

WWW.PG-POOLGYM.COM  
TRANSFORM YOUR POOL INTO A  
PROFESSIONAL GYM

Professional Aqua\_Bike

Aqua\_Treadmill

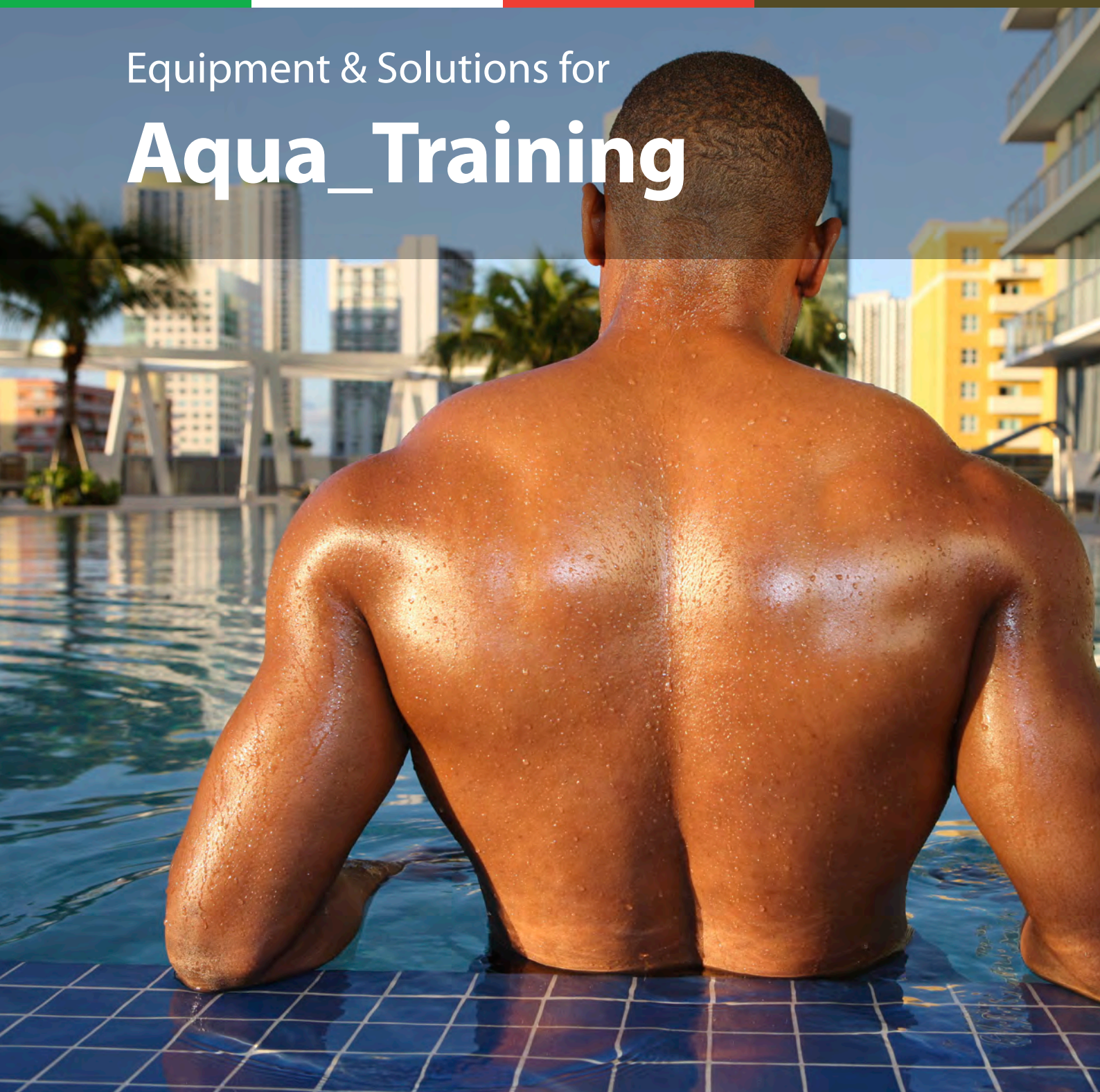
Asm\_One & Asm\_Two

Isola\_Circuit

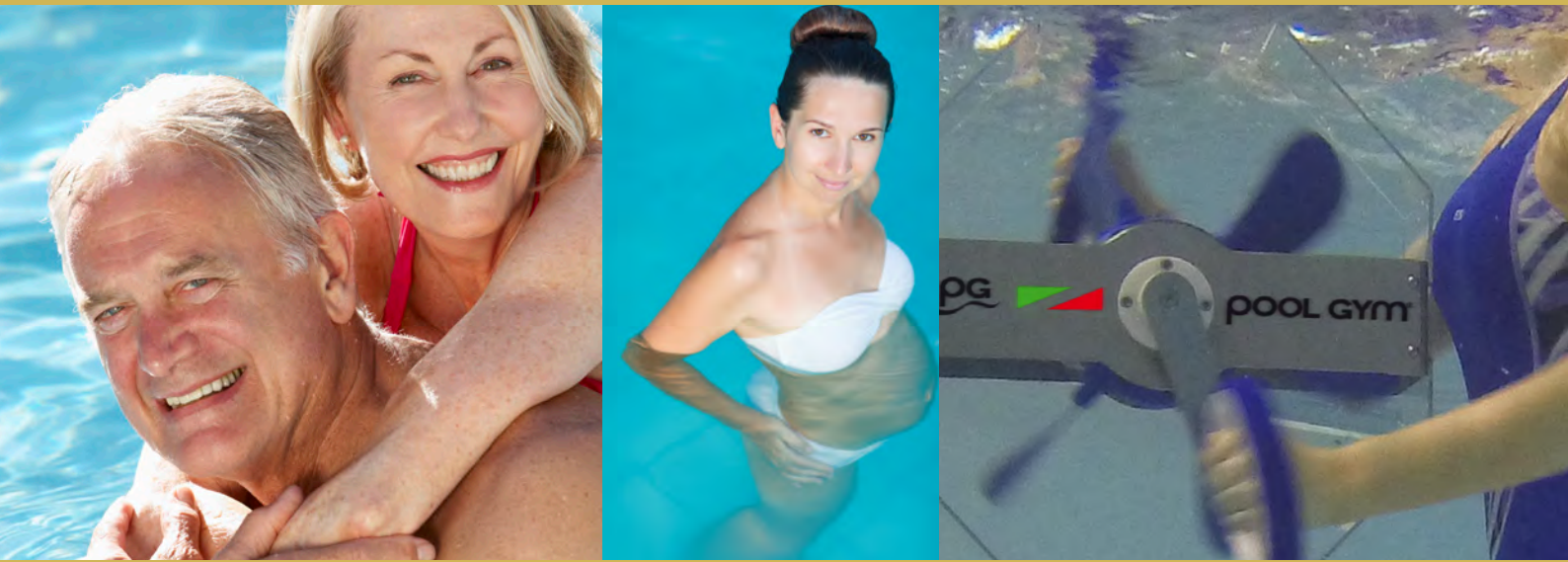
Academy



# Equipment & Solutions for **Aqua\_Training**



INNOVATIVE EQUIPMENT DELIVERS THE LATEST TECHNOLOGY FOR AQUATIC FITNESS, ATHLETIC TRAINING & PHYSICAL REHABILITATION.



## 2 “RESPONSE” TECHNOLOGY: THE AQUA\_ROTORS

### The challenge:

Physical exercise is necessary, good and often recommended by a doctor, but it is up to the wellness and fitness trainer to ensure that the physical stress of the exercise is not excessive.

To protect the client, equipment must be adjusted by the trainer to match the client’s level of fitness. However, even with equipment set at low level, the client may not have the strength or endurance to continue the exercise long enough to receive the therapeutic benefit.

