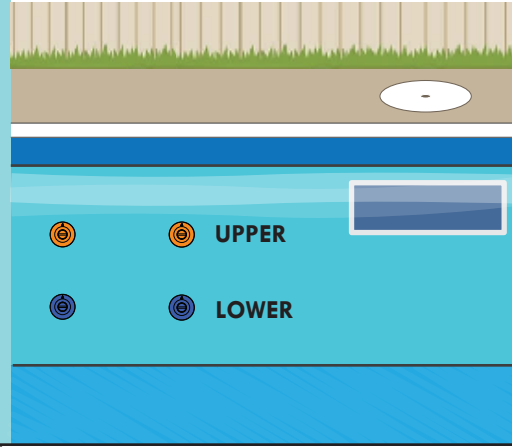
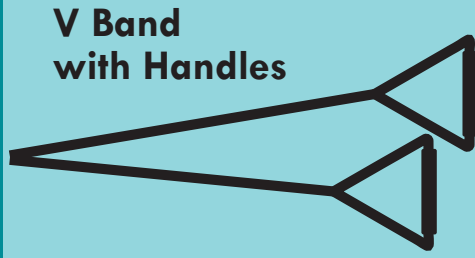
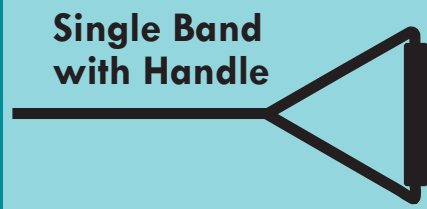


WORKOUT GUIDE

Full Body Work
Dive into Fitness!



LEGEND

Orange = Upper Collar
Blue = Lower Collar

- ▲ Single Band w/ Handle
- ▼ V Band w/ Handles
- Single Band w/ Cuff

CORE

Pallof Press

Standing Abs Twist

Oblique Side Bend

QUADS

Knee Extension

Hip Flexion

Hip Adduction

GLUTES/ HAMSTRINGS

Hip Extension

Hamstring Curl

Hip Abduction

TRICEPS

Tricep Pull Down

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

QUICK START GUIDE

1. Choose Your Accessories

The Aguagevity Agualock system can be used to target specific muscle groups depending on the location of the insert, the type of band and the band attachment. Consult the Workout Guide for the appropriate accessories for your collar placement and intended exercises.

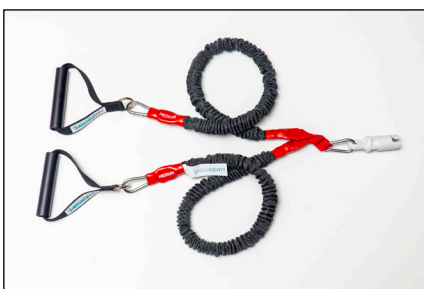
⚠ CAUTION - Only use approved accessories with the Agualock. Accessories not made by Aguagevity may cause staining to your pool and destruction of your pool finish. Aguagevity accessories are made with non-corrosive, non-staining materials that will not harm your pool water quality and or your pool finish.



Straight Band with Handle



Straight Band with Cuff



V Band with Handles



V Band with Cuffs

2. Assemble Bands

1. Select a straight or V band with either a handle or a cuff.
2. Clip one end of the band to the clip anchor and the other end to the handle or cuff.



Band Clip with Clip Anchor



Band Clip with Cuff

3. Install Clip Anchors to Collars

1. Select desired collar to install clip anchor.
2. Insert the clip anchor into the collar and turn in either direction to align the clip anchor and collar pin.
3. Push to depress spring and turn clockwise. Release to lock.
4. Ensure the clip anchor is locked in place by turning it in either direction. The clip anchor should not be able to rotate or be pulled from the collar without being depressed.



UNLOCKED



LOCKED

Attaching Clip Anchor to Collar

⚠ WARNING - Before installing and using this product, read, understand, and follow all warning notices and instructions in the Owner's Manual. Failure to follow warning notices and instructions may result in property damage, personal injury, or death.

⚠ WARNING - To reduce the risk of potential serious injury, adhere to the following instructions:

Risk of Injury: Engaging in physical exercise, particularly in a swimming pool, carries inherent risks including but not limited to the risk of physical injury. Users should proceed with caution and always prioritize safety.

Proper Use: This product must be used only as directed in this manual. Incorrect or improvised usage could lead to injuries. Follow all guidelines for setup, use, and maintenance to ensure a safe workout environment.

Equipment Inspection: Thoroughly inspect this product, especially the resistance bands, for any signs of wear, tear, or damage before each use. Discontinue use immediately if any defects are found because damaged equipment can fail during use and lead to injury.

Environment Safety: Confirm that the swimming pool and surrounding area are conducive to safe exercise. The pool floor should be stable and non-slip, and the water should be at a depth suitable for the exercises you intend to perform. Be mindful of the presence of other swimmers and potential hazards.

Adult Supervision and Safety in Numbers: It is strongly recommended that individuals do not exercise alone in a swimming pool, especially those with known health risks or conditions that could lead to an increased risk of injury or drowning. Always ensure that a capable adult is present or exercise in the company of others to provide assistance in case of an emergency.

Children ages 7 or younger must never use the Agualock or its accessories. Children ages 8-13 may use this product only with direct adult supervision. Children ages 14 and older may use this product without adult supervision.

⚠ WARNING - Risk of Injury.

- Do not use if the clip does not remain in locked position.
- Ensure the clip is fully inserted and engaged with collar into the locked position.
- Do not leave the product in the pool or out exposed in sun for extended periods as this can lead to material degradation.
- Do not use if product is damaged or shows signs of deterioration as this can pose a risk of injury.
- Never release a resistance band while under tension. Doing so can cause the band to snap back towards a user and cause injury, including to the head and eyes. Wear eye protection when handling bands.
- Always attach and use the appropriate handles or cuffs to the bands while exercising. Never hold directly onto the band or clip during exercise.



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For patent information, visit www.hayward.com/patents

⚠ WARNING: Cancer -
www.P65Warnings.ca.gov