

LOBOS/RAMBOS install & Basic use instructions - Read carefully

A. Install

A simple install video is at [youtube.com/watch?v=vpX1JiOchNg](https://www.youtube.com/watch?v=vpX1JiOchNg), but still read this carefully

First. Do not use without knowing your doctor will approve of you using Body Oars™.

1. Put on secure flotation belt or life jacket. Flotation Belts will work but water-ski type life jackets work better. Well fitting life jackets must be used on people with mobility disabilities, people who cannot swim and anyone using Body Oars without rescue supervision: *Why?*

A. They support all around body 360 degrees, which holds body vertically and safely even if something happens and user passes out.

B. They are more buoyant offering more upper body stability, which allows more resistance to be fought by the core.

C. Flotation belts support from waist as jackets support from chest, which can allow the back to elongate more for people with back issues.

D. Jackets are far safer for people who can't walk, stand or swim

E. Covers the upper body of modest people

Do make sure that either belt or jacket is very secure as Lower Body Oars (LOBOS) take away your ability to walk in the pool. Also make sure that the arm holes in the Jacket are not restrictive (tight).

2. Sit beside the pool, **or preferably in the pool on steps or a secure seat if available.** Sitting chest deep in water is far easier if putting LOBOS on and off disabled folk, as you won't need to lift their (easy to wrap) floating legs. Having them free-float in their life jackets also works well, but not as. Either way the helper (if needed) is in the water.

3. Take one LOBO and make big loops of the 2 wraps around calf that the leg will slide through.

4. With LOBO under leg, open side up, paddle end beyond foot, slide leg through loose loops in calf wraps until heel contacts the foot stop, (stirrup). If LOBO is a little to long for this "locate knee over thinnest part of LOBO channel. **Foot stop does virtually nothing else, feet do not use or need to be in contact with it.** You will learn to just let feet and knees relax, as they are not being used.

5. Adjust wrap locations so the one closest to knee starts where the calf thins down toward knee, but at least 1 inch below the knee. If irritation happens then wrap is too close to knee. **Tighten securely until knee flattens down against LOBO, no more.** Keep paddle end as level as possible (facing straight forward) as you put on first wrap. Be sure only the soft sides ever come in contact with skin.

6. Wrap the lower calf wraps in either direction that adjusts the paddle end back to being straight (forward) to horizontal if needed. **ONLY Calf wraps must be tight.** **You should not be able to easily slide a finger between upper calf wrap and shin bone, but no tighter.** If pain comes from wraps, they are too tight. After tightening the lowest calf wrap and just snugly wrapping thigh go back again use a finger on the knee wrap and retighten if the finger easily slides in. This usually avoids having to retighten during the workout

7. The thigh wrap should have no big gaps but not be tight, The big muscles under are about to be fully worked so should not be restricted. A typical knee or elbow brace which is tight on both sides of the joint, but LOBOS/RAMBOS must only be tight around calf.

8. Repeat install on other leg and if on the side slide in. This side of pool install assumes no walls or obstacles to slide over. If water is more than a few inches below side be very gentle on lowering yourself in until you get the hang of this. You do slide on the LOBOS not your butt. If you are in a weakened state get helpers to lower you into the pool until you are strong enough to help yourself. If install in water is not possible.

LOBOS may also be used while sitting in hot tubs with enough leg room for wide range, water temp should not exceed 86°F, and hands need a secure and safe hold. SPLASHS LOTS IN TUBS.

If this set is only going to be used by 1 person: take a scissor and cut the wraps down to where they completely wrap once and then end on the front after fully covering the front again. These wraps may need tightening adjustment during use as they do not stretch, and having end right there makes it easy to tighten while only losing about 8 inches. During prototyping "stretchy wraps" proved to separate from leg which directs some resistance force into the knees. Save the pieces you cut off as they will lock back on for someone else with thicker legs.

B. USING LOBOS - Basic vertical free floating (Life Jacket) run

1. LOBOS are only for gentle use, never intense pushing. However users should drive them as far as they can gently run their hips without any pain. Always check with your doctors before using.

If your not in a strong state of fitness you must have helper monitoring you. You may only be able to go a few minutes at first but under no circumstances should you ever exceed 15 minutes or 400 strides which ever comes first, (until the time it takes you to do 400 strides decreases by 25% without high effort). This could take months do not rush this, you will get stronger each time as long as you do at least 2 sessions a week (min).

2. Athletes and people already at a high level of fitness should not exceed 20 minutes on LOBOS until their gentle effort time increases by 10%. Athletes demanding a high intensity Body Oars workout must use RAMBOS, which are designed to allow the gluts hams and quads to be fully applied before or in balance with the far weaker abdominals and groin. But athletes should start on LOBOS for first 20 or so sessions.

3. Talk constantly while using Lower Body Oars, we recommend counting your strides loud enough to hear yourself. As long as you can hear yourself speak easily you are not overworking your heart. An overworked heart shuts down the ability to speak before vital functions. If it gets too hard to speak then you are working too hard, do not stop just slow down until speaking comes back easily.

Even when finished also never stop suddenly, spend about 1 minute slowing down to a full stop. People already in a high level of fitness may not be able to reach highest targeted heart rates with this basic LOBOS exercise until body develops more blood circulation to gluts hams and quads. RAMBOS can blast upper end targets of early athletic users.

NOTES: Full effort (High intensity) applied to LOBOS may result in a abdominal strain or worse to new users, so LOBOS are only for low effort pushing as wide a running range as is painless.

4. Remove Lower Body Oars in the water while wearing life jacket.

WARNINGS: Do not allow the moving paddles to ever come in contact with anyone else in the water. They look like they are moving too slow to hurt, but that is because they are in an environment that is 1600 times denser than air. Even moving slow LOBOS pack a wallop. Imagine the same amount of effort swinging a boat oar in the air and then being hit by it. You won't need much space to use LOBOS but make sure no one else is in it. Instantly minimize motion if people get too close. **If you have had abdominal surgeries or hernias or at risk for either discuss with your doctors before use.**

The hidden danger with LOBOS is that they activate what athletes call the "Runner's High", usually after 100-300 strides. This is a very pleasant almost euphoric condition, but it farther masks the amount of core effort being applied. We have had 4 cases (all mobility debilitated to some extent) who were too "happy" after their first 5-8 sessions to stop at 15 minutes, and all went at least 45 minutes. That evening their cores turned black and blue and the pain was so severe they all went to emergency rooms. All are fine and are back using LOBOS but do not let this happen to you, stay under the gentle effort and time. If you are weaker than average use helpers and only do what is extremely comfortable.

5. Continually check Bodyoars.com for updates Last 6.3.11