WATERFLEX PHILOSOPHY
DARE TO BE DIFFERENT

*With a range of eye-catching equipment matched by expertise in top level athletics, Waterflex makes water aerobics accessible to all. A winning combination of comfort, design and performance. At the heart of Waterflex’s DNA are accessibility and originality, two driving forces that have made it the leading European designer/manufacturer in this field. Because the world is changing and likewise your expectations, Waterflex bases its strategy on a ground-breaking holistic concept, including training programmes with individualised assistance. Waterflex is committed to the success of your wellness, fitness or aquatherapy projects. In tune with trends and new technologies, Waterflex is reinventing new ways to do watersports.*

WATERFLEX FOR YOUR AQUA VITALITY!

The leading European water aerobics equipment supplier, Waterflex operates in more than 25 countries. Recognised for meeting its customers’ requirements for quality, service and accessibility, Waterflex’s policy is geared to client satisfaction. A global presence to make aquabiking accessible to all!
An aquabike that’s just right for you!
WHAT FRED THINKS

As a professional swimmer, I always aim to set the bar a little higher. On the lookout for new training methods, I discovered Waterflex’s RIDER 5 aquabike. I was bowled over by its amazing performance and wide range of adjustment. Sharing the same demanding quality values, I was happy to associate myself with this Marseille organisation in order to develop together a sports version to fit with my image.

A shoulder operation is keeping me away from competition in the short term but with Waterflex water aerobics equipment I can enjoy aquatic therapy and stay at the top of my game.

Fred Bousquet
A French member of the Marseille swimming club, specialising in freestyle and butterfly sprint events, 50 metre freestyle world number 2 and holder of more than 50 international titles.

WHAT THE EXPERT SAYS

Therapeutic aquabiking and aquajogging bring many benefits. For example, exercising in zero gravity with gradually extended movements facilitates a quicker return to gentle physical activity after an injury, which is useful not only to athletes but also to elderly or overweight persons. It provides preventive cardio activity and stimulates the muscular chains. I recommend the Waterflex aquabike for comprehensive cardiovascular workouts because its resistance mechanism can be adapted individually, and the Aquajogg for proprioceptive and power walking exercises.
SPOR HTS & HEATH

PREVENTIVE PHYSICAL ACTIVITY

The government’s National Sports, Health and Fitness Programme encourages the promotion and development of physical and sporting activities as a factor of public health. It has been shown that regular physical exercising helps prevent many chronic rheumatic illnesses as well as some medical conditions. Additionally, exercising is crucial to energy balance and weight control. It helps reduce the risk of non-communicable diseases and depression, and it improves cardiorespiratory stamina and bone tissue.

THE BENEFITS OF WATER

Water has many properties, particularly the natural resistance and weightlessness it provides. Hydrostatic pressure and buoyancy help blood circulation, ideal for problems of venous insufficiency. Pedalling against water pressure helps maintain fitness and gently develops cardiovascular and stamina capabilities. Water cools the body, has a massaging effect, relieves swelling and reduces stiffness and impacts on the joints of the lower limbs. During and after exercising, awareness of fatigue is diminished because buoyancy reduces muscle loads. Even post-exercise recovery time is improved as the elimination of lactic acid is faster.
AQUABIKING
THE BENEFITS OF WATER AEROBICS

- Reshapes the legs
- Tones up the arms
- Trims the waistline
- Sculpt the thighs and buttocks
- Protects the joints
OUR RANGE OF EQUIPMENT

INCREASED AQUA VITALITY

AQUAFITNESS

Aquabikes

Trampolines

Paddle board

WR3

WR4

WR5

Flow

AQUAFITNESS

Aquatic treadmill

Nordic walking

Pole + aqua-step

Aquajogg

Elly

Poolbar

ACCESSORIES

For aquabike

For training

For training

Cleaning stainless steel

Comfort saddle & exercise bar

Aquabiking swimwear

Resistance exercise bands

Renov’inox
DAILY TRAINING
AND INTENSIVE USE
WR5
ULTRA-SPORTIVE AQUABIKE

Cardiovascular exercising for increased stamina

Power For targeted strengthening of the leg muscles

Drainage For slimming the legs and firming the skin

Flexibility For improving joint flexibility

Equipment designed for aqua spinning with intensive muscle strengthening.
**SPINNING PRO RESISTANCE**

