



WATER WALKER



HOW IT WORKS

Attaches to the feet with adjustable nylon straps, then begin exercises in a jogging motion.

To **increase** or **decrease** resistance, vary jogging motion from fast to slow.

Revolutionizing Aquatic Exercise and Therapy

FLOATATION DEVICE IS RECOMMENDED

BENEFITS

LESS BODY STRESS

When submerged in water with a flotation device, we experience the feeling of "zero gravity." Exercise that involves weight-bearing and joint movements that would not be possible on land can often be achieved in water.

BURN MORE CALORIES

By adding the Water Walker to your aquatic workouts, you will burn calories faster. Using the water walker, you will burn two to three times as many calories per minute as compared to standard water jogging or jogging on land.

ISOLATE MUSCLE GROUPS

The Water Walkers are used for more than just jogging. There are many other exercises used to strengthen core muscle groups under water.



The Water Walker is not designed just for athletes. It is also effective for people recovering from surgery or injury, the obese, older adults, and people with chronic conditions such as arthritis, asthma, and fibromyalgia.

Consult your physician before starting any exercise program.

ORDER YOUR WATER WALKERS AND YOU WILL ALSO RECEIVE:

1. A mesh bag to carry your Water Walkers.
2. Instructional videos on how to use them most effectively are available on our website at www.sprintaquatics.com
3. 30 day warranty.

ORDER NOW!

Water Walkers @ \$64.95 plus Shipping and handling per pair. Retail price.

SAVE! Order ten in bulk and receive greater savings on your Water Walkers. Shipping costs applies on all orders.

For clubs and instructors, call toll free for prices!

Call for larger quantity discounts and for whole sales and catalogs.

Straps are adjustable. One size fits all.

Shipping charges are for continental U.S. only. Call for overseas quotes.

TO ORDER GO TO:

www.sprintaquatics.com Or

Email: info@sprintaquatics.com

OR CALL TOLL FREE: 1-800-235-2156

