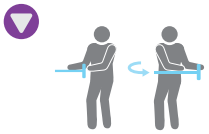
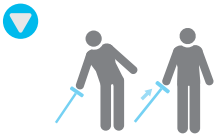
QUICK START WORKOUT GUIDE

AGUAGEVITY
A HAYWARD BRAND

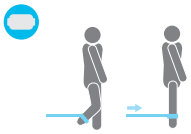
CORE

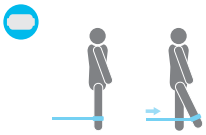

Pallof Press

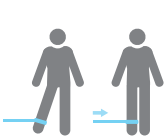

Standing Abs Twist

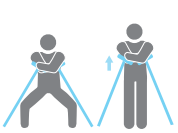

Oblique Side Bend

QUADS

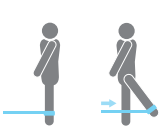

Knee Extension

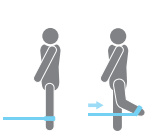

Hip Flexion

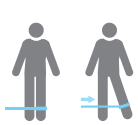

Hip Adduction


Squat

GLUTES/ HAMSTRINGS

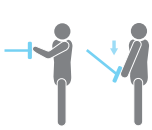

Hip Extension

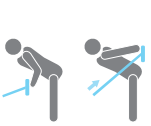

Hamstring Curl

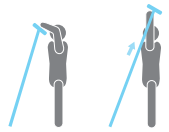

Hip Abduction


Deadlift

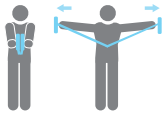
TRICEPS

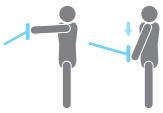

Tricep Pull Down

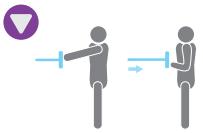

Tricep Extension


Overhead Tricep Extension

BACK

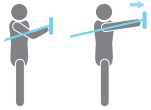

Rear Fly

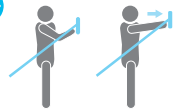

Straight Arm Row

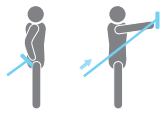

Row


Low Row

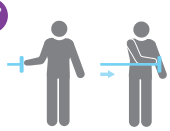
CHEST

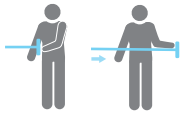

Chest Press


Incline Press

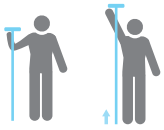

Low Fly

SHOULDERS


Internal Rotation

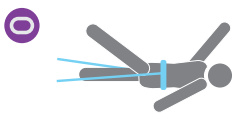

External Rotation


Lateral Raise


Shoulder Press

SWIM-IN-PLACE




Full-Body Workout

FITNESS ACCESSORY

- Straight Band with Handle
- Straight Band with Ankle Cuff
- V Band with Handle
- Straight Bands with Harness

AGUALOCK POSITION

- Upper
- Lower
- Floor