### The solution:

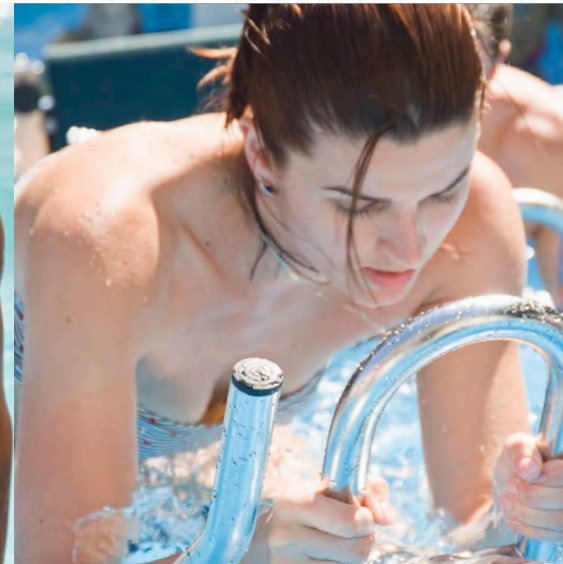
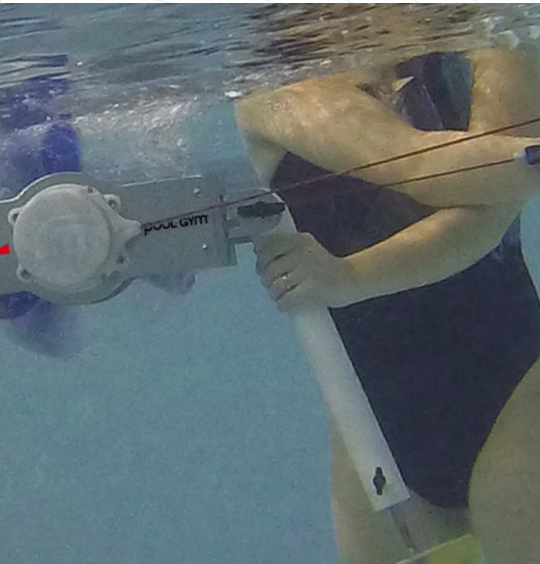
PG-PoolGym’s patented Aqua\_Rotor Technology

Because underwater, the PG-PoolGym Aqua\_Rotor adjusts automatically and continuously to the client’s physical limits, permitting exercise without interruption.

With PG-PoolGym Aqua\_Fitness equipment, adequate, gentle exercise is not only possible, but customized to every client for maximum benefit.



2009 2010 2011



#### WHY EXERCISE IN THE WATER?

There are numerous benefits to exercising in water for people with limitations of movement caused by muscular, skeletal or neurological pathologies.

Water sustains and stabilizes the body, reducing the weight-bearing load by up to 90%. This enables clients to move and change their posture, which may be impossible on dry land.

Water is "softly resistant" and frees the person from the fear of pain caused by jolts, falls, and bruises.

The hydrostatic pressure of water increases body awareness and stimulates blood circulation.

Water temperature is constant. If warm, water keeps the body warm and encourages healing. Water helps clients feel embraced, safe and secure.

#### RESISTANCE

Water provides modifiable resistance to movement in all directions. This effect challenges balance, and can engage and strengthen many muscles. Water can also promote trunk stability and postural alignment. In water, the client controls the intensity of the workout: the harder one pushes against the water, the harder it pushes back. Underwater exercise provides excellent training opportunities for muscle balance and strengthening, without putting undue stress on joints. Water offers support or resistance, making aqua fitness a flexible and progressive exercise program.

#### BUOYANCY

The body is almost weightless in shoulder-depth water. Therefore, the forces of exercise and movement have less impact, and there is no load-bearing compression on ankles, knees, hips, and spine. Without this impact on joints, pain subsides.

Buoyancy also allows increased blood supply into joint spaces and surrounding muscles. Improved circulation helps to support progress towards full range of motion, as well as increases in strength, fitness, and function. Buoyancy assists any upward movement, including upright posture.

#### HYDROSTATIC PRESSURE

The squeezing effect of water supports every movement, and has a positive effect on the cardiovascular system. Hydrostatic pressure also helps to reduce edema, or swelling of the joints and associated muscle groups, especially in ankles and knees.

#### TURBULENCE

Movement through water creates turbulence. Turbulence has a massaging effect on the body causing increased blood flow to the surface of the skin. Turbulence contributes to the invigorated and energized feeling after a water-exercise session. Working against turbulence demands increased muscle activity, and provides additional opportunities for stabilizing and strengthening the body. Turbulence also increases sensory input and slows down movement. This gives the mind time to grasp and sense the activity in the body, thus contributing to greater body awareness.

#### SAFETY, NON-IMPACT OR MODIFIED IMPACT

Water slows movement, giving clients extra time to react. Falls happen slowly in the water, allowing clients time to right themselves. Buoyancy reduces the risk and fear of falling, making injuries in the water environment less likely to occur. Multi-directional resistance in water prevents ballistic movement and promotes muscle balance. Water exercise is an excellent way to jump start physical rehabilitation and recovery, and encourage a regular exercise regimen.

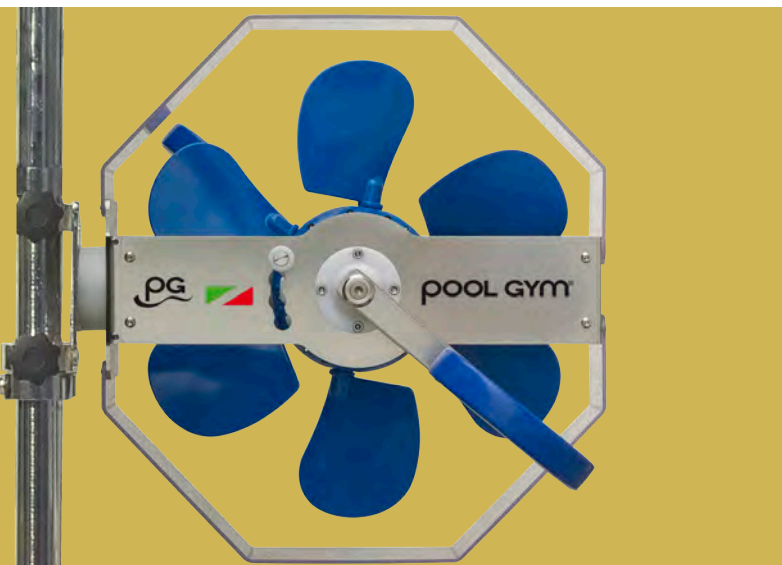


Our large apparatus are certified in conformity with the essential safety requirements based on European directive 93/42/CE concerning medical device (class 1).

2014 2015 2016

## PG-POOLGYM'S RESPONSE TECHNOLOGY THE KEY TO CUSTOMIZED FITNESS PROGRAMMES

With one adjustment, the MAXI ROTOR can be put on , allowing a force specific to the gear selected and the number of revolutions per minute (RPMs). When switched to , the MAXI ROTOR blades remain open, enabling a 20% increase in force, in proportion to the revolutions per minute (RPMs).



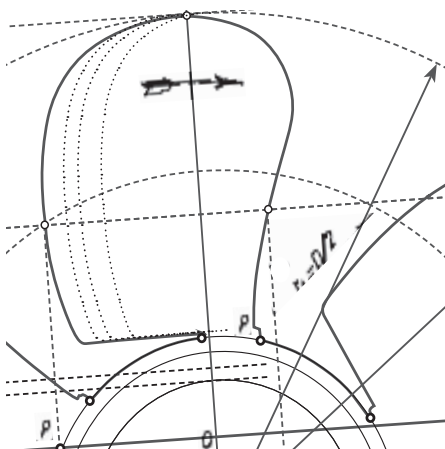
**SPECIAL HANDLE.  
TURNS IN ALL DIRECTIONS**

### FEATURES

- Designed for Professional Use
- Highly Customizable Exercises
- Adjustable & Adaptable
- Stability & Streamlined Design
- Quality Materials & Durability

### FEATURES

- Safety & Comfort
- Multi-function
- Long-lasting Construction
- Treated Stainless Steel inox 316 L marino



### TECHNOLOGY & CONTROL

Innovative apparatus features the patented MAXI ROTOR system with smooth, progressive aqua dynamic resistance and sleek, helical blades.

The patented MAXI ROTOR allows easy gear changes during movement, varying resistance in the water and speed of rotation.

