

## Vesikuntopyörä - Shark



### The latest in aqua fitness: Aqua Cycling.

Aqua Cycling is the new trend. It is ideal for the body and circulation. This stationary bike is made from 316l stainless steel and is only suitable for use in water. Its simple design and handling will convert even practised fitness fans. The water's resistance when aqua training is much higher than if training with air resistance. This means:

- you will reach your training target faster and with less stress on your body
- the massage effect will help circulate blood in the skin, connective tissues and muscles
- you will profit from the training which is excellent for mobility and coordination
- your heart and lung functioning is improved
- quicker regeneration after injuries and operations

The many uses of the Shark Bike make it an excellent training product. It is perfect for group training, physiotherapy, rehabilitation, personal fitness training and professional sportspeople such as triathletes.

## Vesikuntopyörä - Hydro



**The economical alternative in the aqua cycling for aqua fitness providers, wellness centres and spas, swimming schools, hotels and private pools**

- Made from rust-free steel, simple to handle
- The resistance can be set at three levels.
- Saddle and handlebars can be individually vertically and horizontally adjusted
- Versatile for a motivating healthy and joint friendly fitness training session in the water
- The ideal pool depth is 110-145 cm
- 130x60x140 cm
- 22.5 kg.