



Aqua treadmill and cycling

In aqua-cycling, aka aquabiking, the bikes are placed in a pool for the riders to pedal against the water resistance, with water up to the waist. An aqua treadmill, an aqua gaiter and other devices work in a similar way. Aqua cycling is a fast developing exercise for fitness, physical rehabilitation, weight loss and cardio training. One of the specific benefits is that it is without risk of damage to the joints, a big advantage for those who cannot practice endurance sports based on running. Races involving aqua cycling plus swimming are now taking place.

Stainless steel is the standard material for this equipment as treated pool water is very corrosive.



*Aqua treadmill
Picture courtesy of Hydrorider*



Bikes are made of stainless steel, typically grade EN 1.4404/AISI 316L to resist corrosion in thermal springs, sea water and chlorinated water. Pictures courtesy of Hydrorider.



Picture courtesy of Hydrorider



Hydro bikes are a new form of pedal boats. They are also often made of stainless steel. Picture courtesy of Hydrorider