







To adjust:

- 1) Pull material away from the end of tubing with plastic plate.
- 2) Pull tubing through plastic plate to make the opening larger or smaller. Fit should be snug and comfortable.

To use DragSox:

Stretch the opening with tubing and slide foot into DragSox.

To use with fins:

First put DragSox on, then put fins on through the bottom opening of DragSox.



For more information and sample sets, please visit us at aquavolo.com

Before starting a new workout routine consult your physican and/or coach. These training products are not for children. Recommended ages 14 and over. We are not responsible for the misuse of these products. Nor are we responsible for damages or harm caused by misuse or the unintended use of these products.