



apaFit™ SYSTEM – TECHNICAL USER MANUAL
by apa Wellness

TABLE OF CONTENTS

1. Introduction
2. Safety Guidelines
3. System Overview
4. Technical Specifications
5. Components and Accessories
6. Installation and Anchoring Procedures
7. Operating Instructions
8. Resistance Configuration and Buoy Dynamics
9. Cleaning and Maintenance
10. Storage and Transport
11. Troubleshooting
12. Warranty and Support



1. INTRODUCTION

The apaFit™ system by **apa Wellness** is a cutting-edge modular aquatic training solution designed for rehabilitation, strength training, and fitness across all ability levels. Leveraging the principles of buoyancy and vacuum adhesion, apaFit transforms any pool into a multifunctional training environment.

apaFit offers a versatile, user-centric workout experience that adapts to individuals or groups, making it ideal for rehabilitation, physical therapy centers, wellness facilities, professional athletic programs, and private use.

2. SAFETY GUIDELINES

- **Read This Manual Carefully** before assembling or operating the system.
 - **Water Depth:** Only install in pools with water depth between **80 cm and 130 cm**.
 - **Supervision:** Children and individuals with mobility limitations must be supervised.
 - **Check Vacuum Indicator** before every use. **Do not use** if indicator shows red.
 - **Inspect System Components** regularly for cracks, wear, or material fatigue.
 - **Do Not Modify** any component without written approval from apa Wellness.
-

3. SYSTEM OVERVIEW



The core of the apaFit system consists of:

- **Central Column:** A rigid vertical structure that can easily be attached and detached to the pool floor.
- **Vacuum Base:** Hybrid suction mechanism (Type A or B) for simple, non-intrusive and stable pool attachment.



-
- **Floating Pulley:** Enables adjustable resistance workouts via a retractable cord.
 - **Modular Accessories:** Includes buoys, leashes, waistbands, and optional balance board.

An intuitive quick-release system allows fast interchange of training accessories.

4. TECHNICAL SPECIFICATIONS

Parameter	Value
Total Height	1.73 meters
Width	27 cm
Weight	~6 kg
Cord Length	4.5 meters
Buoyancy Volume	~2.5 L per buoy
Materials	UV-resistant plastics, anodized aluminum, stainless steel 316, silicone seals
Vacuum Types	Type A (smooth), Type B (deep tile joints)

5. COMPONENTS AND ACCESSORIES

Core System

- Central Post (1)
- Floating Pulley with integrated rope and release buttons (2)
- Vacuum Base Unit (3)
- Buoys x2 (4)
- Pump Handle (5)



-
- Vacuum Indicator Window (6)

Standard Accessories

- Straight Bar
- Single & Double Hand/Leg Leashes
- Waist Belt

Optional Accessories

- Balance Board

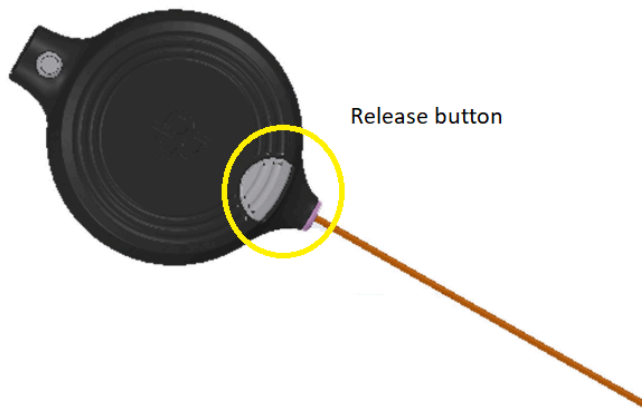
Exploded view diagram



TABLE OF PARTS	
1	Docking plate
2	seal and lock
3	Inner base part
4	Bottom cone Shell
5	Main Pole a
6	Main Pole b
7	Buoy pusher
8	Plunger part
9	Inner Pump
10	Pump handle
11	Roller
12	Add on - bar
13	buoy
14	Inner pole rope
15	Top shell right
16	Top shell left

6. INSTALLATION AND ANCHORING PROCEDURES

1. **Surface Selection:** Choose an even, clean pool surface. Use Type A pad for smooth surfaces, Type B pad for deep grout or mosaic.
2. **Initial Placement:** Position the unit upright on the desired surface.
3. **Vacuum Activation:**
 - Ensure full contact between base and surface.
 - Pump the handle repeatedly (full range motion), starting from the top pushing downwards.
 - Wait 3 seconds after last stroke.
 - Verify the vacuum indicator turns **green**.
4. **Buoy Loading:**
 - Slide buoys down the post below the bumper.
5. **Pulley and Accessory Setup:**
 - Pull the pulley to desired cord length using the large release button.



- Attach desired accessory into the pulley socket via push connection.



7. OPERATING INSTRUCTIONS

1. Ensure vacuum is locked (green).
 2. Adjust buoy number and position according to workout intensity.
 3. Attach accessory and test full range of motion.
 4. Begin exercise under supervision or according to your fitness protocol.
 5. Monitor pulley and cord tension throughout activity.
-

8. RESISTANCE CONFIGURATION AND BUOY DYNAMICS

Resistance is generated through buoyancy forces. The resistance level depends on the number of buoys and motion speed:

Configuration	Resistance Level
----------------------	-------------------------



1 Buoy	Light
2 Buoys	Moderate
3 Buoys (optional)	Intense

Note: Resistance increases with faster user motion.

9. CLEANING AND MAINTENANCE

After each use:

- Retract cord and reattach pulley.
- Push buoy stopper to top position.
- Remove buoys and dry.
- Remove unit from water.
- Rinse all parts with fresh water.
- Activate pump 2–3 times with fresh water to flush internal lines.

Inspect monthly for:

- Wear on cords
 - Cracks in plastic
 - Seal integrity
 - Vacuum pad cleanliness
-



10. STORAGE AND TRANSPORT

- Store in shaded, dry location.
- Do not expose to prolonged sunlight or freezing temperatures.
- Transport using padded case or container to avoid impact damage.

11. TROUBLESHOOTING

Issue	Solution
Vacuum won't hold	Clean surface; switch to Type B pad
Pulley jammed	Inspect for debris; rinse thoroughly
Buoys don't slide	Check alignment; clean center post
Indicator stays red	Ensure full pump strokes; check seal

12. WARRANTY AND SUPPORT

apaFit is backed by a 1-year manufacturer warranty covering materials and workmanship under normal pool usage.

For assistance:

- Visit: www.apawell.com
- Email: support@apawell.com
- Scan the QR code for training videos and tutorials.

This document is proprietary. Do not reproduce or distribute without written consent from apa Wellness.