

Ripwave^{PRO}

OWNER'S MANUAL



WATERS

the essence of health & fitness

Waters Fitness, LLC 740 Pierce St., Waterloo WI 53594
888.850.9973 f:262.923.1000 www.watersfitness.com

Thank You

Thank you for choosing WATERS FITNESS to assist you in meeting your fitness goals. The information in this manual will help with the assembly, operation and maintenance of your WATERS FITNESS Ripwave.

Please review this Owner's Manual carefully before you use your Ripwave. As always, please check with your physician before beginning any exercise program. Your new Ripwave is designed to provide active aerobic exercise, so it is possible to over-exert yourself. If you experience chest pains, feel faint, dizzy or have shortness of breath, stop exercising and immediately consult a physician.

If you have any questions or require service on your Ripwave, your professional WATERS FITNESS Retailer would be more than happy to assist you. Should your issue require more assistance than your WATERS FITNESS Retailer can provide, please contact us for further assistance.

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Warranty

WATERS FITNESS warrants to the original owner that our products will be free of all defects in materials and workmanship.

Frame - 1 year

Parts - 90 days (including feet cushion, hand-bar cushion, inversion bed, adjustment knob, and monitor).

*Stated warranty periods are from the date of original purchase. Warranty is valid only in Canada and the United States of America.

Limitations and Exclusions

This warranty only applies to the original owner. This warranty is expressly limited to the repair or replacement of a defective frame or defective part and is the sole remedy of the warranty. This warranty does not apply to any defects caused by normal wear and tear, negligence, misuse, accident, alteration, improper maintenance or discoloration/cosmetic damage of paint or plastic. WATERS FITNESS shall not be responsible for incidental or consequential damages. Any replacement part shall be warranted for the remainder of the original warranty term.

WATERS FITNESS expressly disclaims all other warranties, expressed or implied, in connection with the sale, service, or shipment of our products. This warranty gives you specific rights, and your rights may vary from state to state.

Important Information to Retain in your Records.

1) Copy of Sales Receipt

2) Model Name _____

3) Serial # _____

4) Date Purchased _____

Note:

This product is under the patent rights of US Patent No. 7,559,822 B2.











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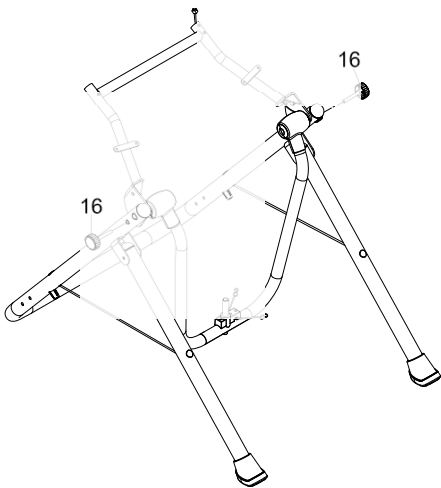
Safety Instructions

- This Owner's Manual has detailed description for safe operation. Please read and understand the contents before using this product.
 - Please note that if this product is not operating properly, you should immediately discontinue use.
 - User may be injured or the product will be damaged if user doesn't operate this product properly.
 - Please contact the WATERS FITNESS Retailer, if you have any problems assembling this product.
1. Keep children off the product at all times.
 2. Keep children and pets away from the product while in use.
 3. Do not stand on this product.
 4. The maximum weight on the product is 300 lbs.
 5. This product is for home use only. Any usage in a commercial or institutional environment will invalidate any warranty/guarantee given or implied.
 6. Make sure this product is correctly assembled before using. All screws, nuts and bolts must be tight.
 7. Keep hands or feet away from all moving parts. Do not insert any object into any openings.
 8. If you experience chest pains, feel faint, dizzy or have shortness of breath, stop exercising and immediately consult a physician.
 9. Only use this product on level, stable flooring.
 10. Please preserve your Owner's Manual. If it is lost, please remember you can download a new copy off our web site. www.watersfitness.com

