

Arctic Ocean Rowing System

Installing this system yourself is as easy as A... B... C!

- A) Secure the Butterfly Tops
- B) Install the Rowing Arms
- C) Clip on the Tension Cords

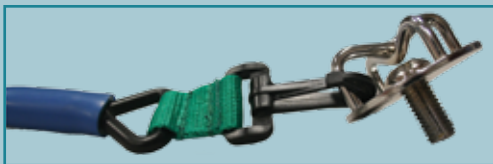
A) Secure a Butterfly Top into the mount located closest to the rowing seat.
(Labelled A on the picture)



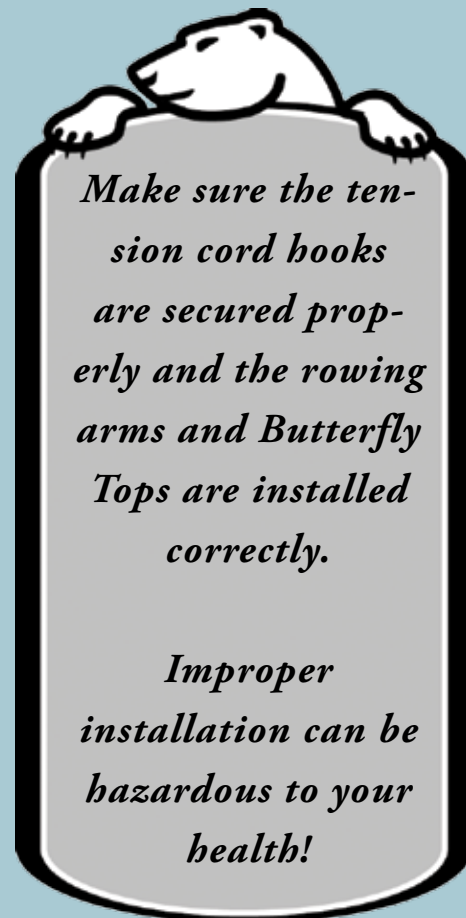
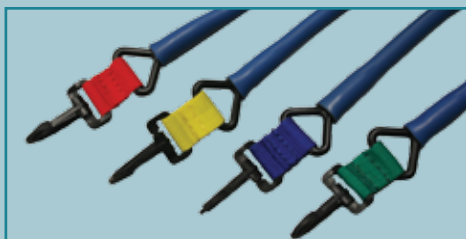
B) Install each rowing arm into a mount on the wall on each side of the rowing seat.
(Labelled B on the picture)



C) Choose the tension cords you want use. Snap a clip in the end of the rowing arm and the other onto a Butterfly located just beyond the rowing arm mounts.



The colour of the tension cord end coincides with the resistance level. **Red**, **Yellow**, and **Blue** (Red with the least resistance and Blue with the most). Take the **Green** tension cord and attach it between the rowing arms by clipping one end of the tension cord onto a ring on each rowing arm.



Rowing for the First Time

Using the Arctic Rowing System is easy as 1...2...3!

