

Getting Started on the AquaSkipper

INVENTIST BEAT

It may take some practice to get going on your AquaSkipper, but it's worth it in the end! With the AquaSkipper you're getting a great workout, without feeling like you are actually exercising. Here are some tips to get you started with your AquaSkipper:

1. Really push off the dock. It is the forward momentum from this push that gets the AquaSkipper going. Remember to push forward and out, not down. If you do not push hard enough, or if you push down you will end up in the water immediately.
2. Don't worry about falling in the water. Once you get that good push off of the dock the AquaSkipper will keep you up. Many users have said they feel like the skimmer and small foil are not big or strong enough to keep the AquaSkipper upright. We promise you, the AquaSkipper can hold you.
3. Hop. It may sound simple, but many times users lock their knees or keep their feet flat and are not hopping as hard as they need to. You need a solid hop on the balls of your feet to keep your momentum.
4. Find your rhythm. Once you find your rhythm you will be unstoppable! For some this is a fast paced rhythm with smaller hops, while for others it is a larger hop with a slower rhythm. Do what works for you.
5. Relax and have fun. If you think about everything too much you won't be relaxed and enjoy your AquaSkipping experience! Once you get the right push off and find your rhythm, you'll have a blast with your AquaSkipper. Much like riding a bike, you will find your groove every time you ride, even if you only take it out in the summers.
6. If you keep trying and still can't seem to get the hang of it, feel free to video yourself and send it to us at sales@inventist.com and we will do our best to help.