Based on the powerful and instantaneous mechanical resistance of spinning bikes, this sports aquabike has an unrivalled position on the market. Pro System exercising on stainless steel wheel with resistance control knob. A brake pad acts on one wheel for unrivalled efficiency. You can simulate hill-climbing!
WR4
SPORTIVE AQUABIKE

Double adjustment system

Aquapalm hydraulic resistance

4 adjustable fan blades

Equipment designed for cardio-training with moderate muscle strengthening.

CARDIO  
Cardiovascular exercising for increased stamina

POWER  
For targeted strengthening of the leg muscles

DRAINAGE  
For slimming the legs and firming the skin

FLEXIBILITY  
For improving joint flexibility
HYDRAULIC RESISTANCE

Power controlled by whirlpool effect.
The 'Aquapalm' System consists of 4 fan blades specially designed to enhance performance. The scoop shape provides extra support on the water and additional resistance. The user can modify this system by turning each of the fan blades from the sitting position.

<table>
<thead>
<tr>
<th>Dimensions</th>
<th>55 cm x 95 cm x H 155 cm</th>
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<tbody>
<tr>
<td>Weight</td>
<td>22.6 kg</td>
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<tr>
<td>Depth of water</td>
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</tr>
<tr>
<td>Warranty</td>
<td>Metal parts 3 years</td>
</tr>
<tr>
<td></td>
<td>Wearing parts 6 months</td>
</tr>
</tbody>
</table>
WR3
AQUABIKE WELLNESS

Silicone grips

Carrying handle

Aquaspeed pedals for use with bare feet

Equipment designed for home training use with gentle muscle strengthening.

CARDIO
Cardiovascular exercising for increased stamina

POWER
For targeted strengthening of the leg muscles

DRAINAGE
For slimming the legs and firming the skin

FLEXIBILITY
For improving joint flexibility
EASILY PORTABLE

This user-friendly aquabike will suit everybody! You’ll like its versatility, light weight and carrying handle. And you’ll just love its sturdiness and high quality finish. Aquabiking brings both pleasure and relaxation. Designed for personal exercise and getting back into shape, it’s the bike that every swimming pool should have.
AQUABIKES WR SERIES

PRO RANGE
STAINLESS 316 L

Made of high quality marine-grade AISI 316L brushed stainless steel electropolished for anticorrosion protection in accordance with current international standards. Compatible with all types of water. Aquabikes in the WR range have a 2 millimetre thickness of stainless steel and a wider profile to provide greater resistance under intense loading.

MARKING
On the frame a graduation and reference point system (saddle and handlebars) is visible in the water for accurate individual position adjustment.

PRO QUALITY
The bikes are extra-rugged due to high quality full-penetration welding throughout using a precise process and superior workmanship.
ERGONOMIC DESIGN

SPORT HANDLEBAR
The new design of the WR range handlebars provides three different exercise positions to meet each person’s requirements: basic, town bike and all-out racing position options. The positions are more natural to provide maximum comfort particularly in the racing position. Siliconised grips provide a tighter hold and protect the pool from knocks.

‘ERGO RIDE’ TECHNOLOGY
Similarities between the shape of our aquabikes and aquabiker posture eliminate lumbar and cervical muscular contractions, and contribute to comfort and efficiency while increasing one’s pleasure. The aquabiker’s natural position while exercising is taken into consideration through the ergonomic arrangement of the pedals, frame, saddle and handlebars. Increasing the stability, not disturbing the breathing and digestive systems and thus applying the proper transmission on the pedals of the force developed by the lower limbs – these are some of the parameters that were considered when developing the WR Series of professional aquabikes.
HIGH-QUALITY FINISHES

AQUASPEED 2 PEDALS
New AQUASPEED 2 thermo-molded pedals are more anatomically correct and accentuate the resistance effect by strengthening front or reverse pedalling power (using bare feet).