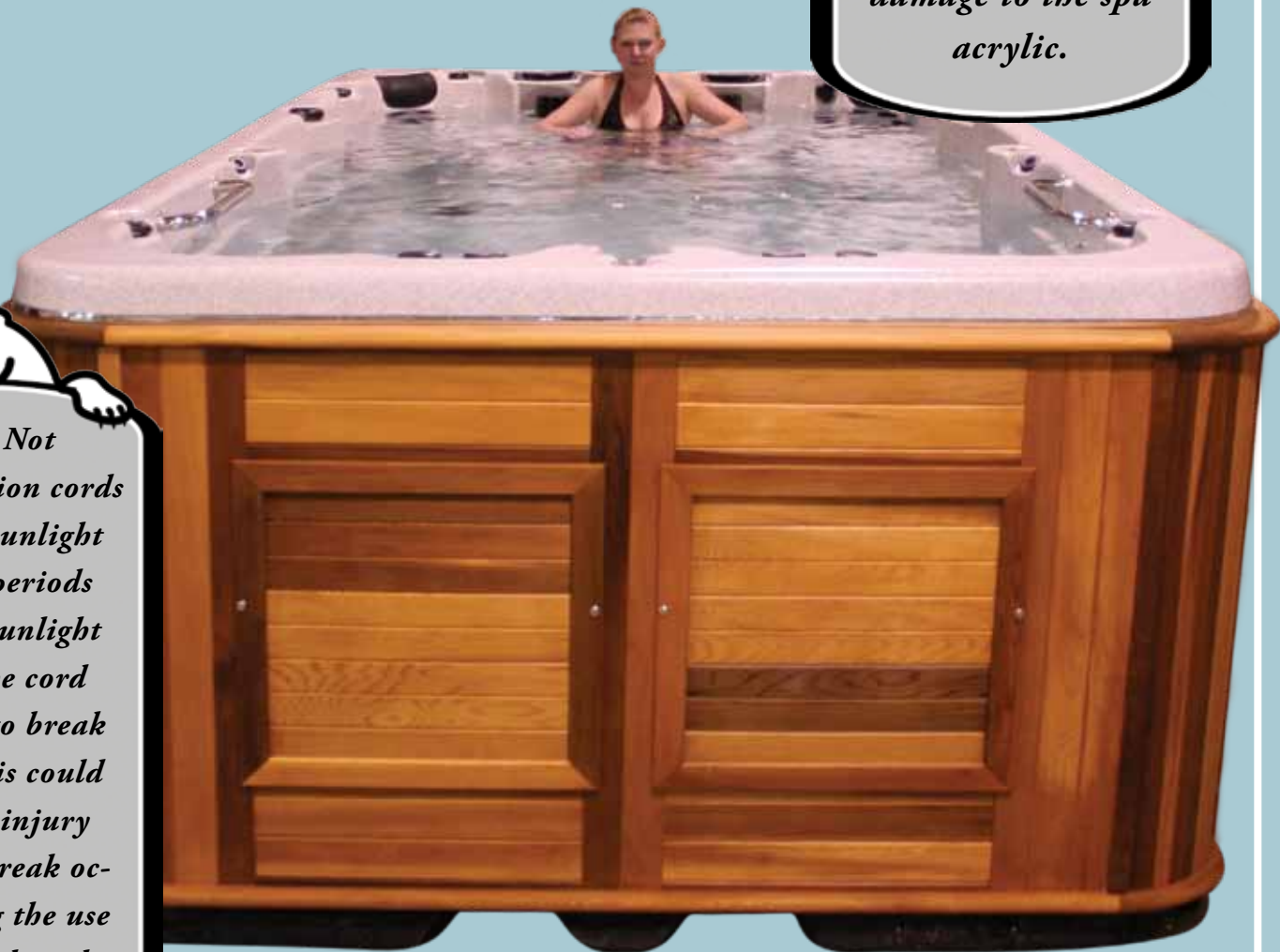
Double-check that the Arctic Rowing System is still secured in the Butterfly Tops. Make sure that it remains pliable enough to self-adjust while using the system.

Sit in the rowing seat with a rowing arm in each hand this is the starting position for your rowing exercise.

- 1) Brace your feet against the step/ floor of the spa to prepare for your first stroke.
- 2) Stretch both arms out together, be sure that you are not hyper-extending your elbows or locking them.
- 3) Push your arms down into the water and pull back up into starting position. Try to do this in one fluid motion.



Remember to clip the tension cord between the rowing arms to ensure you have the proper control. This also prevents the arms from swinging into the sides of the spas which could cause damage to the spa acrylic.



Do Not expose tension cords to direct sunlight for long periods of time. Sunlight causes the cord material to break down. This could result in injury should a break occur during the use of damaged cords.