

ONNIT



GET TO KNOW YOUR HYDROCORE BAG

Thank you for purchasing the Onnit HydroCore Bag! We hope you find it to be as versatile and fun as we do. To ensure you get the longest use out of your bag, and to maintain your safety when using it, follow the directions on these pages.

How To Fill Your HydroCore Bag

STEP 1.

Place the bag in a large sink or bathtub, or on the ground outside near a water source. Locate the valve on the front of the bag, on the left-hand side (under the Onnit logo), and unscrew the cap by turning counter-clockwise.

STEP 2.

Steady the bag with one hand as you direct the flow of water into the valve. Allow the water to fill the bag to the desired level. If you're new to using the bag, fill it one-quarter of the way up. (If you have a scale handy, you can weigh the bag on the scale; one-quarter filled weighs about 10 pounds.) Advanced bag users can add more water, filling the bag to the halfway point (about 20 pounds). The bag can be filled to 35 pounds total, but a load that heavy will be too much to perform most exercises. For the greatest variety of uses, fill the bag $\frac{1}{4}$ to $\frac{1}{2}$ full.

STEP 3.

Once the bag is filled to the desired water level, you need to pump air into the bag to make it firm. Place the nozzle attachment on the valve and turn it so it locks in place. Put your mouth on the nozzle and press downward on it as you blow air into the bag. After you blow a breath into the bag, release your downward pressure to prevent air from escaping the valve. Repeat the process to blow the bag up until it's firm. Before you close the valve with the cap, press the bag a few times to make sure no air escapes it.

STEP 4.

Replace the cap on the valve and twist it clockwise to close. **DO NOT ATTEMPT TO EXERCISE WITH THE BAG UNTIL THE VALVE IS SAFELY CLOSED.**

How To Empty Your HydroCore Bag

STEP 1.

Place the bag in a large sink or bathtub, or on the ground in an area that allows for proper drainage. Locate the valve on the front of the bag, on the left-hand side (under the Onnit logo), and unscrew the cap by turning counter-clockwise.

STEP 2.

Push the plunger in the center of the valve downward while twisting clockwise. This will open the valve.

STEP 3.

Turn the bag upside down and drain the water. Gently press the air out of the bag (this will also help the water drain). To deflate the bag completely, turn the bag face up, fold it in half so the horn ends of the bag line up, and lightly press down on the bag until all the air has been released.

Using The Handles

The HydroCore Bag comes equipped with two sets of handles. There is one pair of rubber handles on the outside of the rounded curve in the center of the bag, and there are also two rope handles that can attach and detach to the horn ends of the bag.

Beginners should use the rubber handles, which allow you to hold the bag in a tray position (in front of the chest, bag parallel to the floor) or rack position (bag held at shoulder level). To perform dynamic movements such as the pendulum or spin, attach the rope handles.

To attach the rope handles, simply loop one rope around the metal ring on the bottom of the bag's horn end, and run the rubber stopper ball through the center of the loop. Pull the ball to tighten the loop around the metal ring. Repeat on the other side.

Maintenance Tips

- If you plan on keeping the bag filled for a prolonged period (several months), the water inside may become cloudy. To prevent this, add 1/4 cup of plain white vinegar per every gallon of water you use in the bag. The natural acidity of the vinegar will help neutralize the alkalinity in the water, assisting in the prevention of water discoloration.
- If you plan on keeping the bag filled for a prolonged period (several months), the water inside may become cloudy. To prevent this, add a small amount of bleach or baking soda and vinegar to the water after you've filled the bag. This should kill any bacteria that might affect the appearance of the water.
- If you want a record of exactly how much water is in the bag before you empty it, lay the bag flat and mark the water level with a marker or pencil on the outside of the bag. The next time you fill the bag, you'll know exactly how much to fill it to get the same amount of resistance.
- When performing pushups on the bag, or placing one foot or hand on it, do so with the bag's logo and valve facing up.
- When not in use, store the bag in a cool, dry place, out of direct sunlight.
- Store a filled HydroCore Bag away from extreme heat or cold to avoid melting the plastic or freezing the water.
- While the HydroCore Bag is designed to be thrown and used as a base of support, avoid slamming it into the ground forcefully. **DO NOT** hit it with a sledgehammer (as you would a rubber tire) or drag it over rough terrain. If you throw the bag, do so on an exercise mat, soft grass, or sand to reduce the impact. Before using your bag in an unfamiliar area or outdoors, inspect your surroundings for nails, broken glass, or other sharp objects that may tear or puncture the bag. **Failure to follow these directions may result in damage to the bag and leakage.**