By changing gears, the helical blades open or closed, ensuring 4 different levels of resistance:

- pedaling in first gear, blade opening maximum 30°
- pedaling in second gear, blade opening maximum 50°
- pedaling in third gear, blade opening maximum 70°
- pedaling in fourth gear, blade opening maximum 90°





## PROFESSIONAL AQUA\_TRAINING PG-POOLGYM



ASM\_ONE: 206081 & 206076

ASM\_ONE: 206081 & 206076

ASM\_ONE: 206081 & 206076



ASM\_ONE: 206081 & 206076

ASM\_TWO: 206082 & 206076

AQUA\_BIKE: 206056



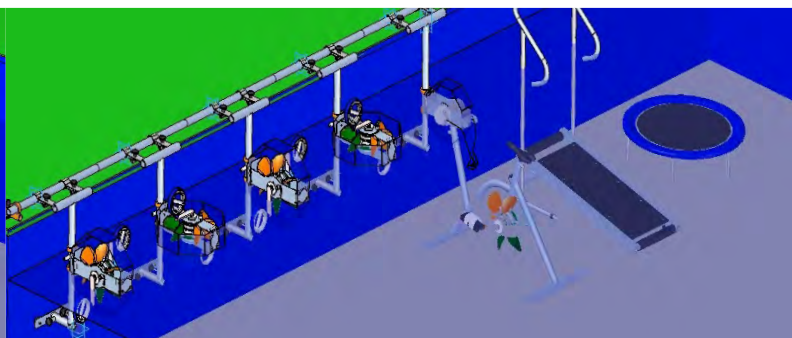
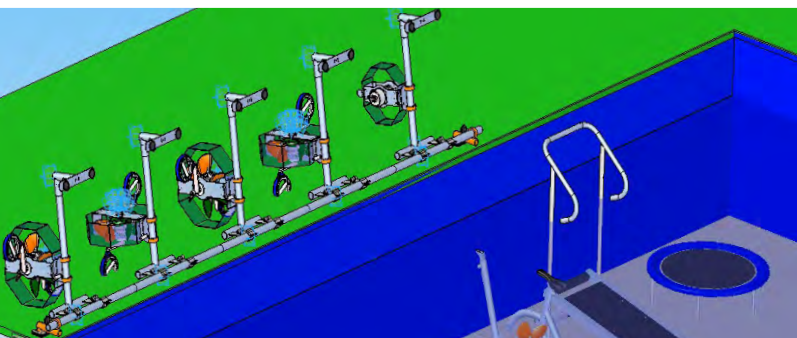
AQUA\_TRAINING

AQUA\_TREADMILL: 206060

AQUA\_JUMPER: 206101

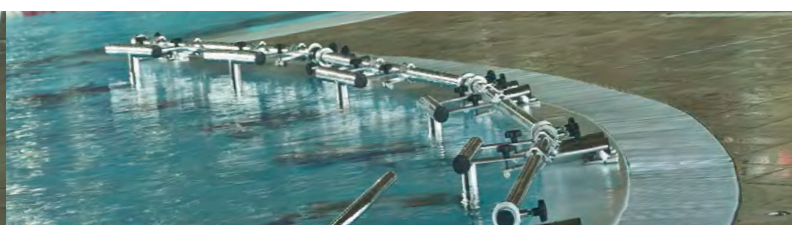
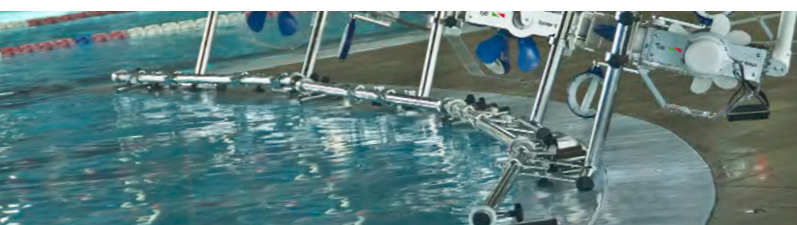
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**EASY & FAST.** POOL\_GYM SYSTEM in a few minutes ready to start



With the Special Bar System you plunge your Equipment into the pool ... and in a few minutes you are ready to start!

The Aqua\_Training Circuit is composed of 4 ASM\_ONE, 1 ASM\_TWO + 1 AQUA\_TREADMILL + 1 JUMPER + 1 AQUA\_BIKE. The AQUA\_BIKE can be combined with the ASM\_TWO machine. See design.



## PG-POOLGYM. WELLNESS, FITNESS, TRAINING & HEALTH



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\*ASM = Aqua Shoulder Machine

### WATER EXERCISE IS RECOMMENDED WHEN THERE IS:

- Pain with land exercise
- Fear of falling
- Load-bearing injury
- Poor postural alignment
- Inadequate trunk stability
- Muscle weakness and fragile bones
- Inefficient circulation
- Limited range of motion/inflexibility
- Inadequate balance
- Chronic pain
- Obesity
- Hip or knee replacement
- Back surgery
- Diabetes
- Mastectomy - recovery
- Arthritis, inflammatory and autoimmune disorders
- Respiratory disorder
- Sports and orthopedic injuries
- Developmental delay
- Need for general fitness conditioning
- Need for muscle conditioning
- Requirement for flexibility training
- Need for cardio-respiratory endurance training

### THE PHYSIOLOGICAL EFFECTS OF IMMERSION & HYDRODYNAMICS

Therapeutic exercise in water is vastly different from therapeutic exercise on land. Qualities of the aquatic environment provide a superior therapeutic training modality. Knowledge of fundamental principles of hydrodynamics is essential for the effective design and modification of therapeutic aquatic training programs, and ultimately the improved wellness of clients.

#### SHAPE, VELOCITY, RESISTANCE AND DRAG

When clients move through water, they experience a pressure-drag effect. An increase in speed increases the drag effect. Frontal-plane resistance is the resistance experienced by the anterior surface of the body intercepting the water as it moves through it. The frontal surface of a body can vary in size and shape, depending on the trunk or limb position, i.e. turning the body sideways and presenting a smaller frontal surface to the water. Vertical posture increases frontal plane resistance; poor posture reduces frontal plane resistance. The density of water is about 1000 times greater than the density of air, which accounts for the difference in resistance or pressure-drag between water and air.

## MULTIFACED SOLUTION AND APPLICATION. FOR EVERYONE

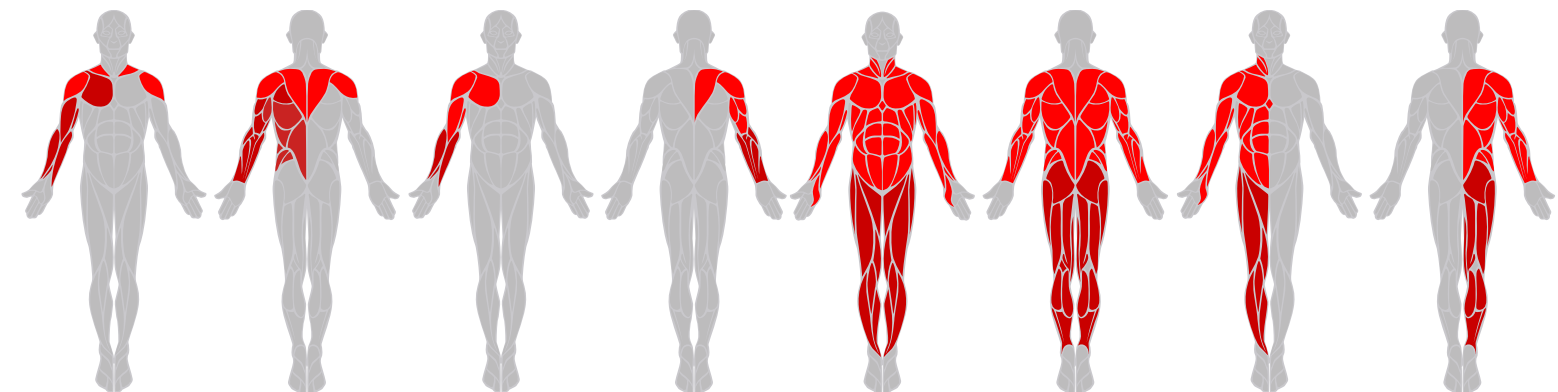


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PROFESSIONAL ATHLETES / YOUNG PEOPLE / OVERWEIGHT / PREGNANT WOMEN / ELDERLY / DISABLED PEOPLE / IN REHABILITATION / TRAINED PEOPLE  
**MULTIFACED SOLUTION AND APPLICATION FOR EVERYONE**

Ideal for professional athletes (strength training or rehab), young people (innovative training circuits), overweight (slimming programmes), pregnant (specific exercises), elderly (keep-fit circuits), disabled people (specific exercises), rehabilitation (specific exercises), body builder (innovative aquatic workout)

Thanks to the freedom of action in any direction, with AQUA\_ROTORS and underwater exercise, you can develop or recover the athletic movements typical of many sports such as volleyball, basketball, tennis, motorcycling, boxing, martial arts, and more..



The figures show the most used muscles



EFFECTIVE CARDIO TRAINING & GENTLE LEG STRENGTHENING

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PROFESSIONAL AQUA\_BIKE :  
MODEL 206056 inox 316 L



## TECHNICAL INFORMATION

Frame: inox AISI 316 L  
Extra surface treatment:  
electric polishing  
Suggested pool depth:  
100 - 150 cm (4.1 - 2.1 ft)  
Dimension: 126 x 65 cm (4.4 - 4.9 ft)  
Weight: 23 kg (62 lbs)



### PROFESSIONAL AQUA\_BIKE WHAT ARE THE BENEFITS?

This ergonomic apparatus is the ideal solution for controlled exercise and strength training in the lower body. Multiple adjustments allow comfortable, stable pedaling that can be customized to every client's build.