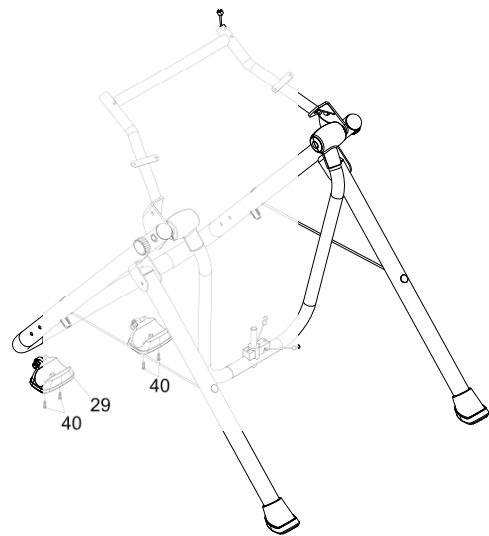
Check List

#16 knob		#11 elbow cushion (290X125X12T)	
#29 front left pad		#12 screw (M6X16L)	
#30 front right pad		#13 screw (M6X45L 15MM)	
#40 screw (M5X15L)		#24 leg cushion (390X350X12T)	
#51 upper sensor cable (550MM)		#48 S-hooks (_____)	
#52 lower sensor cable (550MM)			

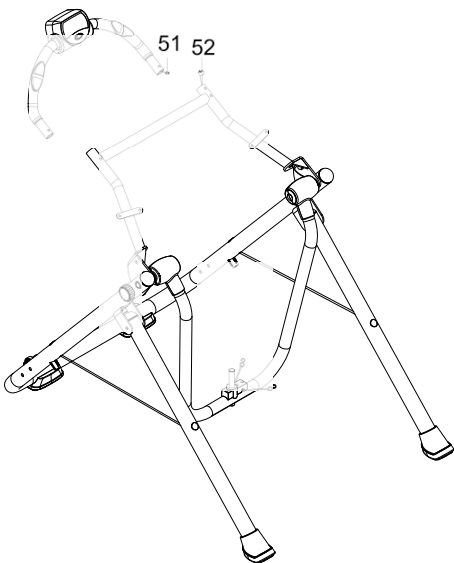
Assembly Instruction



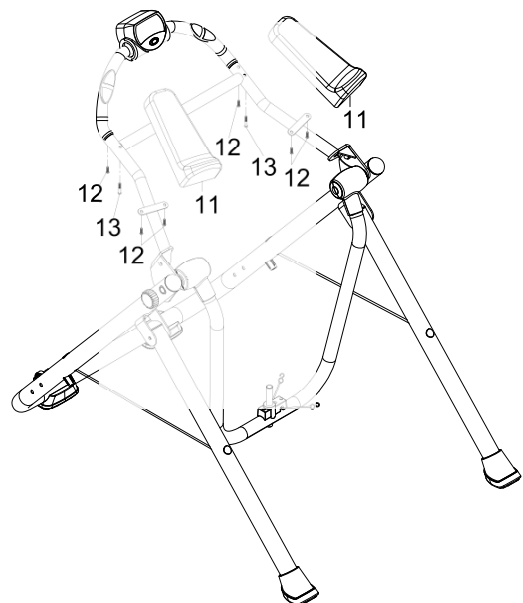
1. Insert #16 (knob) into the foot and middle hole.



2. Place #29 (pads) under front screw in # 40 (screw)



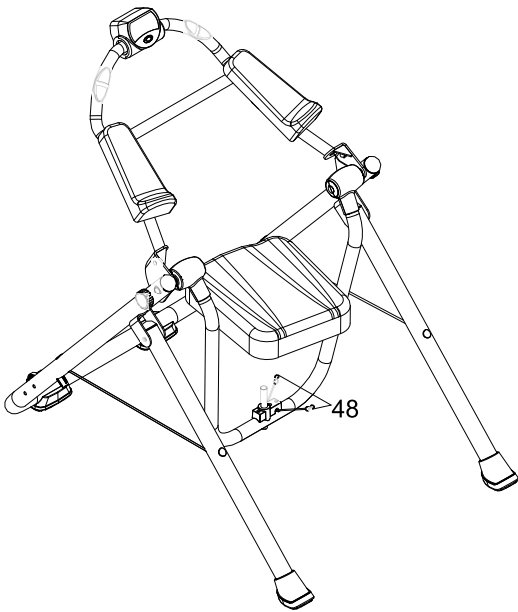
3. Connect component #51 & #52 shelf insert the hand bar into the



