



**Golfinho**  
SPORTS 

H978

# AQUAFIT BALANCE

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### DESCRIPTION

Manufactured in Neoprene in a single piece ensuring greater durability of the article. With two plastic fasteners for length adjustment according to the user's body needs. Includes 2 balls of 14cm (diameter). Length without balls: 90cm.



### FUNCTION

This equipment is different, fundamentally for its multifunctionality, having been idealized to keep its user in vertical and horizontal suspension positions in aquatic environment. Its use in aquatic fitness classes is indicated, and it can also be used in aquatic rehabilitation contexts. Its versatility also allows it to be used in collective or individualized hydrotherapy / rehabilitation sessions and aquatic personal trainer.



Multifunctional



Vertical and horizontal suspension



Balance



Stability



**Single piece**, without seams, ensuring greater durability. Includes 2 pvc balls.



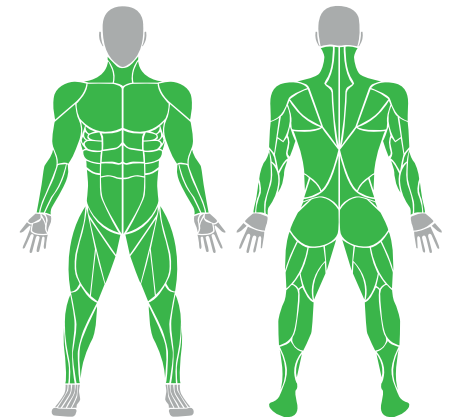
**Material length adjustment system**: it benefits the bi-lateral and unilateral use of limbs.



**Perfect adaptation to the user's needs**. Equipment size, regardless of whether it is open or closed, adjusted to the user's body needs.

### EXERCISE OBJECTIVES

In terms of physical exercise, it allows the user to stimulate balance and perform exercises in water with great stability, maintaining body alignment, both in static and dynamic exercises. Its capabilities make it possible to prescribe exercises to improve and benefit from mobility, stability and body posture. Even if this is not its main function, it can still be used as a form of muscular resistance, for both upper and lower limbs. Its fantastic adaptation allows it to be placed in different parts of the body, allowing endless possibilities and objectives for exercise.



### INDICATED FOR:

It can be used by adults and adults with pathologies. The development and design of the equipment was not intended for use with children.

### USE:

- . Deep water;
- . Shallow water.

### ÁREAS DE INTERVENÇÃO

- . Aqua fitness;
- . Swimming training;
- . Aquatic Rehabilitation.