Patented MAXI ROTOR technology delivers 4 levels of resistance in the water. Both intensity and speed can be varied through smooth gear changes. Helical blades maximize movement of water, enhancing hydromassage to legs and lower body, preventing next-day muscle soreness.

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CLOSE-UP HANDLEBARS  
PROFESSIONAL AQUA\_BIKE

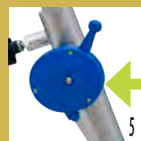
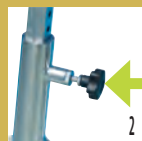
## A SMOOTH CONTROLLED MOVEMENT

Professional Aqua\_Bike features automatic gears that allow progressive variation of speed (RPMs or revolutions per minute) and gradual variation of resistive force, based on the gear engaged. In every gear, pedals slide in seamless, circular motion.



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Strong & efficient modular gear.  
Easy-to-reach, 4 speed gear change.



1. Knob Grip for handlebar regulation lengthwise.
2. Knob Grip for handlebar height regulation.
3. Knob Grip for regulation of saddle height.

4. Patented automatic regulation resistance blade.
5. Easy-to-handle, easy-to-reach, 4 speed gear change.
6. Wheels for easy transport out of pool.
7. Comfortable, padded saddle.



## PROGRESSIVE EFFORT, PERFECT FOR TRAINING IN POOLS.

Innovative apparatus offers progressive control of speed and force. Specially designed for rehabilitation, the oversized blades demand increased effort, expressed in Watts, according to the number of revolutions per minute (RPMs).

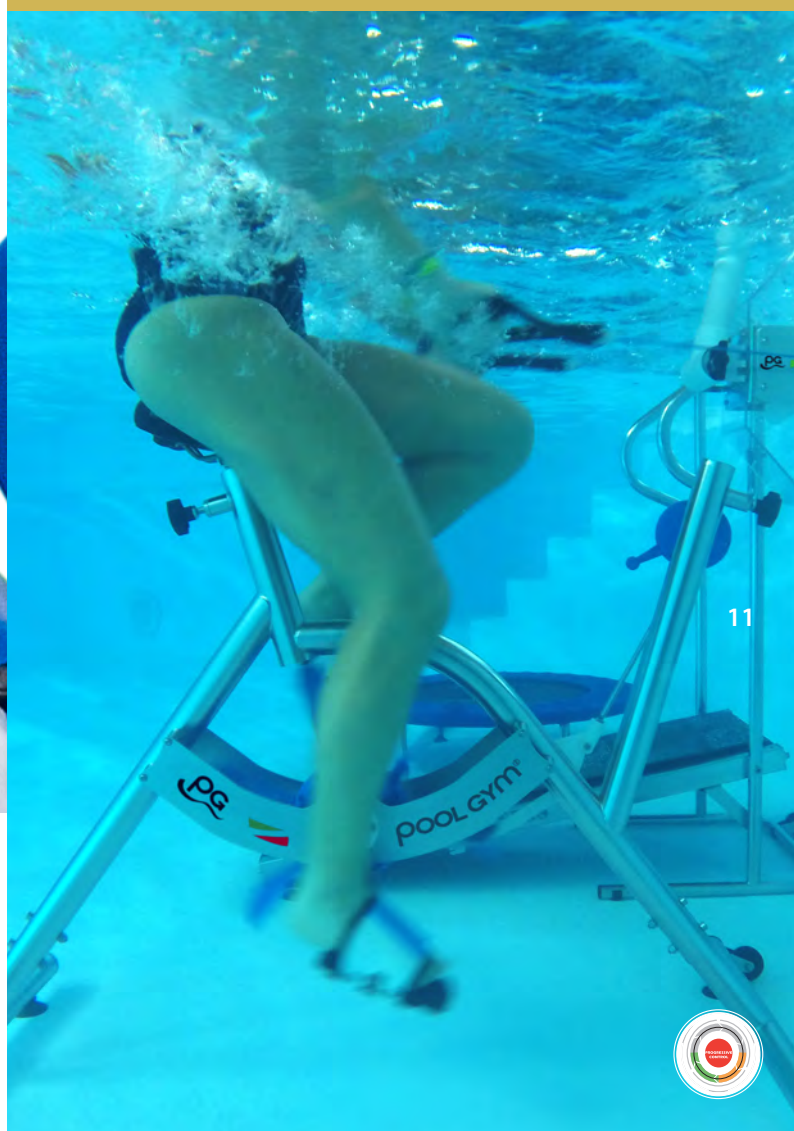
### HOW DO YOU REGULATE THE INTENSITY WITHOUT STOPPING ?

By slowing the pedaling speed and switching down the gear, the helical blades move less water. This reduces the effort in proportion to the gear selected and the force of the pedal push.



#### "RESPONSE" or AUTOMATIC MODE

Turning the white collar in a clockwise direction, the Aqua\_Bike allows a force expressed in Watts according to the gear selected, and specific to the number of revolutions per minute (RPMs).



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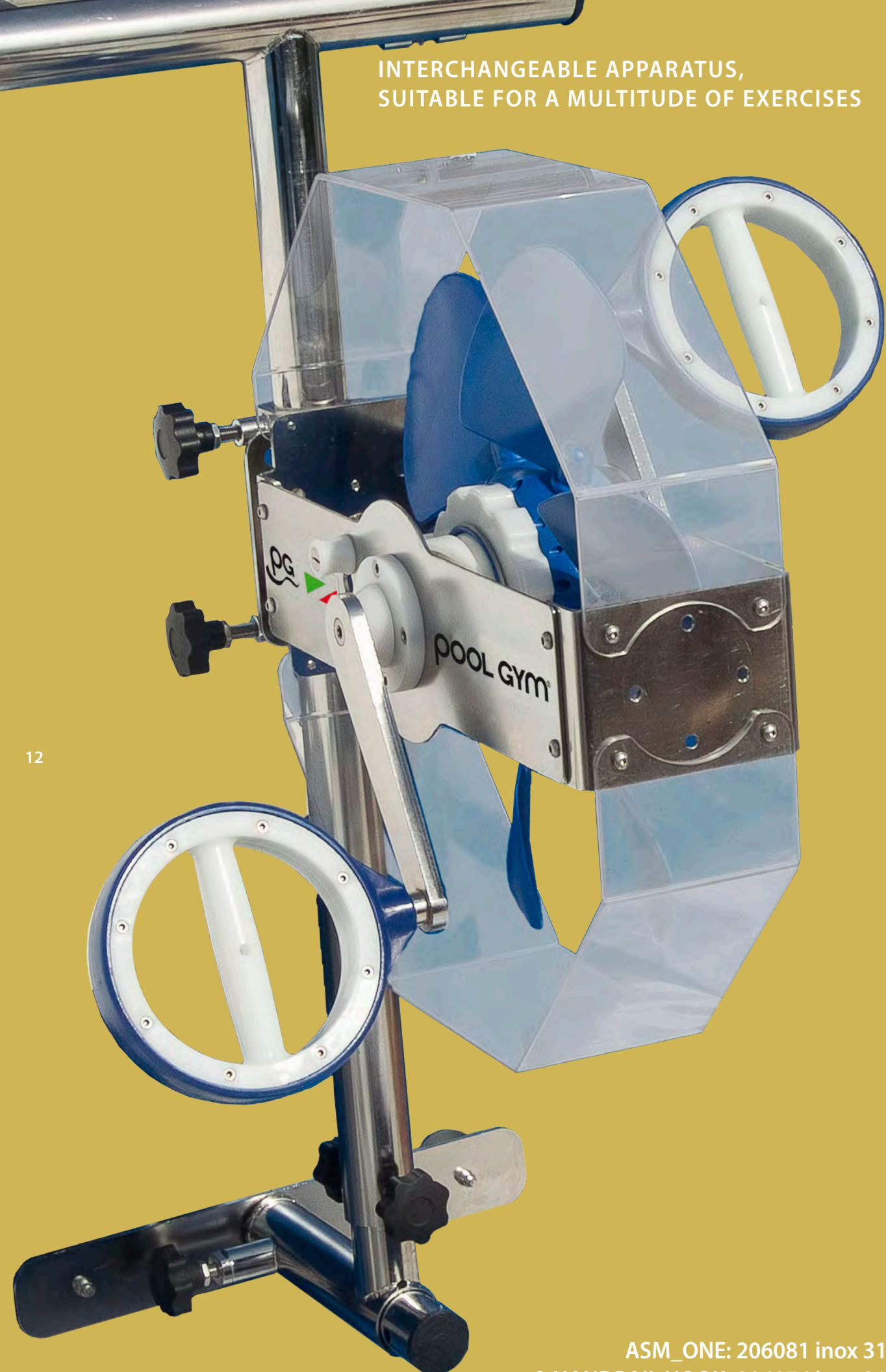
#### "STATIC BLADES" or MANUAL MODE

Turning the white collar in an anti-clockwise direction, the springs are discharged and the blades remain open. This enables a 20% increase in force, but always in proportion to the revolutions per minute (RPMs).



