

In the box:

- Paddle Board
- Aluminium Paddle
- Detachable Fin
- Safety Ankle Leash
- Bungee Cord
- Hand Pump
- Backpack
- Repair Kit



Inflation:

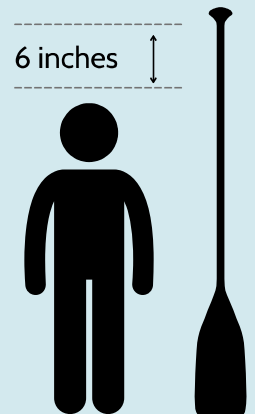
1. Unroll your board so that it lays top-side up.
2. Push the valve button down and give it a half twist clockwise. This will pop it up into the UP position.
3. Attach the pump hose with a half twist clockwise onto the valve.
4. Begin pumping. For best posture, keep a straight back and bend your legs with each pump stroke.
5. Remove the pump hose with a half twist anti-clockwise.
6. Screw on the valve cap.

Deflation:

1. Remove the fin.
2. Remove the valve by twisting anti-clockwise.
3. Push the button straight down then give it a half twist anti clockwise. Be ready as the air will pour out! The half twist locks the bottom down so that air can freely flow out.
4. Once the air is released, begin tightly rolling from the opposite end to the valve, then insert back into the bag.

Paddle:

1. Adjust the paddle height so that it is roughly 6 inches above your head. Use this as a starting point and then adjust it up or down depending on your preference as you paddle.



The Fin:

1. Make sure groove is clear of sand and grit before you fit the fin.
2. Turn board over with slot for fin facing up
3. Slide fin in slot all the way to the end.
4. Then take pin and slide as shown below through the side of the slot, through the fin and then through the other side of the slot.

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