



Swell-Fit Bag User Guide

Getting Started with Your
Swell-Fit Bag

SWELL FIT-BAG

Thank you for choosing Swell-Fit Bag!



Our innovative Swell-Fit Bag is designed to revolutionize your workout routine with its versatility and ease of use. Suitable for both indoor and outdoor environments, the Swell-Fit Bag provides a dynamic fitness experience through its unique water and air weight system. Below are detailed instructions on how to use, maintain, and care for your Swell-Fit Bag.

Filling Your Bag with Water

1. Prepare for Filling: Remove the Swell-Fit Bag from its packaging.
2. Open the top Valve: Unscrew the cap counter-clockwise to reveal the ONE-WAY CLICK valve.
3. Activate Filling Mode: Press the central button on the valve to click it into the filling position. (When this button is clicked down, water can be added; when up, water can't come out.)
4. Add Water: Fill the bag with water to your desired weight. Use a jug for precise measurements (1ltr = 1kg) or any other water source.
5. Close the Valve: Press the ONE WAY CLICK valve to close (UP POSITION), and screw the cap clockwise to seal your water weight inside.

Inflating the Air Chamber

1. Locate the Valve: Pull out the SWELL AIR inflation valve from the bag. If this is difficult removing some air in the water chamber can help. You can then push from behind the valve by folding the bag slightly.
2. Initial Inflation: Inflate through the largest valve until the bag is approximately 80% full.
3. Final Inflation: Finish inflating using the smaller valve (THIS IS ONE WAY), Blow up to full inflation.
4. Seal the Valve: Close the SWELL AIR inflation valve and push it back into its housing.

Note: There are two air valves, only one is needed for inflation, the other is for quick deflation and for packing away or if any water gets inside the air chamber.

Workout and Storage

- Ready to Workout: With the water in and air inflated to desired shape, your Swell-Fit Bag is ready for use. The instability of the water will challenge your muscles more effectively.

There are 3 modalities with the Swell-Fit bag:

1. Keep water still for increased time under tension, good form, stability and body posture awareness.
 2. Make waves - This is good for explosive power and athletic movements.
 3. Flow - Move/swing/rotate and allow momentum and gravity for fast movement but try to keep the water silent with minimal sloshing.
- Post-Workout Storage: You can leave your Swell-Fit Bag inflated in a dry, well-ventilated space if you plan to use it daily. For longer storage, deflate by opening both air valves, pressing out the air, and rolling the bag up. Ensure it is dry before storing to prevent mould or damage.

Maintenance Tips

- **Regular Cleaning:** Use warm water and a sponge to clean the exterior of the bag.
- **Drying After Use:** If the bag gets wet, especially the handles, allow it to dry in a well-ventilated area.
- **Sea Water Use:** If you use the Swell-Fit Bag in the sea, rinse thoroughly with fresh water afterward to remove salt and prevent corrosion.
- **Valve Care:** Make sure both air valves are closed before submerging the bag in water to avoid water entering the air chamber. If water does enter, open both valves and drain thoroughly.
- **Preventing Mould and Water Maintenance:** If storing the Swell-Fit Bag for a long period with water inside, add a small amount of vinegar to the water (about 1-2 tablespoons per gallon) to prevent mould growth and keep the water fresh. Always rinse and dry the bag thoroughly before storage.

Troubleshooting

- **Water in the Air Chamber:** If water gets inside the SWELL AIR jacket, open both air valves and position the bag to let it drain completely.
- **Difficulty Opening Valves:** If you have trouble opening the air valves, use a blunt utensil for leverage, being careful not to pierce the bag.
- **Checking Water Levels:** Use the window guides to estimate the weight, or measure the water separately before adding.

Contact and Support

For workout ideas and support, visit our SWELL TUBE Channel or follow us on social media. Share your moves with us via #swellfit and connect with our community at @swellfitness_uk.

For further assistance, contact us at swellbeings@swellfitness.co.uk.

Lifetime Guarantee

We stand behind the quality of our Swell-Fit Bag and offer a lifetime guarantee against any manufacturing defects. This guarantee covers the integrity of the bag's materials and craftsmanship under normal use conditions. It does not cover damage caused by misuse, neglect, or unauthorized modifications.

If you encounter any issues with your Swell-Fit Bag, please contact us at swellbeings@swellfitness.co.uk for support and service. This guarantee is valid for the original purchaser only and is non-transferable.

Please note that we reserve the right to change or modify this guarantee at any time without prior notice. Any changes will be updated on our website at www.swellfitness.co.uk.