ROLLER WHEELS
Heavy-duty silicone wheels facilitate movement without marking the floor. To make it sportier, you can also use the fixing loops of the training resistance bands.

EXPRESS DRAINAGE
The new perforation design provides rapid water evacuation from Series WR aquabikes in just a few seconds. This innovative technical development lightens your aquabike when removing it from the pool. White silicone suction pads give excellent stability and complete floor adherence (compatible with liner).

Shock-absorbing siliconised sleeves are located at the ends of the aquabike’s feet.
WX TRAMP
WATER TRAMPOLINING

- 20 -

Protective skirt for user safety and to prevent the feet from being caught in the elastic springs

Elastic springs with anti-breaking system designed for user weight up to 100kg

Optional handrail, suitable for the 3 models.

COORDINATION
Promoting movement coordination

FLEXIBILITY
Improving joint flexibility

CARDIO
Cardiovascular exercising for increased stamina

BALANCE
Stimulation of numerous muscle receptors
THREE TRAMPOLINE MODELS

BOUNCE MAT

Optimum bounce is ensured by improved water flow across the specially selected technical fibre cellular mat. Advantages include jumping accuracy, bounce mat durability and barefoot comfort.

HEXAGONAL SHAPE

Exclusive hexagonal tubular structure, 100% stainless steel, specially designed for high performance exercises. Movement is facilitated to allow extended exercises. Additionally, they stack comfortably for fast, easy storage and maximum use of space.

<table>
<thead>
<tr>
<th>Models</th>
<th>Square</th>
<th>Round</th>
<th>Hexagonal</th>
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<tbody>
<tr>
<td>Dimensions</td>
<td>110X110 x 31cm</td>
<td>ø 100 x H31cm</td>
<td>101 x H31cm</td>
</tr>
<tr>
<td>Poids</td>
<td>8 kg</td>
<td>5,8 kg</td>
<td>6,3 kg</td>
</tr>
<tr>
<td>Depth of water</td>
<td>1.00 m à 1.50 m</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Warranty</td>
<td>metal parts 2 years wearing parts 6 months</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
PADDLE BOARD

YOGA & FITNESS

- 3 detachable fins

15cm thick construction with ultra-rigid ‘drop-stitch’ technology

Extra-wide 81cm board with ends squared off for optimum stability

COORDINATION
Promoting movement coordination

MUSCLE STRENGTHENING
Strengthening postural and abdominal muscles

CARDIO
Cardiovascular exercising for increased stamina

BALANCE
Stimulation of numerous muscle receptors
INFLATABLE PADDLE BOARD

The FLOW paddle board is a versatile item of water aerobics equipment. Its distinctive shape has been specially designed for yoga or fitness activities in the pool or in the sea. Completely covered with EVA foam non-slip matting, it provides an ideal comfortable exercise area.

Accessories included: Extra-high pressure pump, Carry bag, Carrying strap, 3 fins

A FULL RANGE

You’ll find our range of paddle boards and accessories on www.waterflex.fr

<table>
<thead>
<tr>
<th>Dimensions</th>
<th>300x81x15 cm</th>
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<tbody>
<tr>
<td>Board weight</td>
<td>9 kg</td>
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<tr>
<td>Max rider weight capacity</td>
<td>120 kg</td>
</tr>
<tr>
<td>Volume</td>
<td>195 L</td>
</tr>
</tbody>
</table>

* indicative values
AQUAJOGG
JOGGING & RUNNING

STAMINA
Cardiovascular exercising for gently getting back into shape

VITALITY
Gentle treatment of all muscle groups

WEIGHTBEARING MUSCLES
Weightbearing muscle improvement

BALANCE
Stimulation of many muscle receptors

Ingenious compact storage system

‘Easy push’ system for safe, easy release

6 silicone non-scratch roller wheels
### Level of use

<table>
<thead>
<tr>
<th></th>
<th>Regular</th>
<th>Sporty</th>
<th>Intensive</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAMINA</td>
<td>90%*</td>
<td></td>
<td></td>
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<tr>
<td>VITALITY</td>
<td>65%*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEIGHTBEARING MUSCLES</td>
<td>85%*</td>
<td></td>
<td></td>
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<tr>
<td>BALANCE</td>
<td>75%*</td>
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</tr>
</tbody>
</table>

