

AQUABIKE

PROFESSIONAL



FITNESS • WELLNESS • WEIGHT LOSS • REHABILITATION • PERSONAL TRAINING



HYDRORIDER®
PROFESSIONAL AQUATIC EQUIPMENT



AQUABIKE PROFESSIONAL

The Hydorrider Aquabike Professional is a unique aquatic indoor stationary bike made of marine stainless steel AISI 316L (rust proof), that allows the users to pedal while immersed in the water taking advantage of the many benefits of the aquatic environment.

The Hydorrider Aquabike Professional was created to satisfy the increasing demand for activities in water. Its multipurpose use makes of it a unique piece of equipment. Thanks to this innovative exercise, all users can obtain great results in terms of weight loss, wellness, athletic training and rehabilitation. It features the attraction to: fitness facilities, wellness and spa centers, recreation centers, medical facilities, hotels and private pools. With special population it can be utilized by people with limitations due to arthritis, fibromyalgia, previous injury, obesity or those who are de-conditioned. It works well with the conditioned as well



Maintenance: the equipment does not require any special care. We recommend to periodically check the conditions of the base rubber protection, the pedal straps and the seats.

Pedals mechanism (flywheel): four elements flywheel with variable profile give the central movement continuous and constant resistance while pedaling. Pedals and central pin rotate on synthetic self-lubricated bearing that require no maintenance.

Resistance: the Hydorrider resistance is determined by four paddle wheels that can be set at three different levels; the longer the paddle is pulled out, the greater the surface volume of water taken in; hence, the greater the resistance. Resistance is also added by increasing RPM's through acceleration which is a key component in aquatic conditioning. Additional challenges can be met by a change in seat positions, intervals or power pull techniques.

Bases: are covered with double anti skid rubber protection for better floor adhesion and protection. Safe on all type of pool floors, ceramic, mosaic and PVC. Bases are extendible for pool depth between 110cm and 145cm (3'7" - 4'8"), for deeper water a longer base can be provided by request.

as the de-conditioned population. It is suitable for coop use with medical and fitness facilities.

Some of the Hydorrider Equipments advantages include the property of buoyancy which in return provides stress free training for the joints and low back. Results are less back and knee injuries, constant water massage, comfortable means to training even in the environment of an indoor aquatic facility and the pure excitement of indoor group exercise. The bike has state-of-the-art features for best custom fitting. It has fore and aft seat and handlebar adjustment. Bases are extendible for different pool depths in order to reach participant's optimum body position, with water level between waistline and chest. The resistance can also be set at three different levels: light, moderate and intense training. It is also possible to increase the resistance increasing the pedaling speed.

SIX REASONS FOR CHOOSING THE AQUABIKE PROFESSIONAL

- Reliable and resistant in the long term
- Made for continuous daily use
- Adjustable resistance at three levels: light, moderate and intense training
- Completely adjustable frame for best custom fitting
- Requires low maintenance
- High technical performance that allows many different applications, aquacycling, circuit training, personal training and rehabilitation.

TRAINING PROGRAM

Hydorrider offers Certification and Training Courses. In order to get up-to-date information, please contact us at training@hydorrider.com, or log on to www.hydorrider.com

Continuing Education Credits (CEC) AEA - AFAA.

Bike Dimentions (assembled)		Box Dimentions	
Length	cm130 51 inches	Length	cm101 40 inches
Bases width	cm 60 24 inches	Height	cm 83 33 inches
Height	cm140 55 inches	Width	cm 17 7 inches
Weight	kg22,5 50 lbs	Weight	kg 28 62 lbs

Pool depth: ideal pool depth is 3'7" to 4'8" (110-145cm). For depths from 4'9" to 6'5" (146-200cm) a longer base is provided at request, specifying the exact pool depth. Water level should be between waist and chest line of the user.

Handlebar: moves vertically and horizontally for all users alignment custom fitting. It is also reversible for better posture of users during rehabilitation.

Storage: the bikes can be stored or left on the deck or in the water.

Shipping: the Hydorrider Aquabike Professional is shipped in a conveniently 62 pounds (28 kg) box. - box dimentions: 40"x 7"x 33" (101 cm. x 17 cm. x 83 cm.)

Special recommendations: the equipment can be used in thermal, salt and mineral rich waters, in which cases it is recommended to rinse the bikes with fresh water and towel dry them when taken out of the pool, and periodically use a stainless still cleaning solution to help prevent deposits of metals or chemicals. For optimum results it is recommended to use aquagym shoes (provided by Hydorrider at client's request).

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