SPRING-RELEASE LEVER

INTERCHANGEABLE APPARATUS,  
SUITABLE FOR A MULTITUDE OF EXERCISES



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ASM\_ONE: 206081 inox 316 L  
& HANDRAIL HOOK: 206076 inox 316 L



## TECHNICAL INFORMATION

Frame: Inox AISI 316 L

Extra Treatment:

décapage/electric polishing

Depth Suggested: 100 ÷ 150 cm

Dimension:

83 x 62 \_H 94 cm

Weight: 18,35 kg approx.



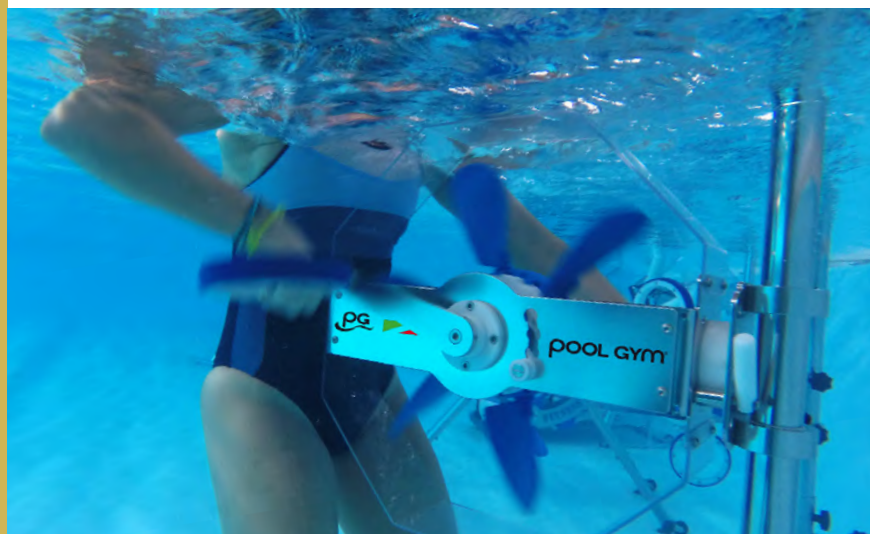
### ASM\_ONE. WHAT ARE THE BENEFITS?

New innovative apparatus that makes use of the same principle of the Patented Maxi Rotor. Used for training und strengthening of arm muscles.

- \_ plexiglas splash-shield for face protection during exercise
- \_ anatomical seat with straps to secure and fasten the rest of the body into apparatus
- \_ sliding handle to regulate the seat
- \_ can also be used in micro-pools

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Multi-Solution for Your Exercises  
with a simple act you can add a complementary apparatus for the execution of combined exercises  
asm\_one is a versatile apparatus also available in a version with "bar attachment"

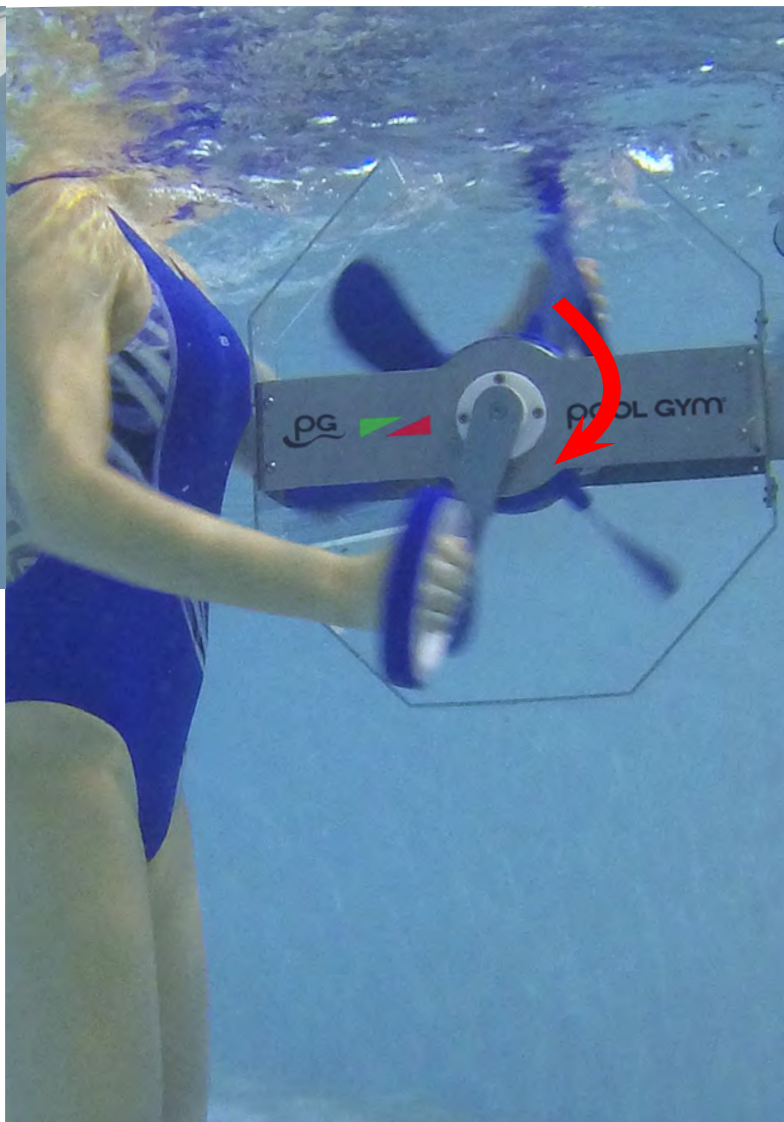
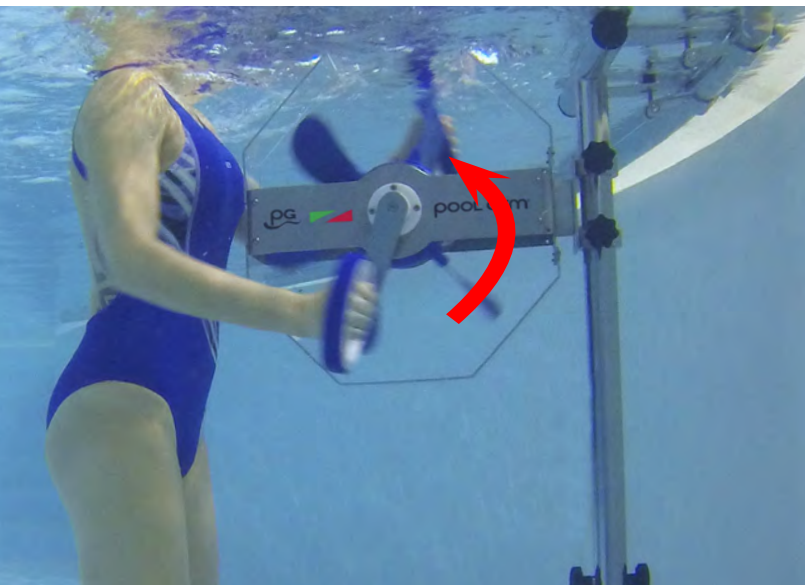


### ASM\_ONE & HANDRAIL HOOK

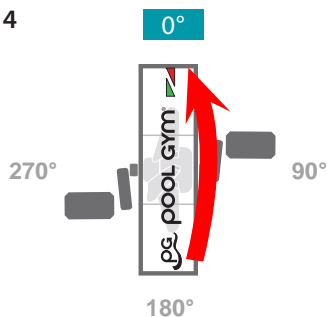
## // ONE MACHINE WITH MANY OPTIONS: CHANGE ROTOR POSITIONS. CHANGE THE EXERCISE.