4. Place #11 (elbow cushion) on the and screw in #12 & #13 (screw)

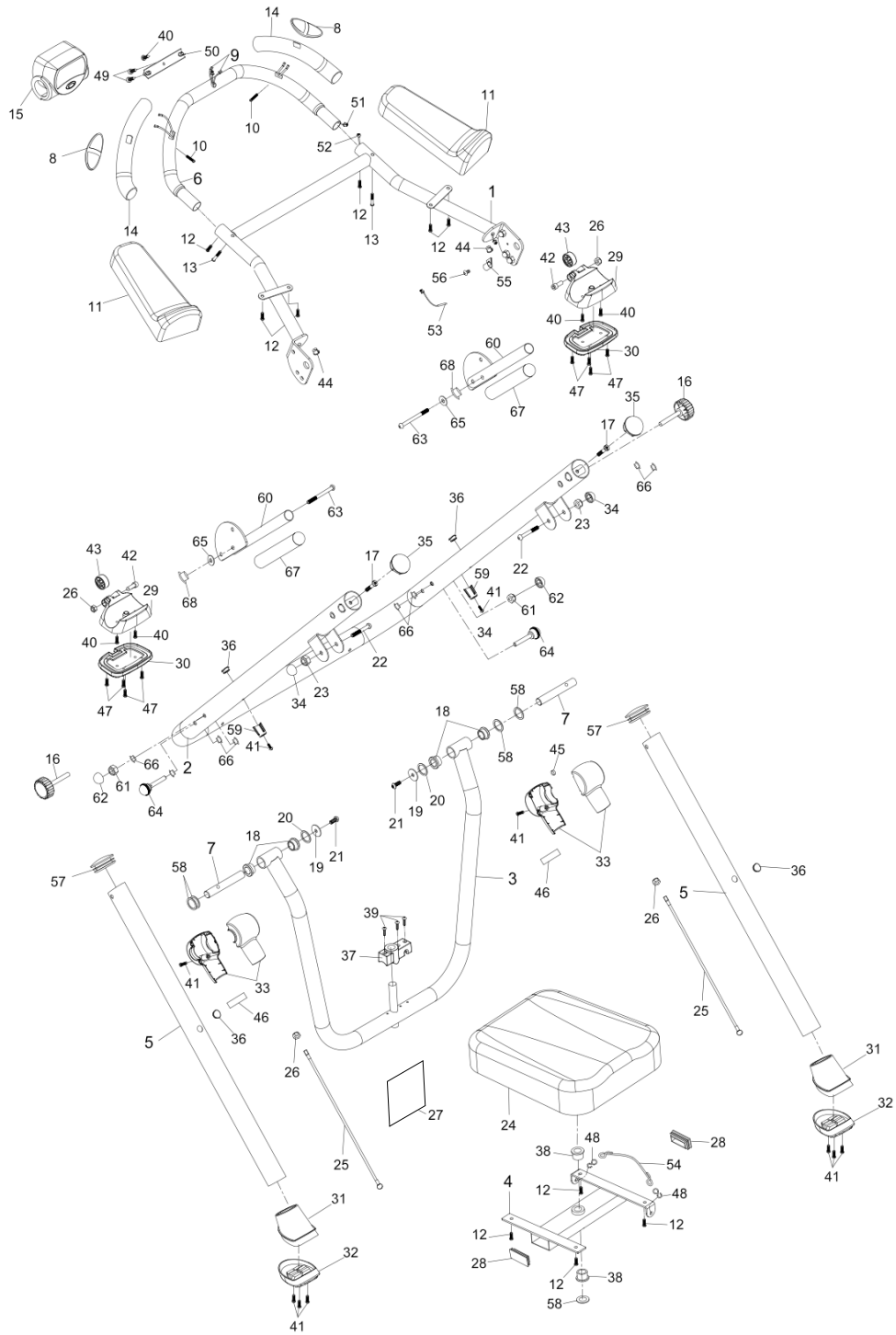
main body

Assembly Instruction – Continued



5. Insert S-hooks #48 into the holes of the leg cushion shelf.

Exploded Diagram



Component List

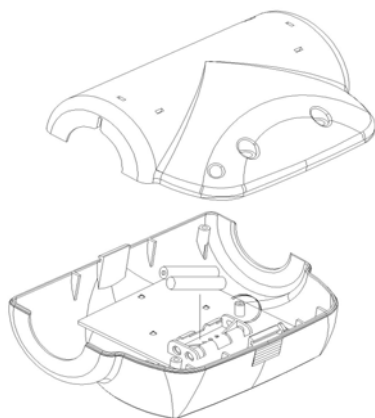
NO	Component	Unit	Specification	NO	Component	Unit	Specification
1	Assembling board	1		31	Rear left pad	1	
2	Assembling board	1		32	Rear right pad	1	
3	Assembling board	1		33	Cover	2	
4	Assembling board	1		34	Plastic lid	2	M10
5	Assembling board	2		35	Bung	2	50.8x2.0T
6	Hand bar	1	Φ32x1.5TX875L	36	Bung	4	Φ20
7	Tube of knob	2	Φ19x155.5L	37	Rope Base	1	
8	Hand grips	2	Elliptical	38	Stopper	2	Φ32x3.0T
9	Hand pulse grips	2	300mm	39	Screw	3	M5x25L
10	Screw	2	M4x20L	40	Screw	5	M5x15L
11	Elbow cushion	2	290x125x12T	41	Screw	10	M4x20L
12	Screw	10	M6x16L	42	Screw	2	M4x20L 8mm
13	Screw	2	M6X45L(mm)	43	Roller	2	M8x35L
14	Hand bar cover	2	Φ32x320x3.0T	44	Cable Stopper	2	Φ12.5
15	Monitor	1		45	Magnet	1	Φ8x3.5
16	Knob	2		46	Tape	2	20x50x3.0T
17	Screw	2	M8x25L	47	Screw	8	M4x15L
18	Washer	4	Φ32xΦ19x10T	48	S Hook	2	Φ4x118.5
19	Washer	2	Φ32xΦ8x2.0T	49	Screw	2	
20	Washer	2	Φ19xΦ32x1T	50	Monitor adjusted base	1	
21	Screw	2	M8x20L	51	Upper Sensor Cable	1	550mm
22	Screw	2	M10X70L(Φ10x58L)	52	Lower Sensor Cable	1	550mm
23	Nut	4	M10	53	Sensor	1	150mm
24	Leg cushion	1	390x350x12T	54	Elastic Rope	1	Φ8x220
25	Iron rope	2	Φ5x597L	55	Cable Base	1	UC-0.5
26	Nut	4	M8	56	Screw	1	M5x6L
27	Antirust paper	1	Φ19	57	Bung	2	50.8x2.0T
28	Bung	2	J30x60	58	Washer	5	Φ32XΦ19x0.5T
29	Front left pad	1		59	Tube Pad	2	
30	Front right pad	1					

Monitor Instruction



How to Remove Battery:

