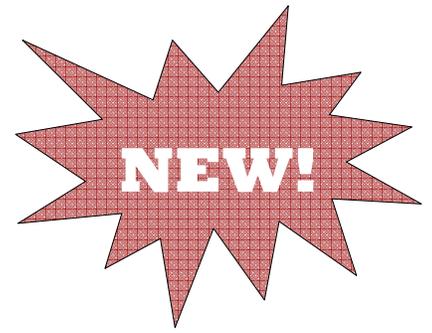




The Makers of The Tug® Introduce  
**The Water Slog™**



Benefits of using the Water Slog™:

- 360° motion of water keeps your core and stabilizing muscles active during exercise
- Uses water for adjustable weight from 30-165 pounds (up to 16 gallons of water)
- Multiple Movements with The Water Slog™:

Bench and Military Presses  
Squats  
Curls and Triceps Work

Rows  
Lunges  
Dead Lifts

- Cost effective alternative to expensive weight racks and plates



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