### Features

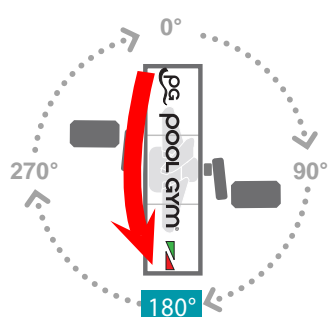
- ASM one allows development of a specific training programme with a variety of upper body exercises. By changing the position of the body, clients can perform exercises with different angles and vectoriality on the ASM one.
- The apparatus can be rotated at 0°- 90°- 180°-270° to target different muscles groups in the upper body. This allows development of specific training programme with a variety of strengthening exercises for keeping fit or professional athletic training



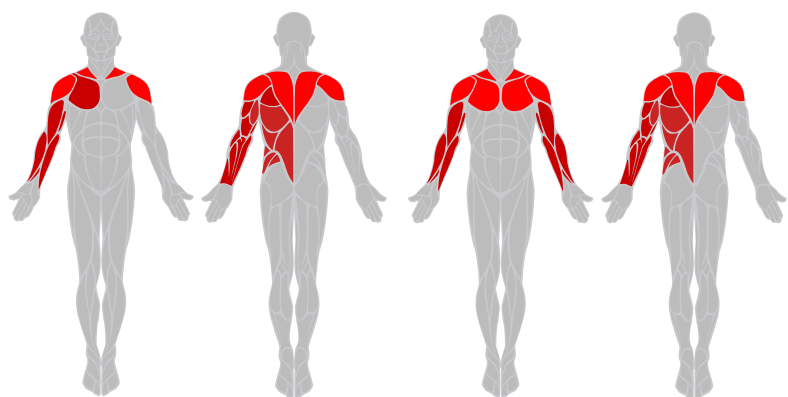
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**POSITION 0°**  
**FORWARD ARM MOVEMENT**  
apparatus vertically  
rotated at 0°,  
rotary movement of the  
arm in forward direction



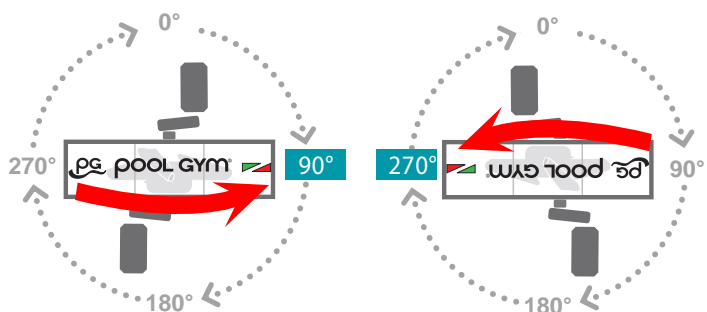
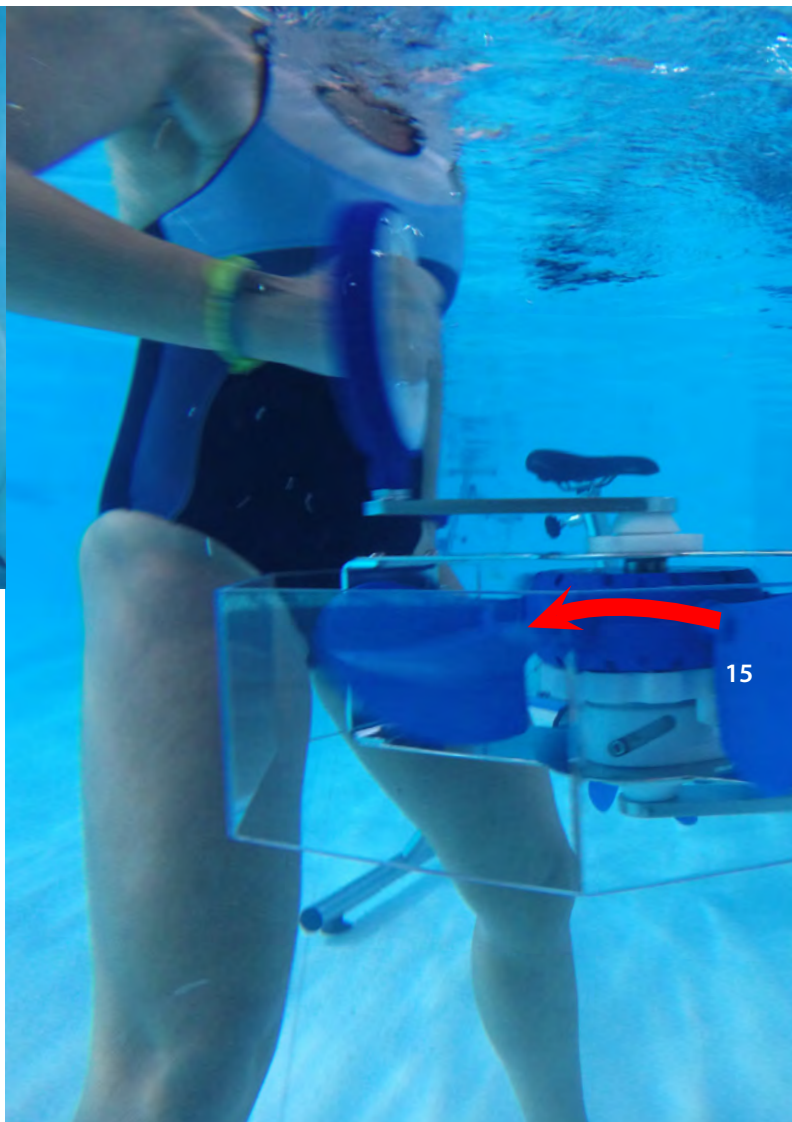
**POSITION 180°**  
**BACKWARD ARM MOVEMENT**  
apparatus vertically  
rotated at 180°,  
backward movement of the arm





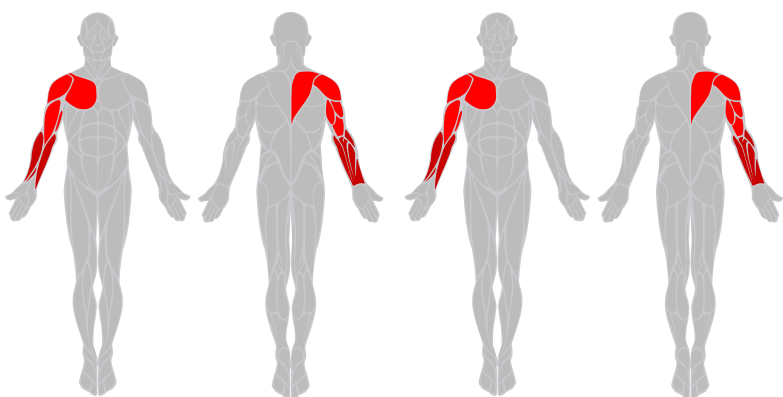
## Features

- With the ASM\_ONE gear knob, the intensity of the arm movement, or force required to turn the MAXI ROTOR, can be increased or decreased.
- The handle behind the "ASM\_ONE group" allows easy rotation of the apparatus in the water: (0° - 90° - 180° - 270°)



**POSITION 90°**  
**ANTI-CLOCKWISE MOVEMENT**  
 apparatus horizontally  
 rotated at 90°;  
 rotary movement of the arm in  
 an anti-clockwise direction

**POSITION 270°**  
**CLOCKWISE MOVEMENT**  
 apparatus horizontally  
 rotated at 270°;  
 clockwise movement of the arm



The figures show the most used muscles

FREE MOVEMENT IN  
 ALL DIRECTIONS.  
 PERFECT  
 FOR ALL  
 EXERCISES.



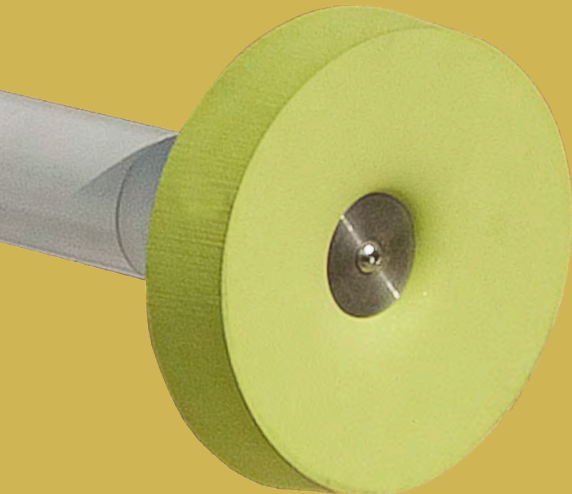
// INTERCHANGEABLE APPARATUS DELIVERS A  
MULTITUDE OF EXERCISES





## // TECHNICAL INFORMATION

Frame: Inox AISI 316 L  
Extra Surface Treatment:  
décapage/electric polishing  
Depth Suggested:  
100 ÷ 150 cm (3.3 - 5 feet)  
Dimension:  
110/138 x 41 \_H 90/118 cm  
Weight:  
16 kg (35 lbs) approx.