1. Pull off the battery cover and place two SIZE-AAA or UM-4 batteries into battery housing on back of monitor, please refer to below illustrations.
2. Batteries must be correctly positioned. Make sure the battery spring is in contact with the battery.
3. The batteries life is approx 1 year under normal usage.
4. If the display is illegible or only partial segments appear, take out the battery and wait 15 seconds, then reinstall.
5. Removal of batteries will reset all functional values to zero.



Functions & Operations:

Mode or function	Action
Auto on/ off & Auto	As long as the machine is in motion, the monitor is in action.

- Start/ Stop If there is no moving within 4 minutes, monitor will turn off automatically.
- Auto Scan Press the button until the ARROW points to S: the monitor will rotate through all 5 scanable functions - Time, Total Count, Calorie, Rep/Min, Count every 30 seconds. Each display will be held for 6 seconds.
- RPM Press the button until the ARROW points to R to display swing times (reps) per minute.
- Count Press the button until the ARROW point to C to display the total swing times since the last time the unit was reset.
- Exercise time Press the button until the ARROW points to T to count the exercise time.
- Total count Press the button until the ARROW point to total count; the monitor will display the total counts since the batteries were installed in the meter. Taking out the battery will reset all functional values to Zero, except total count.
- Calorie Press the button until the ARROW points to CA to display the calorie consumption.
- Reset Pressing the button for more than 2 second will reset all functional values to Zero, except total count.

