

FOW - Fitness On Water by Hydorrider

Discover the latest aquafitness equipment by Hydorrider.

Similar to a surfboard, FOW is a floating and rigid inflatable board with an anti-slip surface that ensures the maximum stability.

FOW is a new dynamic way to perform Aquafitness. A complete exercise that allows users to improve posture, flexibility, balance, coordination and strength.

FOW offers a very intensive muscular activity. Suitable for athletes, beginners and kids. Chart your own course thru Fitness, Yoga, Pilates on water and explore the many possibilities for fun and energetic classes!

TECHNICAL INFORMATION:

Dimensions: 200cm x 80cm x 10cm - Weight: 12kg

Optimal air pressure: from 1.2 to 1.5 bar

Supplied with 2 bungee ropes with snap hooks (length 100 cm)

Air pump included for orders of 10 pieces (or at request)

Pool minimum depth: 1 meter

3 PVC technical layers + 1 drop stitch core

3mm Eva non-slip pad in Fuchsia color

Length 160cm

Stainless steel rings for anchoring to the pool lanes

2 Handles for exercises with additional elastics, also useful for transportation

Safety closure valve

Important: FOW mats should always be placed at least 100cm away from the pool edge and keep a distance between one another of approximately 150cm

FOW trainings & Programs:

- FOW
- FOW DUO
- FOW HIIT
- FOW ADVANCE
- FOW KIDS