

# Beco Aqua Fitness



- ✓ Ideal for pool fun, cardiovascular training and performance training
- ✓ Develops coordination, balance, strength, endurance and flexibility

## 1 | Beco Aqua Disc

A must-have for aqua fitness, aqua exercise, power fitness and much more. Training disc made from high-quality foam with ergonomically shaped grip holes. Two discs provide enough buoyancy to keep one grown adult afloat. The innovative

shape allows different aqua fitness exercises. Assorted colours. Approx. ø 25 cm, material thickness approx. 5 cm.

71 281 0805	Blue	Pair
71 281 0818	Red	Pair
71 281 0821	Yellow	Pair
71 281 0834	Green	Pair



## 2 | New! Fashy 'Oval' Aqua Jogging Dumbbells

Ergonomically shaped aqua jogging dumbbells. Ergonomic handles and oval design. Increases water resistance, strengthening your entire upper body during stamina exercises in the water. Made of skin-friendly EVA foam. LxWxH: 30x18.5x3 cm. 71 285 6201

Pair



- ✓ Particularly easy to hold

## 3 | New! Comfy 'AquaFit Smile' Aqua Discs

For use in aqua training, rehabilitation, and exercise for older people or people with disabilities. High-quality foam with grip holes. ø approx. 22 cm, material thickness: approx. 3.5 cm.

71 293 1005 Each



- ✓ Arm, torso and shoulder training

## 4 | Beco Aqua BeFlex Hand Paddles

A versatile silicone aqua fitness product. Joint-friendly shape. Extremely flexible material. Ideal power transmission in individual types of training. For general aqua fitness training and in water exercises for older people. Optimal transmission of power. Their passive buoyancy make the BeFlex great for using with other buoyancy items. Length: 29 cm. Weight per pair: 500 g.

71 228 8518	Pink	Pair
71 228 8521	Purple	Pair
71 228 8534	Turquoise	Pair
71 228 8547	Dark blue	Pair



- ✓ Small and handy
- ✓ For strengthening the muscles
- ✓ For your wrists and/or ankles

## 5 | Beco Aqua BeTonic

A versatile aqua fitness product made from EVA foam. Joint-friendly, multi-functional shape. With ergonomic handles for the hands and feet. Increases mobility and develops coordination for endurance. You can quickly change from hand to foot, making a wide variety of training programmes possible. ø 20 cm. 200 g.

71 228 8619	Pink	Each
71 228 8622	Purple	Each
71 228 8635	Turquoise	Each
71 228 8648	Dark blue	Each



New!

## 6 | New! Beco 'BeBell' Aqua Jogging Dumbbells

Made from one piece. Increases water resistance. Ideal for balance, strength and stamina exercises in the water. Long-lasting, even during intensive use. Handle diameter: 4 cm.

71 293 0305	Size S, 21x14 cm	Pair
71 293 0318	Size M, 23.5x14.5 cm	Pair



- ✓ Water flows through a hollow section in the handle, making movements more efficient

## 7 | Beco Aqua nordicJET

The perfect training aid for Nordic walking in shallow and deep water. The product is designed in such a way that the water flows through the hollow body. This leads to an even more efficient sequence of movement and therefore creates pleasant water resistance. 2 different cones are joined with a handle, with the front one being smaller than the rear one. Ideal for use in aqua Nordic walking, aqua fitness, rehabilitation and sports for older people. Made from high-quality EVA foam. 36x25x13 cm. 250 g each.

71 233 4804 Pair