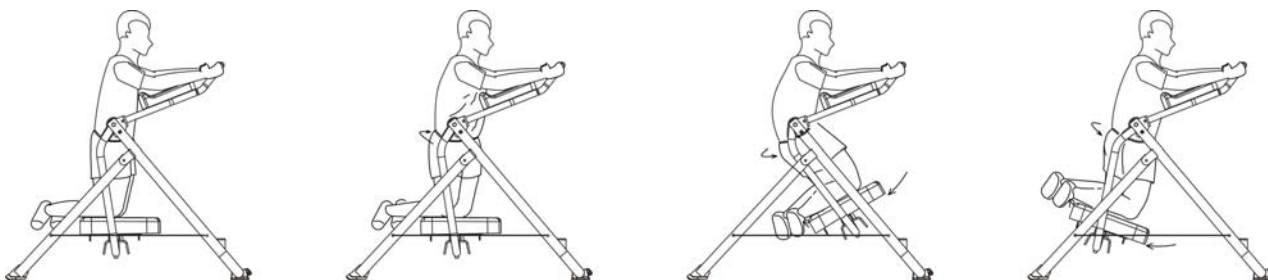
Specification of Monitor:

Function	Auto Scan	Every 6seconds
	Riding Time	00:00-99:59
	Count	0- 9999
	Calorie	0.1 - 999.9 k cal
	Step/Min	Maximum up to 999
	Total count	0-9999
Sensor	Magnetic type	
Battery type	2 pcs of SIZE -AAA or UM - 4	
Operating temperature	0 C ~ +40 C (32F- 104 F)	

Operational Instructions

Exercise 1:

- Kneel on the cushion, hold the hand bar and place the elbows on the hand pads. Swing body to front and rear.
- Twist at the waist to turn knees right or left to target obliques.



Advantage:

Training abdominal region and muscle of waist and hip.

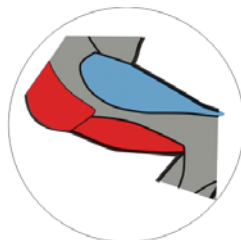
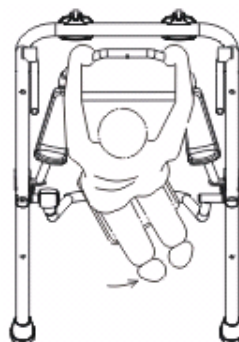
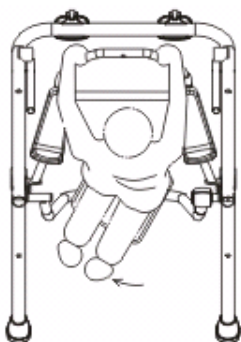
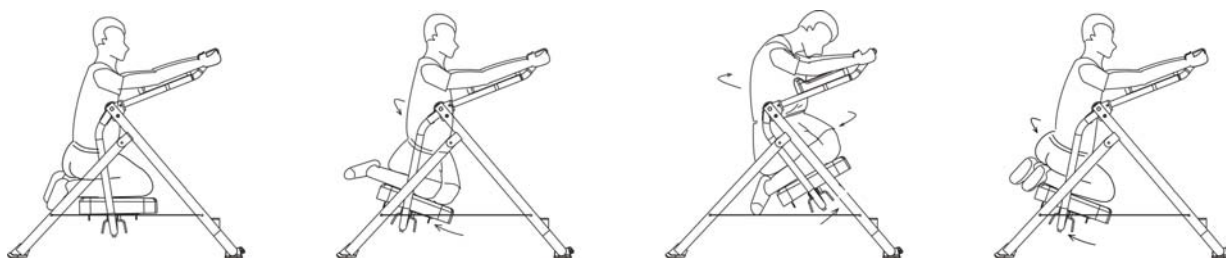


Diagram of Twist



Exercise 2:

- Kneel on the cushion and put hips on the legs, hold the hand bar and place the elbows on the hand pads. Swing body to front and rear.
- Twist at the waist to turn knees right or left to target obliques.



Advantage:

Training abdominal region and muscle of waist and hip.