### **AQUA ASM\_TWO. WHAT ARE THE BENEFITS?**

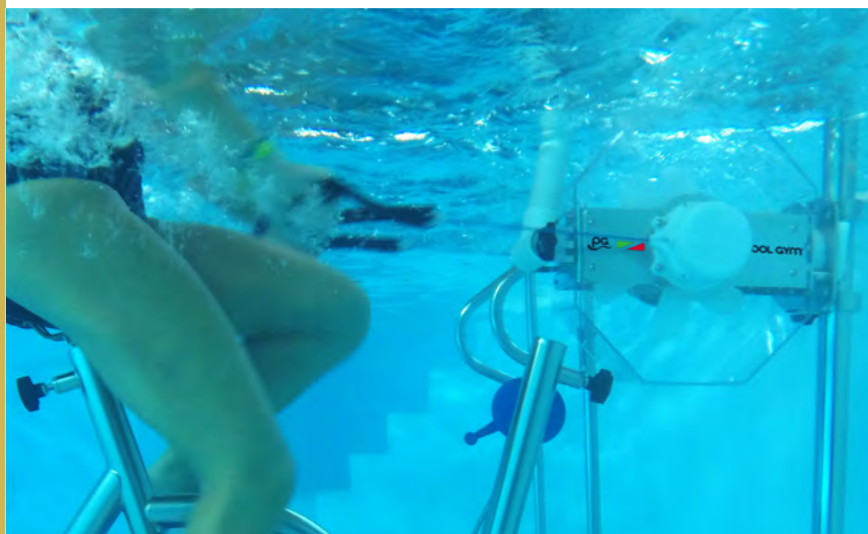
AQUA ASM\_TWO allows diversified exercises for training programme, muscular strengthening of the arms, functional recovery of the upper limbs.

This adaptable machine allows work in concentric and eccentric ways on each muscle area, making it ideal for athletic training, or muscle strengthening after trauma or surgery.

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With freedom of action in any direction, the client can replicate and recover the athletic movements specific to many sports (volleyball, basketball, tennis, motorcycling, martial arts, and more).

AQUA ASM\_TWO: versatile, efficient, compact  
Ideal professional tool for strengthening upper limbs  
with a variety of resistive underwater exercises

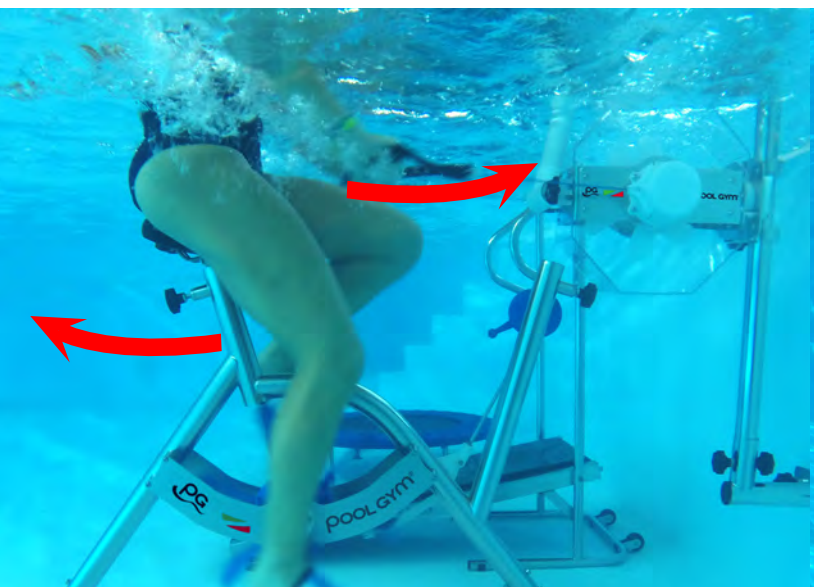
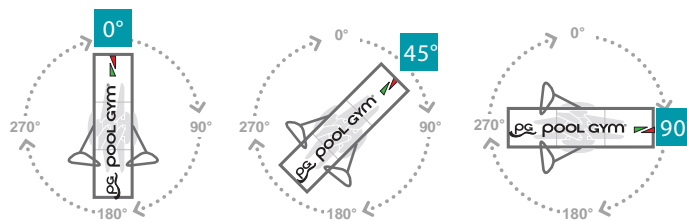


**DOUBLE POOL\_GYM PERFORMANCE:  
PROFESSIONAL AQUA\_BIKE & ASM\_TWO**

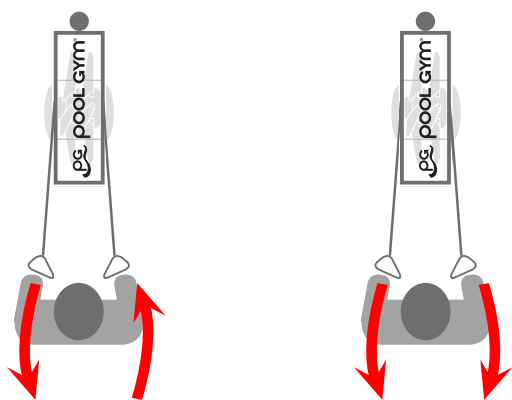
## ONE MACHINE WITH MANY OPTIONS: CHANGE BODY POSITION. CHANGE THE EXERCISE.

### Features

- By changing position of the body, clients can perform exercises with different angles and vectoriality on the ASM\_TWO. The apparatus can be rotated at 0° - 45° - 90° - to target different muscle groups in the upper body.
- This allows development of a specific training programme with a variety of strengthening exercises for keeping fit or professional athletic training.

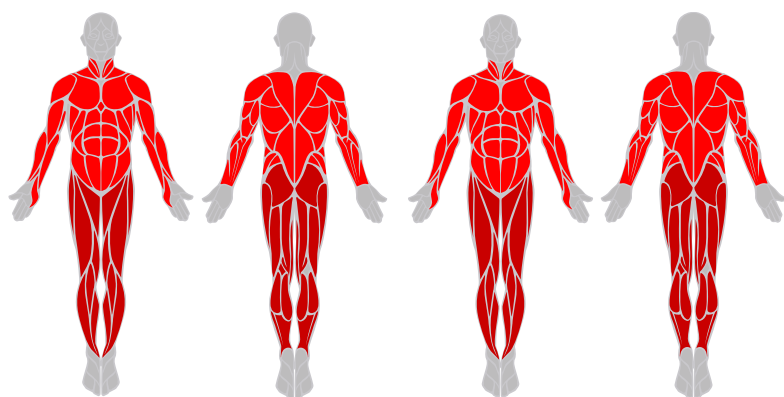


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### FRONT POSITION ON THE AQUA\_BIKE FOR SYMMETRIC OR ASYMMETRIC EXERCISES

Seated on the Aqua\_Bike, client is in a frontal position to the ASM\_TWO apparatus, and can alternate pulling handles back or push them with both hands.

