

aquafitness

The Intelligent
Low Impact Workout



6 PIECES INCLUDED



6 Piece Water Fitness Set:

- 2 Resistance Dumbbells
- Flotation Belt
- 2 Webbed Gloves
- Waterproof Guide



Simply Smart!

With so many benefits, working out in the water is the smartest choice to tone and lose weight.

Why? A water workout engages more muscles, offers better resistance than air, and burns more calories than traditional exercise.

ADVANTAGES OF WATER WORKOUTS

In water, buoyancy helps you to feel up to **90% lighter (LESS STRESS)**, YET the weight of water provides more resistance. Your movements are slower, more powerful, yielding better results!

**IDEAL FOR
ALL FITNESS
LEVELS!**

**MAKE
RECOVERY
EASIER**

GREAT FOR RECOVERY

In the pool, water supports most of your weight, making workouts easier on your joints and muscles, reducing the chance of injury; perfect for aiding in rehabilitation!

PERFECT FOR CLASSES

Aqua Aerobics is great for all ages! Dive in for the advantages of fitness and social engagement.

JOIN IN!