* indicative values

### Dimensions

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>When closed</td>
<td>67 cm x 135 cm x H 128 cm</td>
</tr>
<tr>
<td>Weight</td>
<td>32 kg</td>
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<tr>
<td>Depth of water</td>
<td>1.00 m à 1.50 m</td>
</tr>
</tbody>
</table>
| Warranty         | Metal parts 3 years  
                    Wearing parts 6 months |

### AQUAJOGGING

The Aquajogg’s great fluidity of movement enables you to walk or run. The gentle 13° slope puts a moderate load on the muscles. Ideal for both physical preparation and rehabilitation. You can safely enjoy its excellent stability and grab bar.
NORDIC WALKING

ELLY

STAMINA
Cardiovascular exercising for gently getting back into shape

VITALITY
Gentle treatment of all muscle groups

SLIMMING
Burn off the fat and sculpt the buttocks

OXYGEN
Swinging movements help oxygenation

Swing lever arms for extra stamina

Flexible soles for use with bare feet
<table>
<thead>
<tr>
<th>Level of use</th>
<th>Regular</th>
<th>Sporty</th>
<th>Intensive</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAMINA</td>
<td>70%*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VITALITY</td>
<td>65%*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SLIMMING</td>
<td>65%*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OXYGEN</td>
<td>49%*</td>
<td></td>
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</tr>
</tbody>
</table>

*indicative values

**NORDIC WALKING IN THE POOL**

ELLY combines the pleasure of aquatic step aerobics with complete fitness training. It helps you synchronously work all the muscles in the body (legs, abs, etc) as in Nordic walking, with the added benefits of water.

<table>
<thead>
<tr>
<th>Dimensions</th>
<th>56 cm x 112 cm x H 175 cm</th>
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<tr>
<td>Weight</td>
<td>26 kg</td>
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<tr>
<td>Depth of water</td>
<td>1.10 m à 1.50 m</td>
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<tr>
<td>Warranty</td>
<td>Metal parts 3 years</td>
</tr>
<tr>
<td></td>
<td>Wearing parts 6 months</td>
</tr>
</tbody>
</table>
POOLBAR
POLE & AQUA-STEP

FLEXIBILITY
Suppleness and stretching exercises

MUSCLE STRENGTHENING
Strengthening postural and abdominal muscles

COORDINATION
Maintaining movement coordination

WELL-BEING
Legs feel light, weightless and relaxed

A range of 4 attractive colours
Detachable fastening system to always keep in step
AN INNOVATIVE CONCEPT

The only pole on a polythene base that provides the twin-discipline combination of aqua-training and aqua-step for invigorating and versatile exercising.
ACCESSORIES
THE PERFECT ACCOMPANIMENT

COMFORT SADDLE
Wide saddle for all compatible male and female sizes. Ergonomically designed to soften the seating so that you can go aquabiking as much as you want.

TRAINING BAR
The training bar adapts itself to our aquabikes to make them multi-positional. It provides additional exercising possibilities, helps work the upper body muscles and assists with stretching.

RESISTANCE BANDS
Available in 3 colours according to resistance. Designed to work on the main muscle groups (arms, back, buttocks, abs), they are fixed to the base of an aquabike, tread mill or cross-trainer and also to your pool steps.

RENOV’INOX
With regular maintenance, the Waterflex restorer cleans your stainless steel equipment and re-vives its original shine.

MENS SWIMWEAR
Mens swimwear range including top and shorts. Elegant sportswear that is perfect for aqua-coaches.

