

How to maintain

In cold climates, empty the Incog water gun fully at the end of season to avoid water freezing, expanding and damaging the pump mechanism.

Your Incog can be stored in temperatures down to -4°F/-20°C without the ABS and PE casing deteriorating.

Proximity to alcohol or garden-use chemicals will not deteriorate the ABS and PE casing. Take care that no chemical residue or alcohol is left inside the tank in case of skin contact during water fights later.

Water can become stale in the pump mechanism. Do not use the Incog water gun for drinking, even with fresh water.



32 feet

Long lasting fun!

We hope you'll use your Team Magnus water gun for many years ahead.

Please contact workshop@team-magnus.co.uk if you have any tips for us or queries we can help with.

If you lose the water tank cap, we ship out replacements.

Water play 

Snow play
Apparel
Camping
Backyard action

TEAM MAGNUS
RACE YOU THERE



WARNING

CHOKING HAZARD-Small parts
Not suitable for children
under 36 months.



40 oz

TEAM MAGNUS

RACE YOU THERE

Hot weather hydration

Running around in the heat, make sure you don't skimp on your water intake! Feeling thirsty is conditioned by habits. Most of us need to hydrate before we feel the need, and here's why:

Water helps **regulate your body temperature**. You can sweat more than one gallon during prolonged exercise in hot weather! Your body also uses your capillaries to cool you down.

Your **muscles will work better!** A complex "sliding" of interlaced fibres help them contract. Water is key for this.

Keep the engines humming: your autonomic nervous system runs many processes in the background while you're having fun winning at water gun fights! It's dangerous for your **important involuntary functions** to restrict their water supply.

What should you stock up on: Carbohydrate drinks, protein shakes, caffeine brands, mineral water?

Read Valerio's full blog on the best hydration drinks for sports and an active lifestyle:

team-magnus.co.uk/hydration-and-sports



Read Valerio's blog on hydration during exercise in hot weather and other advice on junior fitness

Valerio Boldreghini

writes for Team Magnus about tailored strength & conditioning for kids, their motor skills and physiology.

"I've been a sports nut since my childhood in Rome. I loved the position as playmaker for a professional Italian basketball team and I still enjoy watching. My pro career was cut short by a dislocated shoulder. That was my way into weightlifting, which has become another passion. I wrote my physical science dissertation on correlations between clean and jerk and flat bench press.

*I've seen the best and the worst of professional sports. That's why as an athlete and coach my motto is **Mens sana in corpore sano** – a healthy mind in a healthy body.*

Valerio

