

WORK HARD  
TRAIN SMART



GET FIT WITH THE  
**NEW AQUA-RANGE**

[www.comfy.eu](http://www.comfy.eu)

**NMC sa**  
Gert-Noël-Strasse · B-4731 Eynatten  
☎ +32 87 85 85 00 · 📠 +32 87 85 85 11  
info@nmc.eu · [comfy.eu](http://comfy.eu)



SPORT &  
LEISURE

# WORKOUTS FOR BEGINNERS:



## The stretch

Grip an AQUAFIT NOODLE firmly at both ends and stretch out of the water. Then lean alternately right and left.



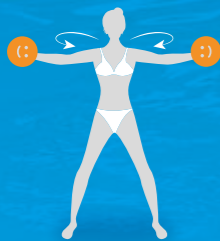
## The rowboat

Grip an AQUAFIT NOODLE with both hands and extend your arms forwards shoulder width apart. Now alternately push the noodle away from you and draw it back towards you.



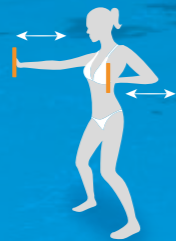
## The tongs

Grip an AQUAFIT NOODLE firmly with both hands on the ends and form it into a loop. The bent end sticks up out of the water. Now bend the loop alternately open and closed.



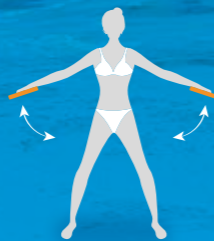
## The handclap

Grip an AQUAFIT SMILE with both hands and stretch your arms out to your sides. Now bring your hands together in front of your body and then open them.



## The boxer

Grip an AQUAFIT SMILE in either hand. Lift your right knee and your left knee alternately, punching forwards with the opposite arm.



## The butterfly

Grip an AQUAFIT SMILE in either hand and stretch your arms out to your sides. Now flap your arms up and down.



# THE NEW AQUAFIT RANGE

The new members of the Aquafit family are real eye-catchers and bring a touch of fun to fitness, sport and rehab.

Its improved feel and ergonomic surface which protects the joints make the [AQUAFIT NOODLE](#) particularly comfortable to handle. The handy triangular design with its hard inner core delivers superior resistance when bending, meaning that every workout can be made more efficient and more accurate.

The useful [AQUAFIT SMILES](#), in contrast, increase water resistance, making them particularly good for building up muscles, while also promoting balance and coordination through specific training exercises.

We're sure that you, too, will notice the difference and your workouts will become so much more fun!

