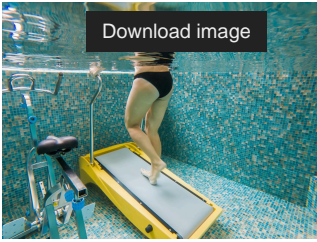


Training in water



Training in water with machines such as treadmills and exercise bikes provides multiple therapeutic and sporting benefits. These structures are made entirely of 316L stainless steel, a material that is particularly valued for its excellent resistance to corrosion, even in chlorinated and humid environments, as well as its long-term durability.

The buoyancy of water reduces the load on joints by up to 80%, allowing mobility to recover without subjecting the body to aggressive impacts. Walking or running on a submerged treadmill makes it easier to work on walking technique in a safe and gradual way. In rehabilitation, movement can be initiated in the early stages after an injury or intervention, reducing the risk of relapse.

Water offers a natural resistance that adapts to the intensity of the effort. This variable resistance increases muscle activation and stimulates the cardiovascular system, improving strength, stability and circulation.

The exercise bike allows controlled and fluid pedalling, improving coordination and balance. Its use is especially useful for functional recovery programmes and for older people or those with joint pathologies. In addition, these machines help to strengthen the muscles of the hips, knees and trunk without causing discomfort or overloading.

316L stainless steel used in the structure and main components ensures a long service life even in intensive use. Its smooth, non-porous surface makes it easy to clean and reduces the risk of bacterial proliferation, guaranteeing high hygiene standards.

In the field of sports, training underwater is attractive because of the ability to burn calories efficiently while maintaining a sense of lightness that creates a motivating experience.

Therefore, treadmills and underwater exercise bikes can help improve mobility, accelerate rehabilitation and reinforce physical conditioning, with a safe structure that meets the needs of both private users and health and sports professionals.

