

## EQUIPMENT WARNING LABEL

See below for placement of warning label on equipment.

### ⚠ WARNING

Be sure to review the SURGE® Owner's Manual prior to attempting any lifts or water weighted movements with the SURGE®. Reference the SURGE® Owner's Manual for safety instructions, proper usage instructions and appropriate weight ratios prior to any workouts. Failure to read and follow the safety instructions as stated in the Owner's Manual, on the equipment or by using the equipment in a non-authorized manor may result in POSSIBLE SERIOUS INJURY OR DEATH. Do not fill the SURGE® with any properties other than water. Always tighten the fill cap on the SURGE® after adding or emptying water to prevent spillage or leaking. Replace this label if damaged or removed. Visit [www.getthesurge.com](http://www.getthesurge.com) or call 1-800-810-6528 for any and all questions associated with approved usage of this product.

## HEDSTROM FITNESS LIMITED WARRANTY

For a period of 90 days from the date of receipt, Hedstrom Fitness warrants that this product will be free from defects in materials and workmanship. This warranty applies only when purchase of the product is from an authorized dealer and is for personal, trainer or club usage. This warranty is not transferable. Warranty valid only in the USA.

Except for the limited express warranty stated herein, Hedstrom Fitness disclaims all other express or implied warranties, including but not limited to, implied warranties of merchantability and fitness for a particular purpose. Some states do NOT allow limitations on how long an implied warranty (including implied warranties of merchantability and fitness for a particular purpose) lasts, so the above limitations may not apply to you. Hedstrom Fitness will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence, and arising in connection with the sale, use or repair of the product. **SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.** This warranty gives you specific legal rights and you may have other rights that vary from state to state.

In the event of failure of this product to conform to this warranty during the warranty period, you must return this product to the location shown below at your own expense, unless otherwise approved by us in advance. Hedstrom Fitness will repair or replace at it's own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including in transit), or repairs or attempted repairs by any person not authorized by Hedstrom Fitness, or by vandalism, misuse, abuse, or alteration.

In order to obtain service under this warranty, use the following procedure:

1. Send the part for replacement to:  
Attn: Customer Service  
c/o HEDSTROM FITNESS  
1 Hedstrom Drive  
Ashland, Ohio 44805  
PARTS HOT LINE: 1-800-810-6528

2. Be sure to include:
  - Legible return address
  - Daytime phone number
  - Brief statement concerning the part in question
  - Your Order# and/or copy of proof of purchase
3. Write your Order# on line provided and retain for your records. (Retail Customers write place of purchase)  
ORDER # \_\_\_\_\_

To register your Limited Warranty please go to [www.getthesurge.com](http://www.getthesurge.com) or call customer service at 1-800-810-6528, Monday – Friday 9:00am to 5:00pm EST, or email us at [hedstromfitness@hedstrom.com](mailto:hedstromfitness@hedstrom.com)

© HEDSTROM FITNESS. All rights reserved. Hedstrom Fitness, a division of Ball, Bounce & Sport, Inc., is the Licensed Manufacturer and Distributor of Surge® products. U.S. Patent No. 8727951. Made in the U.S.A.

No part of this booklet may be reproduced or utilized in any form or by any means electronic, mechanical or otherwise without the express written consent of the copyright holder.



## IMPORTANT SAFETY INFORMATION

### ⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED ON THE EQUIPMENT, IN THIS OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH.

1. **Before starting this or any other exercise program consult your physician.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems, back problems or balance impairments. If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.
2. **Start out slowly and progress sensibly.** Progress at a pace that is comfortable for you.
3. **Do not overexert yourself.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish 'good' pain, like fatigue, from 'bad' pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.
4. **Warm up** before any exercise program by doing 5 to 10 minutes of graduated, low level, muscle movement followed by stretching to ensure that your muscles are properly warmed up.
5. **Inspect the equipment.** Before each use, visually inspect the equipment for wear or leaking. Never use the equipment if it's damaged or not working properly.
6. **Use this equipment only for the stated intended use.** Do not modify the equipment or use it in a way not recommended by the manufacturer.

**7. Survey your surrounding area to make sure that you have plenty of clearance prior to engaging with the Surge®.** It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 3 feet of clearance space all around you at all times.

**8. Do not fill the Surge® with any material other than water.**  
Never drink from the Surge®.

**9. Always ensure that you have the proper water load in the Surge®** prior to beginning your exercise. Never add additional weight (water) until you've mastered the basic movements and feel confident in increasing load in a controlled manner. Doing so may result in injury to you or others around you.

**10. Wear appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight and should allow freedom of movement. Wear comfortable athletic shoes with non-slip soles such as running or cross-training shoes. Do NOT use the Surge® with bare feet, in socks or in a slippery or wet condition.

**11. This equipment is not for use by children.** To prevent injuries keep this and all fitness equipment out of the reach of children.

- Keep children out of rooms where you have your exercise equipment
- Store exercise equipment in a room that can be locked
- Know exactly where your children are when you work out
- If you have small children, don't wear headphones while you workout
- Talk to your kids about the dangers of exercise equipment

**12. Breathe naturally.** Never hold your breath during an exercise. Avoid over training.

**13. Cool down after an exercise session,** with 3-5 minutes of moderate to mild intensity exercise, followed by stretching.

**14. Handicapped or disabled people must have medical approval before using this equipment** and should be under close supervision when using any exercise equipment.

**15. Fill Instructions:**

1. Use Phillips screwdriver to loosen and remove fill cap.
2. Fill Surge® with desired amount of water - reference Fill Guide label.
3. Return fill cap and tighten screw fully.

Download FREE wallchart with 20 new exercises at [www.getthesurge.com](http://www.getthesurge.com)



## SPECIFICATIONS & PARTS

**Approximate Specifications:**

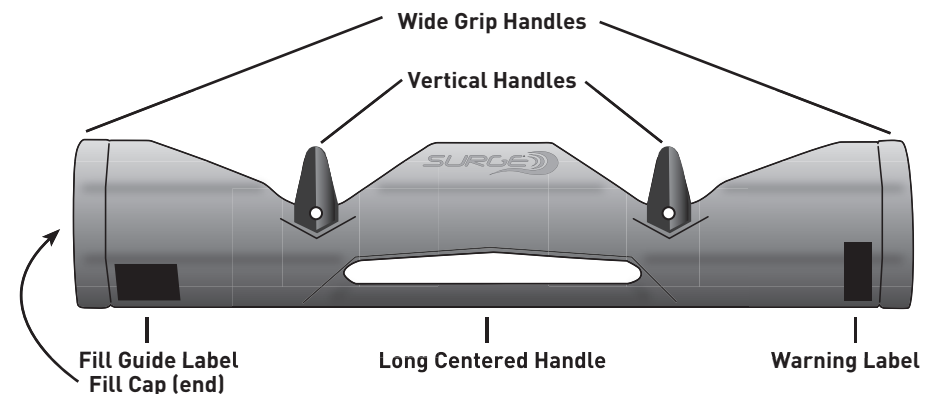
Diameter: 8.5"      Product Weight (without water): 9 lbs.  
Circumference: 28"      Product Weight (fully filled with water): 60.5 lbs.  
Length: 42"



## SPECIFICATIONS & PARTS

**Approximate Specifications:**

Diameter: 8.5"      Product Weight (without water): 7.5 lbs.  
Circumference: 28"      Product Weight (fully filled with water): 38 lbs.  
Length: 33.25"



Wide Grip

Center Grip

Vertical Grip