



SPEC SHEET
ABS™ Water Fitness Boards

MADE FOR GREATNESS

Be Cool. Be Confident. Be You!

STRENGTH

BALANCE

ENDURANCE

MUSCLE ACTIVATION

SPORTS PERFORMANCE

aquabodystrong.com



PRODUCT INFO

Take ABS™ Water Fitness Boards anywhere - designed for indoor and outdoor pools, marinas and lakes. ABS™ Water Fitness Boards are durable, inflatable, light-weight, and the perfect platform for core stability and fitness training.

- Lightweight, inflatable, and easy to set up
- Inflate to 8 PSI and can support a weight of up to 395 LBS
- Fits between standard pool lane lines
- 4 points of tethering create a very sturdy anchoring system
- Dimensions: 3 feet across, 7.75 feet long, and 6 inches high
- Custom boards available featuring your company's logo and brand colors
- Convenient bungee pocket to store personal items
- Neoprene handles for transporting and performing abdominal exercises and resistance band workouts.
- Includes dual manual pump, tethers & hooks to connect to lane lines; 2-year manufacturer's warranty.



SAFETY FEATURES

- ✓ **Nationally Recognized Certification Program**
Instructors are educated, experienced, and tested to teach to all fitness levels with continuing education.
- ✓ **Fit Between Standard Pool Lane Lines**
ABS™ mats rest in between pool lane lines to prevent students from falling on lane lines or board rubbing.
- ✓ **Non-Slip Textured Deck**
Prevents injuries and allows participant to feel confident in their movements. A brushed deck is NOT the same as a texture deck.
- ✓ **Inflatable To A PSI Of 8**
PSI determines how well the mat sits on top of the water, and how much weight it can hold. A PSI of 8 allows for up to 395 lbs.
- ✓ **Double Layer Military Grade PVC On Top, Bottom & Sides**
Provides extreme stability and durability.
- ✓ **4 Point Anchoring System**
Four tethering points (2 D-Rings on each tethering side) ensures controlled instability.

PRODUCT INFO

Aqua Body Strong™ is the only water fitness board on the market designed for commercial use and engineered to ensure superior safety and stability. Featuring a 4-point tethering system and textured, non-slip deck, aquatic centers, health clubs, city pools, and resorts worldwide trust Aqua Body Strong™ for their classes.

- Four points of tethering create a sturdy anchoring system. 2 D-Rings on all sides of the board allow tethering horizontally or vertically. Participants still benefit from the instability of the board, increasing their core muscle strength, but with 4 points of tethering, they experience controlled instability.
- The deck is made of a textured non-slip EVA material, similar to a high-quality yoga mat. Having a deck with a grip is critical. It not only allows the participant to feel more

confident in their movements but also prevents injuries by preventing slipping.

- 2+1 Fusion Technology. Aqua Body Strong™ boards are made with a double layer of PVC on the top and bottom of the board as well as on all four sides. This technique not only increases the durability and longevity of the board, making it more resistant to tears and punctures, but also prevents the board from bowing in the middle.
- Increased surface area equals increased stability. Aqua Body Strong™ boards measure 3 feet across, 7.75 feet long, and 6 inches high. This also allows for taller individuals to be able to use the board.
- Aqua Body Strong™ boards inflate to a PSI of 8. The greater the PSI means, the more sturdy the board. Our boards can support a weight of up to 395 LBS.
- Instructors are certified and trained to teach Aqua Body Strong™ Aqua Board, which is a Recognized Fitness Provider by AFFA. Combining the knowledge and experience of our Aqua Body Strong™ Advisors, which includes fitness trainers, coaches, and competitive athletes in multiple disciplines, we have created the ultimate certification platform for water fitness boards. Our ABS™ Teacher Training course is safety-oriented, content-rich, and designed to ensure your instructors can teach to all fitness levels.

Additional Perks

- **Convenient bungee pocket.** No need to jump off the board during class to grab your hat, sunglasses, or water. Just reach behind you and retrieve them in the convenient pocket that holds all your items.
- **Neoprene handles.** Aqua Body Strong™ boards feature neoprene handles on both ends of the board as well as one large handle underneath, which makes transporting the board in and out of the pool, lake, or car easy. But what's more, is that you can use these handles for various abdominal exercises and resistance band workouts.
- **Personalized boards featuring your facility's logo and brand colors are available.** Gain recognition and take advantage of

the marketing opportunities made through social media by putting your logo on the deck of the board.

- **6 CEU credits from AFFA.** Instructors certified through Aqua Body Strong™ receive continuing education credit.



The advertisement features a large, bright blue water fitness mat floating on the water. The mat has a textured deck and is equipped with handles and tethering points. The background shows a sunset over the ocean with other mats visible in the distance. The Aqua Body Strong logo is at the top center, and the text 'WATER FITNESS MATS' is prominently displayed in large blue letters. Below this, it says 'COMMERCIALLY DESIGNED FOR SAFETY & LONGEVITY'. Two callout boxes with blue dotted lines pointing to specific features on the mat provide detailed information about its construction and customization options.

aqua body strong
water · fitness

WATER FITNESS MATS

COMMERCIALLY DESIGNED FOR
SAFETY & LONGEVITY

- Increased surface area equals increased stability.
- Made with 2 layers of military grade PVC on all sides, top and bottom.
- The deck is made of a textured non-slip material.
- Aqua Fitness Solutions boards inflate to PSI of 8
- 4 tethering points to create sturdy anchoring system.

- Personalized boards that feature your company's logo and brand colors available.
- Convenient bungee pocket area holds water bottles, sunscreen, sunglasses etc.
- Comfortable neoprene handles.

We are 100% committed to providing you with the highest quality water fitness products at the best price on the market. Contact us today at (949) 395-2878.