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Vielseitige Übungen

Optischer Genuss

Brilliantes Wasser

Energie Effizienz

Hydrotherapie

Weltweite Auszeichnungen



## Vielseitige Übungen

### Multiple Circuit Training Station

No other aquatic exercise product on the planet offers you more fitness, training, stretching and strengthening options:

**Swim-in-place** at *any* pace; your water-based exercise fitness center accommodates *any* fitness level, from first-timer to pro, from youths through centenarians; use it year-round *any* time you choose! Kids can't swim yet? Teach them how! "Swim-in-place" is also sometimes referred to as treadmill swimming or stroke swimming.

Need a different kind of cardiovascular workout? Break out your rowing equipment and **row, row, row yourself to health**; you'll also strengthen all your major upper-body muscle groups.

**Walk or jog in place.** Attach your adjustable body belt and tensor cords and go. Actually, raise your knees high and try to go because the tensor cords will hold you in place.

**Build muscle strength and definition.** Outfit your aquatic exercise solution with a fitness bar, "D" handles, ankle cuffs and tensor cords and work those lats, triceps, biceps and many other muscle groups. The AFS give you a total workout!

Stationary exercise bars mounted on the inside of your AFS provide you with a place to **stretch before or after your workouts**.

For **rehabilitation and injury recovery** doctors have long recommended the gentle environment that water provides. Rehab and recover in your own warm-water Shangri-La!

### HydroSport™ Fitness Gear

The AFS HydroSport Fitness Gear provides you with a **huge variety** of waterproof and rugged exercise equipment needed to partake in all the different exercise options highlighted in the "Multiple Circuit Training Stations" section. The HydroSport Fitness Gear includes:

A variety of **tensor cords** in a varying lengths so you can adjust your workouts from super easy to super hard.

Exceptionally durable **rowers** for your rowing station.

Other equipment such as high-quality **fitness bar** (for upper-body strength training), **stretching bar**, **body belt**, "D" handles, **goggles**, **bar straps** and **ankle cuffs**.

Special patent-pending **OptiMounts™**, which are stainless steel hardware mounts built into your AFS shell, provide you with workout flexibility and convenience.

### HydroSport™ Swim Tether System

The HydroSport Swim Tether system is the **secret to a powerful swim workout**. The swim tether system includes a flexible fiber rod, swim belt and tether. It helps stabilize you in the center of the swim lane. But more important, the harder you swim against the tension in the fiber rod, the greater the variable resistance experienced.

Many of the nation's **top college swim teams** use the swim tether system.

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