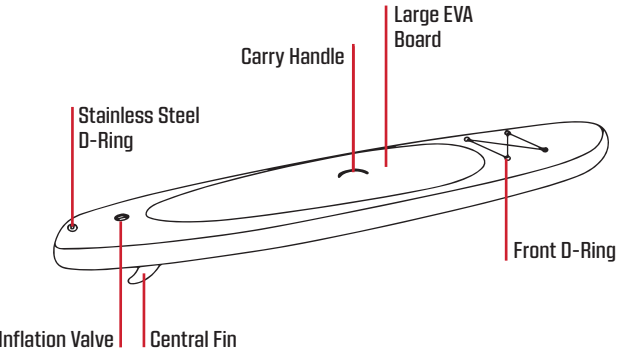
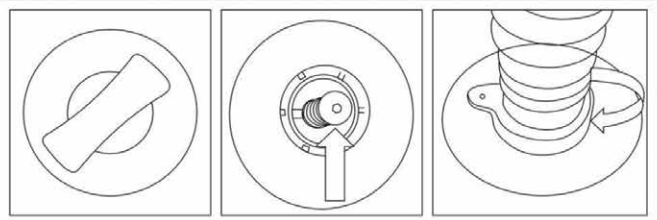
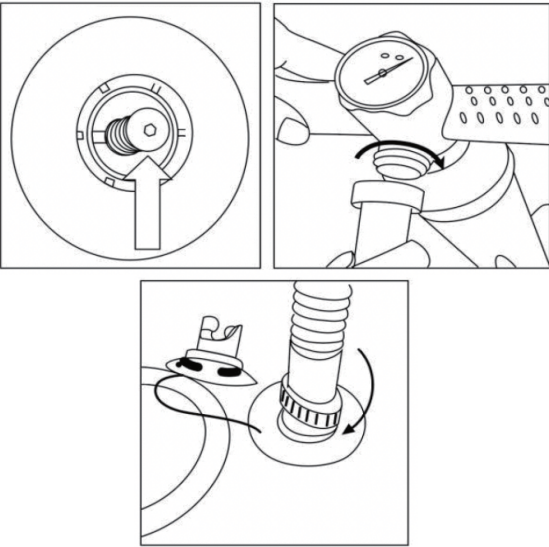
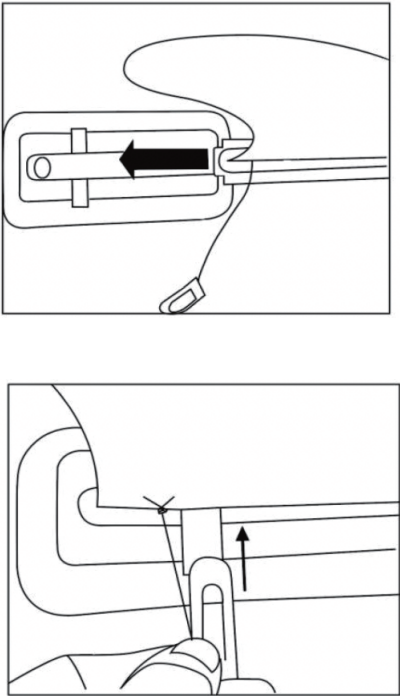
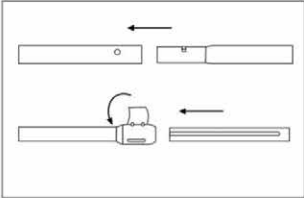
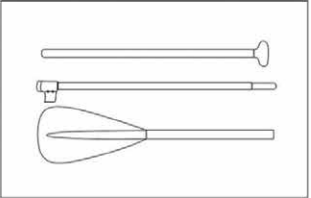


FitRx Inflatable Paddleboard  User Guide	Congratulations! Thanks to your new FitRx Paddleboard, you're now one step closer to improved physical fitness and overall wellness. Paddleboarding is a low-impact, full-body workout that improves your balance and cardiovascular health while strengthening your core. It can also help reduce stress and anxiety, and is great for most ages and fitness levels. Paddleboarding is an amazing activity that promotes a healthier lifestyle. We are excited to accompany you on this fitness journey. Welcome to FitRx. Are You Ready?	Get to Know Your Board  What's Included • Stand-up paddleboard • Aluminum adjustable oar • Hand pump w/ pressure gauge • Valve wrench • Backpack • Fin • User guide	Setting Up the Paddleboard Remove the board from the package. Unroll your board top-side up over a smooth, clean surface. Inflate the board. The inflation valve is near the nose of the board. To inflate, ensure that the valve pin is in the UP position.  To deflate, press the valve pin so that it is in the DOWN position. Avoid getting any sand or debris near the valve area when deflating. NOTE: Small particles might become airborne with the release of air pressure. Always close and lock the valve cap securely when the paddleboard is in use. This will prevent accidental deflation and stop particles from getting into the opening.	 1. Unscrew the valve cap and press down on the pin to open the valve. Start pumping air into the board by sliding the hand pump's piston up and down. Inflate the board until you reach the required pressure level (minimum of 8 psi for proper board operation.) Do not exceed 12 psi. 2. After inflating the board, tighten the valve cap securely.	Fin Installation Once the board is inflated, slide the fin into the base, then insert the fixed pin to secure it. 