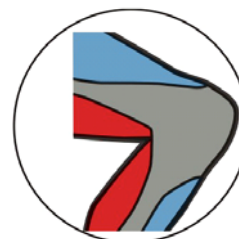
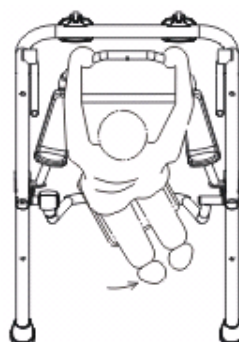
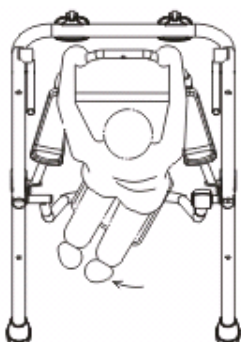
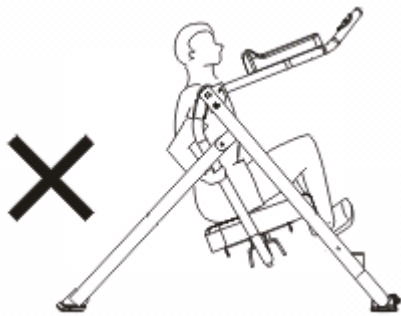


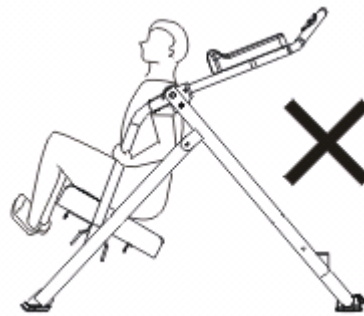
Diagram of Twist



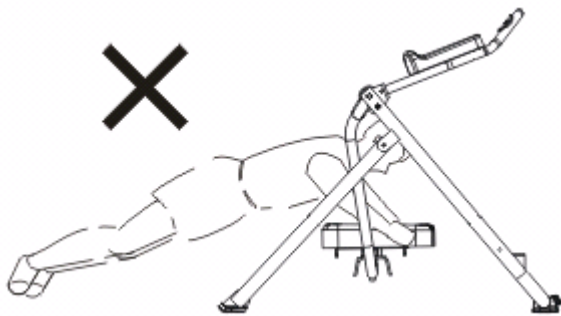
Prohibited Action



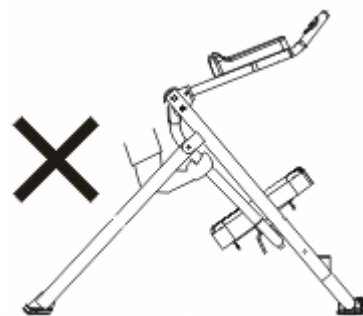
Seat on the cushion



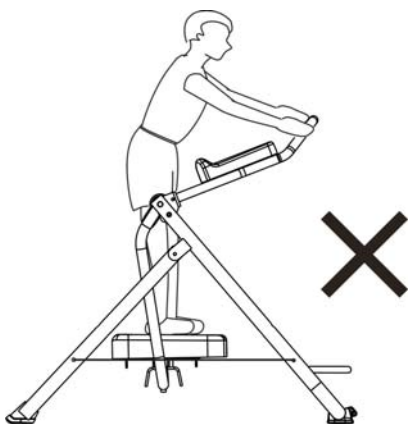
Seat on the cushion



Put hands on the cushion to do push up



Stretch hands into the swing area



Stand up on the cushion to do exercise

Preventative Maintenance

Daily - Wipe down the unit at the end of each usage. This will keep the unit clean and prevent rust/corrosion. It is best to use a liquid non-abrasive cleaner.

Weekly - Inspect and tighten all bolts, assemblies and parts.

Specification of Ripwave

Model	ABT 001
Power	2 -AAA or UM - 4
Weight	65 lbs.
Capacity	300 lbs. or less
Dimension	37" (W) * 52" (L) * 56" (H)
Material	Frame Iron tube + silver Varnish Cushion Styrofoam + PVC Hand Pad Styrofoam + PVC Foot pad Styrofoam + PVC PVC

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WATERS FITNESS Warranty Registration

Please complete and return this Warranty Registration Card within 30 days of receipt.

Last Name _____ First Name _____

Address _____

City _____ State _____

Country _____ Postal Code _____

Phone Number _____

Date Purchased _____ Serial Number _____

Purchased From _____

City _____ State _____

Signature of Purchaser _____

----- Fold and mail to WATERS FITNESS -----

Place

Stamp
Here

WATERS FITNESS, LLC
740 Pierce Street
Waterloo, WI 53594