

# PROWAVE POOL BIKE

## AQUATIC EXERCISE

ITEM # F - P W R W V



### ABOUT

With a plethora of benefits from enhanced body awareness to improved cardiovascular health, aquatic cycling is not only a great workout, it's FUN! Whether you're an elite athlete looking for more resistance in your training, or simply looking for a more gentle, low-impact exercise to add to your wellness routine, the Prowave is the perfect solution.

With multiple levels of resistance and a flywheel design to provide a smoother, more natural ride, this is an approachable type of training that users look forward to! For aquatic spin classes and back yard pools alike, the Prowave is literally making waves in the world of therapeutic exercise.

### FEATURES:

- 300 lb (136 kg) weight capacity
- 38 lb (17 kg) product weight
- Adjustable seat and handlebars
- Barefoot use
- Durable powder-coat finish
- Multiple colors to choose from
- Multiple levels of resistance
- Scratch resistant transport wheels
- Limited three (3) year warranty
- Ships small parcel, some assembly required
- Made in USA

### ACCENT COLORS

NO MINIMUM, NO ADDITIONAL COST:



AVAILABLE FOR ORDERS OF 5 OR MORE:

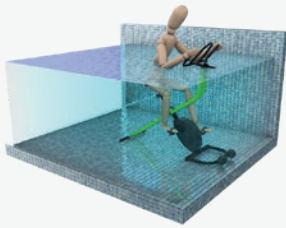
**CUSTOM COLORS**

PROUDLY SOLD BY:

Affordable recreation equipment for people of all abilities.

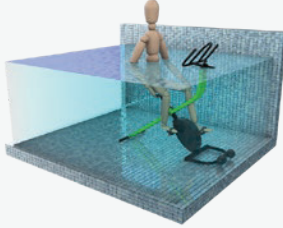
## APPLICATIONS

The ProWave is designed for rigorous residential and commercial biking exercises. Similar to those found in spin class settings, this bike allows for multiple aquatic biking exercises, such as the ones shown below.



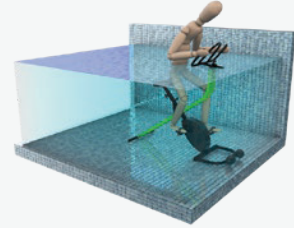
### STANDARD RIDE

Rider is sitting on seat with hands gripping the handlebars.



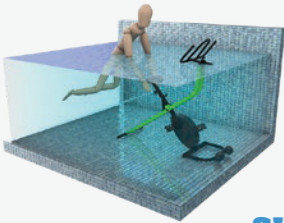
### RELAXED RIDE

Rider is sitting on seat with hands dangling in the water.



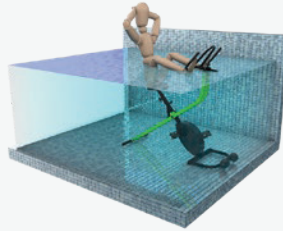
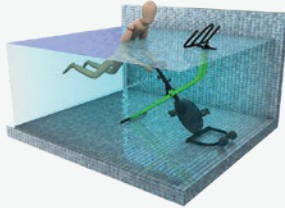
### STANDING RIDE

Rider is off the seat, standing and pedaling, with hands gripping the handlebars.



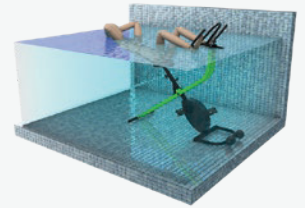
### CHEST DIP

Rider is behind the bike holding the seat, lifts legs up and slowly lowers themselves until their chest hits the seat and then pushes themselves back up.



### ABDOMINAL CRUNCH

Rider is on seat with feet hooked under the handlebars. Lean back until back of head hits the water and then return to an upright position, using only your core.



## OPTIONS / ACCESSORIES

- Comfort seat option
- Training bar option allowing for different exercises
- Powder coat and accent color options to match almost any decor

## OPTIONS & ACCESSORIES



Comfort Seat



Training Bar