LADIES SWIMWEAR
Ladies swimwear range including top, 2-piece sports swimsuit and all-in-one bodysuit. Excellent stretch features for maximum freedom of movement.
SWIMWEAR
FOR AQUABIKING

BY FRED BOUSQUET
International swimming champion Frédérick Bousquet launches his line of sportswear and technical clothing for water aerobics:
« I wanted to share my own experience to create a line of truly innovative male and female swimwear designed for aquabiking and water aerobics. A range of ‘nomadic’ clothing that can be worn in both the indoor and outdoor pool. »

Fred Bousquet

AQUABIKING SWIMWEAR
Designed for comfort, these garments are lined with fine chamois cotton to reduce saddle soreness. Benefits: chlorine-resistance, quick-drying and excellent UV-resistance for outdoor use.
WATERFLEX COACHING

IN PARTNERSHIP WITH TRAINING CENTERS

TRAINING

Like all Waterflex equipment, aquabikes are technical products that require a knowledge of their operation and maintenance. The training offered by Waterflex covers all technical aspects of the product and advice on setting-up the business in accordance with the organisation’s special circumstances but is particularly based on a 3-point programme designed for familiarisation with use of the equipment within the framework of group activity:
- general knowledge (anatomy, physical aspects in relation to the aquabike, properties of water),
- association with music (session organisation and construction),
- group facilitation and coaching.

BENEFITS

This training is tailor-made to your requirements and is geared to your coaches’ abilities. It is a service provided by Waterflex to help you successfully introduce this new activity into your organisation.

LOCATIONS

The training can be carried out on our partner site or otherwise on your own premises for our instructor to train your team.
TRAINING PROGRAMS

DIFFERENT LEVELS AVAILABLE

<table>
<thead>
<tr>
<th>LEVEL 1</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AQUABIKE WORKSHOP</strong></td>
<td><strong>AQUABIKE COACH</strong></td>
<td><strong>AQUABIKE ADVANCED</strong></td>
</tr>
<tr>
<td>4 hrs or half day</td>
<td>2 days training</td>
<td>2 days training</td>
</tr>
<tr>
<td>Aquabike introduction</td>
<td>Creating a music session</td>
<td>Advanced positions,</td>
</tr>
<tr>
<td>with presentation and operation of bikes.</td>
<td>with basic positions, warm-up and stretching.</td>
<td>choreography. How to train a coach.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MODULE 1</th>
<th>MODULE 2</th>
<th>MODULE 3</th>
</tr>
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<tbody>
<tr>
<td><strong>AQUA-RUNNING</strong></td>
<td><strong>POOLBAR</strong></td>
<td><strong>CIRCUIT PRO</strong></td>
</tr>
<tr>
<td>1 day training</td>
<td>1 day training</td>
<td>1 day training</td>
</tr>
<tr>
<td>Introduction to aqua-running</td>
<td>Introduction to Poolbar</td>
<td>Creating a multi-position</td>
</tr>
<tr>
<td>with positions, choreography and rhythmics</td>
<td>with positions, choreography and rhythmics</td>
<td>session to music in line with</td>
</tr>
<tr>
<td>for personal trainer or group session.</td>
<td>for personal trainer or group session.</td>
<td>different client objectives.</td>
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**HEALTH SECTOR INSTRUCTOR**

<table>
<thead>
<tr>
<th>MODULE 4</th>
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<tbody>
<tr>
<td><strong>AQUA-THERAPY</strong></td>
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<tr>
<td>1 day training: Creating a session targeted</td>
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<tr>
<td>at recovery and care of standard medical</td>
</tr>
<tr>
<td>conditions, in addition to physiotherapeutic</td>
</tr>
<tr>
<td>care.</td>
</tr>
</tbody>
</table>
COMMUNICATION TOOLS

Brochures, posters, photos, videos, fact sheets, press releases – all these communication tools are at your disposal to showcase your organisation’s equipment and inform your members about the new water aerobics activities.

QUALITY CHARTER

All our products are tested in real-life situations with sports professionals. Numerous quality checks are carried out by the manufacturers and certified by independent agencies who check the specifications.

WARRANTY

All metal components are guaranteed for 3 years and wearing parts are covered for 6 months.

AFTER-SALES SERVICE

We guarantee a top-class service to ensure your equipment works satisfactorily. Our customer relations department is ready to offer you its know-how, advice or technical solutions.
FITNESS | AQUATHERAPY | WELLNESS
You'll find all our aquatic sports equipment on our website.
Advice, testimonials and practical information.
www.waterflex.fr  contact@waterflex.fr

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