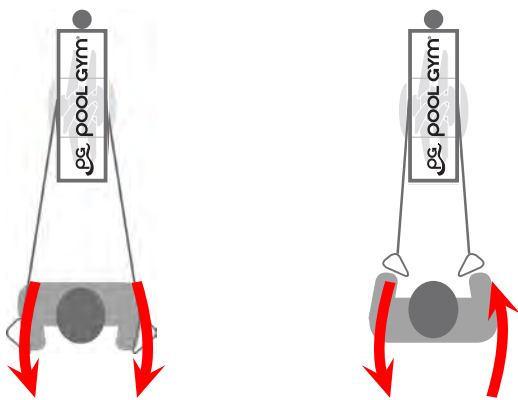
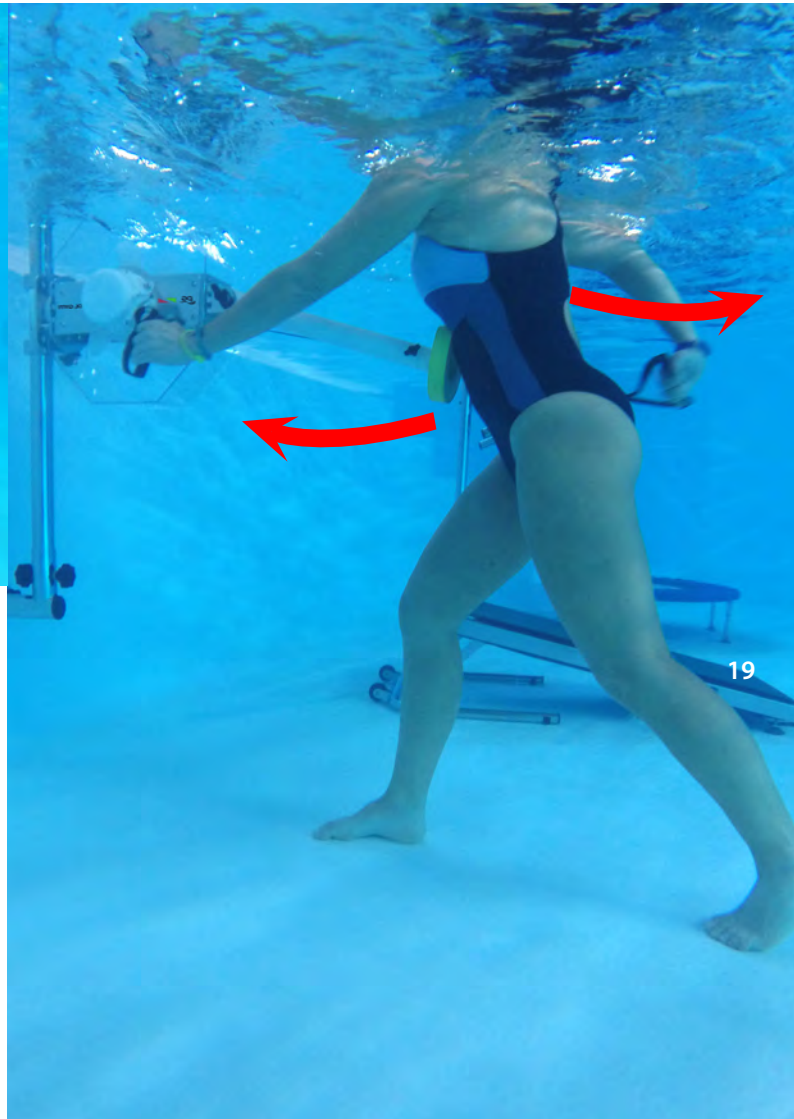
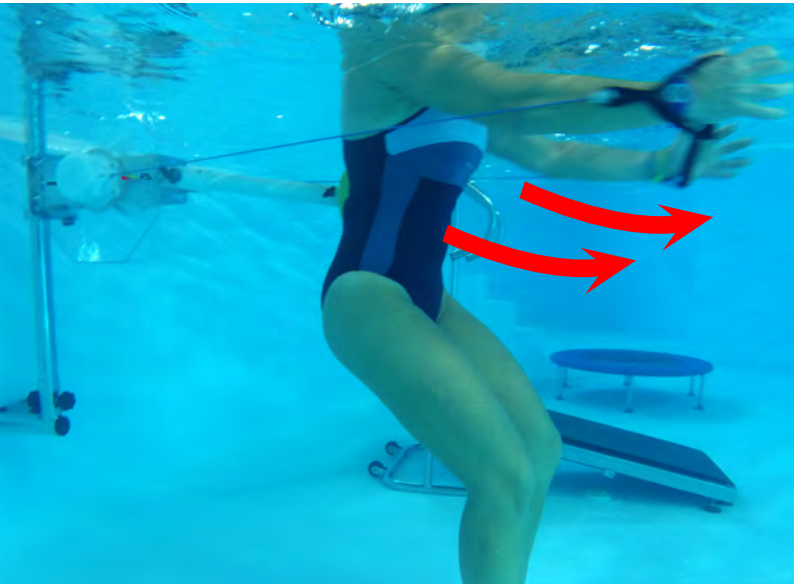




## FREEDOM OF MOVEMENT. WIDE RANGE OF EXERCISES

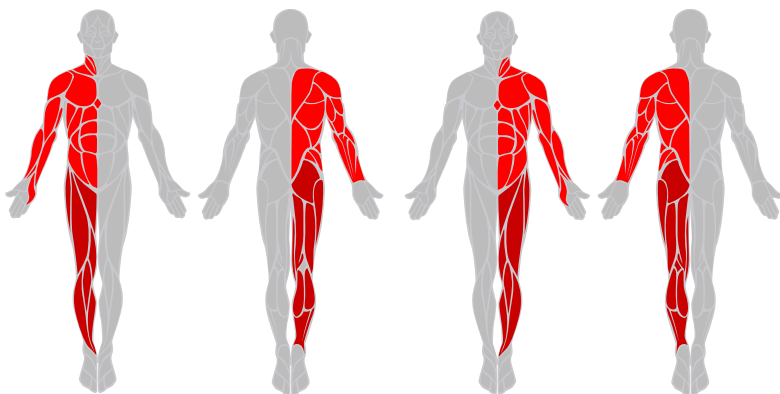
### Features

- ASM\_TWO has 2 mini rotors with 3 manually adjustable mini blades connected to 2 mechanical winders for 2 handle grips.
- A tubular element with support to facilitate gripping of the knobs in an upright, stationary position.



### FORWARD-FACING POSITION ON THE AQUA\_BIKE FOR SYMMETRIC EXERCISES

Pedaling the Aqua\_Bike, client is in a frontal position to the ASM TWO apparatus, and can pull handles back wide or push them with both hands.



NEW AQUA\_TREADMILL  
FOR UNDERWATER FITNESS &  
SLIMMING PROGRAMMES

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AQUA\_TREADMILL: MODEL 206060 inox 316 L

## TECHNICAL INFORMATION

Frame: Inox AISI 316/316 L  
 Extra Surface Treatment:  
 décapage/electric polishing  
 Depth Suggested:  
 100 ÷ 150 cm (3.3 - 5 ft)  
 Fixed slant: 13°  
 Space when open:  
 134 x 62 \_H 133 cm  
 (53 x 24 x 52 in high)  
 Space when closed:  
 62 x 62 \_H 141 cm  
 (24 x 24 x 55 in high)  
 Weight: 30,05 kg (66 lbs) approx.



### NEW AQUA\_TREADMILL WHAT ARE THE BENEFITS?

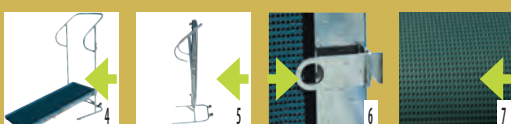
The Aqua\_Treadmill line offers many solutions, all with excellent results, to satisfy the different needs of the user.

All Aqua\_Fitness Treadmills feature:

- Sturdy walking belt with two layers of anti-skid rubber.
  - Textured walking surface provides beneficial circulatory stimulus to feet during exercise.
- Innovative sliding mechanism of belt tape allows dynamic, fluid movement with mechanical action of legs.
  - No jolting or slipping.
- Suction cups on base of frame keep treadmill stable.
- Designed to maintain correct body posture during exercise.
- Technological innovations optimize performance and therapeutic benefit of walking or running in water.

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1. Ergonomic and shockproof handgrip specially designed for correct use of the apparatus.
2. Stainless steel detail prevents overturning.
3. Wheels for easy transport in or out of pool.
4. Aqua treadmill opened with anti-slip rubber base.
5. Aqua treadmill closed for storage, minimum space required.
6. Functional security closing clip.
7. Detail of innovative two-layer walking belt with textured surface for comfort and massage of bare feet.





UNDERWATER FITNESS TRAINING  
PLUS BOUNCING FUN

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NEW AQUA\_JUMPER: MODEL 206101 inox 316 L

## TECHNICAL INFORMATION

Frame: Inox AISI 316 L  
Extra Surface Treatment:  
décapage/electric polishing  
Dimension: 103 x 103 \_H 26 cm  
(40 x 40 x 10 in high)  
Weight: 8,65 kg approx. (19 lbs)



### NEW AQUA\_JUMPER WHAT ARE THE BENEFITS?

NEW AQUA\_JUMPER complements  
athletic training programmes  
for various sports with no impact on joints.

Ideal for functional rehabilitation of the lower limbs,  
in particular feet and ankles.  
Uses propulsion to train balance, proprioception  
and improves postural control.

The bouncing action on the AQUA\_JUMPER  
increases basal metabolism,  
stimulating blood and lymph circulation in lower limbs.

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 **POOL GYM<sup>®</sup>**  
AQUA TRAINING CIRCUIT  
made in italy

**Safe &  
Controlled  
Progression**