Paddle Assembly Your paddle comes in three pieces. To assemble the paddle, press the button in while sliding the pieces together until they click into place. The last section (top) of the paddle is adjustable. To find the ideal height of your paddle, start by building the paddle so that it is 6 inches taller than your own height. Then, adjust the top section up or down until you find a length that feels comfortable to you. A longer paddle is better suited for smoother, easier paddling motions. A shorter paddle is suitable for stronger strokes or competitive paddling. If the adjustable section is a little loose after closing the bottom, tighten the screw with a screwdriver.  The paddle's length is adjustable from 63" to 80.75".	Inflation Tips and Precautions • DO NOT use an air compressor to inflate the board—if your board gets damaged from overinflation, it will void your warranty. • Temperature changes can cause the board's pressure to decrease—when this happens, simply add a few more pumps of air. • Before using the board, leave it inflated for 24 hours to ensure that it is secure. If you see a consistent decrease in air pressure, do not use the board. • DO NOT overinflate this board - it can only withstand a maximum air pressure of 12 psi. To ensure that the board is properly inflated, press on the air chambers to check if they are firm. • DO NOT pump to a high pressure level while exposing the board to direct sunlight. If the board is in a warm environment, slightly deflate the board before using it. • The heat from the sun will increase the board's internal pressure. When paddling, the cold water might cause a slight decrease in chamber pressure. It is recommended that you to carry a pump to use if/when necessary.	Care and Storage • Before storing the board, rinse it and let it dry completely to prevent mildew growth. • Do not use harsh chemicals to clean the board – it is best to clean it with a mild soap and water. • The board can be stored inflated or deflated. If deflated, it is recommended that you roll the board loosely and place it in the storage bag provided. • If storing the board outdoors, keep it off the ground and use a cover to keep it away from direct sunlight. • Hanging the board is not recommended. • Store the board in a clean, dry location. • If the fin becomes bent, soak it in boiling water for a few minutes or use a hairdryer before bending it back into shape.	Safety Information • This board does not provide protection against drowning. • For swimmers only. • Always supervise children in water. • Do not use in white water. • Do not use in breaking waves. • Do not use in offshore currents. • Do not use in offshore wind. • Not for children younger than 14 years of age. • Read all instructions first. • Fully inflate all air chambers. • This product is intended for use by 1 adult. To get the best use out of your new board, read and fully understand this user guide. Always be extremely careful when using this product. Only use this product if you are in good physical and mental condition. Paddleboards should only be used on and above water surfaces. Never go stand-up paddleboarding if you are not familiar with the area and your surroundings. Avoid paddling in strong winds, offshore conditions, outgoing tides, or in strong tidal currents. It is recommended that you wear a suitable buoyancy aid (life jacket/personal floatation device) when using a paddleboard. Be aware that some countries make it is a legal requirement to wear a buoyancy aid that complies with their national regulations. Tzumi shall not be liable for any harm, injury, or damage resulting from the use or misuse of this paddleboard.	Warning • Check your board and equipment before entering the water. • Avoid going in the water alone. Make sure that somebody knows where you are going and when you plan to come back. • Always have some sort of communication device on your person in case you need help (for example: a mobile phone in a dry bag). • Check the weather conditions, forecast and tides before going paddleboarding. • Avoid paddling when winds are blowing away from the shore. • Be aware of the possible effects of the tides and water flow on your paddling speed and incorporate this information into your route plan. • Wear a wetsuit or a drysuit. • Always wear a life jacket or some sort of flotation device. • Always wear your board leash. • It is recommended that you take a first aid course and travel with first aid equipment. • Do not use this board if you cannot swim. • Do not go in the water if you are under the influence of alcohol, medication or recreational substances.	If you have any questions about setting up and/or using this product, we are here to help. Call or email us, and an experienced customer support representative will be happy to assist you: 1-855-60-TZUMI or support@tzumi.com. FitRx For more products and innovations, visit myFitRx.com. FitRx Paddleboard. Distributed by tzumi Inc. NY, NY, 10016. ©Copyright 2024 tzumi Inc. All Rights Reserved. Made In China. All other trademarks and trade names are the property of their respective owners. All pictures shown are for illustration purposes only. Actual product may vary due to product enhancement. Subject to change without prior notice.