



Golfinho
SPORTS 

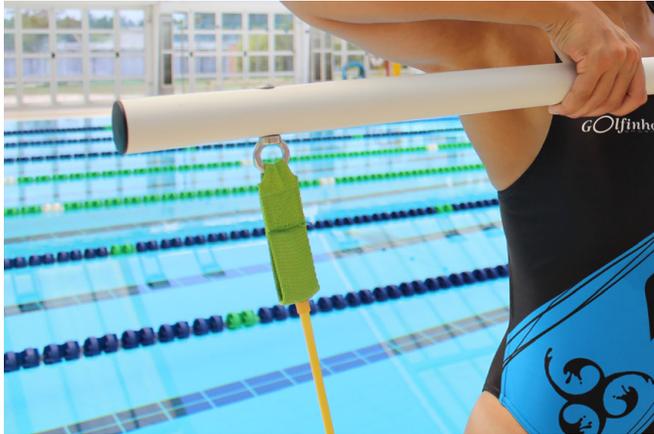
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AQUA TRAINING BAR



DESCRIPTION

Made of PVC, with elastic tube and polypropylene strap. Bar length: 100cm.

FUNCTION

This equipment is intended for use mainly for strengthening and exercising the trunk muscles (anterior and posterior), as well as the muscles of the upper limbs. Ideal to be used in group classes, individualized sessions and even training or complementing it.

-  Training
-  Strength
-  Resistance
-  Tonification

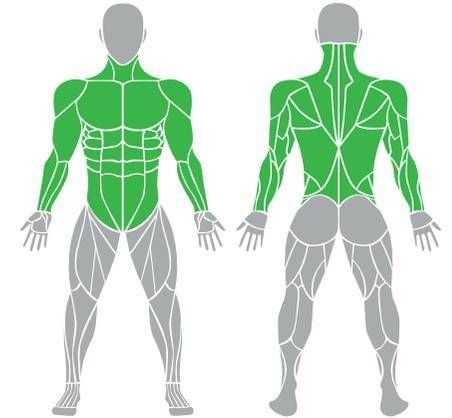


Elastics of various intensities, to better adapt to the needs of each user:

- Light T4029
- Medium T4025
- Strong T4030
- Extra strong T4031

EXERCISE OBJECTIVES

The benefits of the material on the body enable gains in muscle strength and endurance, as well as muscle mass, in the muscles of the upper limbs and trunk. With the benefits described, it produces the effect of toning the stimulated areas. With the use of rubber bands with different colors, different resistance levels are achieved, being an advantage in the prescription of exercise in students / athletes of different capacities.



INDICATED FOR:

Suitable for adults, adults with some type of pathology that needs stimulation and reinforcement in the areas where the equipment operates, adults with special needs (provided they are properly accompanied) and athletes. Adult use only.

USE:

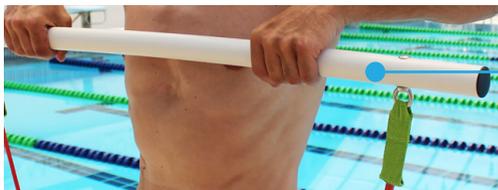
- . Deep water;
- . Shallow water.

INTERVENTION AREAS

- . aquatic fitness;
- . aquatic rehabilitation;
- . aquatic personal trainer.

RELATED ARTICLES:

- . Training elastic with band & handles;
- . Elastic with Handles.



100cm PVC bar and metal fixing piece, for greater security.



Polypropylene strap for greater comfort.