

Instructions for Wave Rider Noodle Pieces

- Wave Rider is not a lifesaving flotation device. Non-swimmers should be professionally guarded when in the pool.
- Wave Rider is designed to support the body for vertical aquatic exercise.
- You use this product at your own risk.

Before Using Wave Rider in Deep Water, Perform a Buoyancy Test:

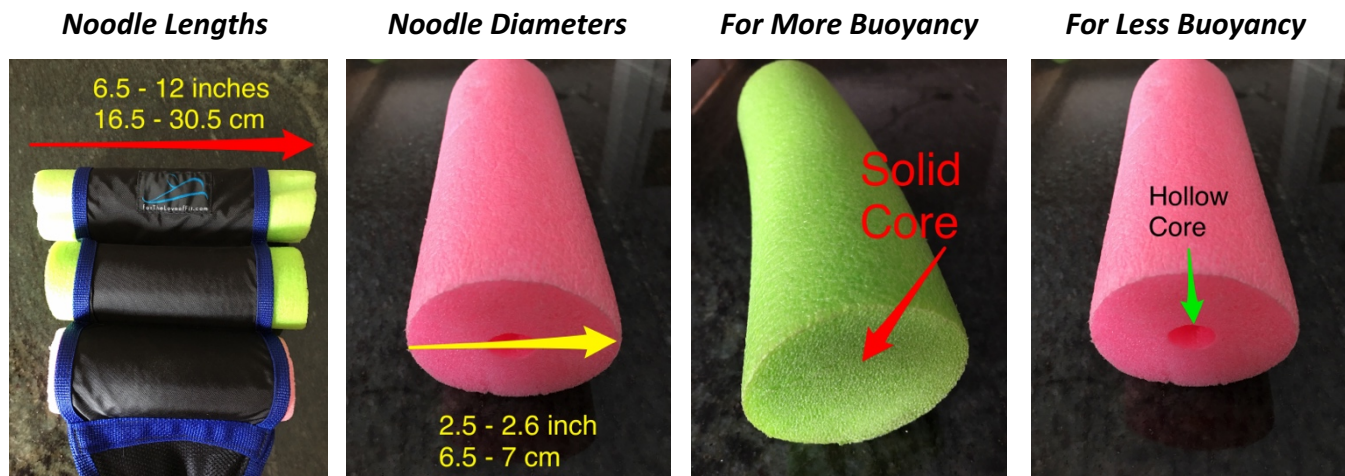
All users should check whether Wave Rider buoyancy is adequate to support their body in chest deep water, where they can easily touch the floor.



- ✦ Stand in chest deep water with the Wave Rider between the legs, and all noodle pieces inserted snugly into the 6 sleeves front and back.
- ✦ Lift one foot from the floor, then the other, holding a wall if required.
- ✦ **Adequate Buoyancy:** you will float vertically without needing to tread water to breathe.
- ✦ **Inadequate Buoyancy:** you need to tread water to keep your head out of water. Adjust the density and length of noodle pieces used, or use Wave Rider with a flotation belt.

You will be cutting and inserting noodle pieces to fit your Wave Rider.

- This allows you to customize the flotation required. Recommendations are given below.
- For **MORE buoyancy**, choose longer, denser, solid core noodles.
- For **LESS buoyancy**, choose shorter, hollow core noodle pieces. If you require less buoyancy, you may choose to leave the bottom sleeve open, using only 4 noodle pieces instead of 6.
- A serrated knife (like a bread knife) is ideal for cutting noodle lengths.



Check out: www.FortheLoveofFit.Thinkific.com for a free on-line course: Success Tips for Aqua Participants