

Life's better with **HYDRO PHYSIO**[®]
UNDERWATER TREADMILLS



Revitalise • Rejuvenate • Recover



Life's better with **HYDRO PHYSIO**[®]

UNDERWATER TREADMILLS

Welcome to the Hydro Physio Human brochure! With more than 20 years of experience, we are dedicated to providing our clients with high-quality underwater treadmills.

Our leading aquatic exercise solutions are developed and manufactured in the UK. Designed to suit users of all ages and fitness levels, our treadmills provide people with a user-friendly, low-impact alternative to land-based workouts.

Whether you are looking to recover from an operation, build muscle mass or improve overall fitness levels, Hydro Physio underwater treadmills offer the kind of **revitalising and rejuvenating** exercise experiences you are looking for.



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“ I urge everyone to give one of these wonderful machines a go, from those looking to maintain their physical and mental wellbeing to people seeking low-impact alternatives to strenuous exercise. ”

Jordanna Wild
Personal Trainer





Why Hydro Physio?

We pride ourselves on designing and producing underwater wellness solutions that help users to achieve their fitness, health and wellbeing goals.

From those looking to recover from medical procedures to seniors seeking a low-impact exercise option to keep fit and healthy, everyone is able to enjoy the invigorating powers of our versatile underwater treadmills.

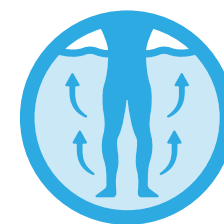
Regular exercise on our underwater treadmills offers many important benefits, including:

- A happier, healthier life
- Reduced stress
- Improved mental health and wellbeing
- Boosts energy
- Enhanced strength and physical performance
- Improved confidence
- A positive outlook
- An active lifestyle
- Easier to achieve your goals
- A sense of fulfilment



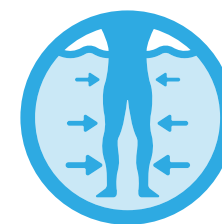
Why water over land?

Aquatic exercise provides a range of key benefits that give it an advantage over land-based exercise, such as:



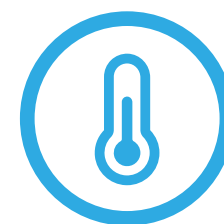
Buoyancy

The buoyancy of water allows people to experience gentler, body-friendly workouts.



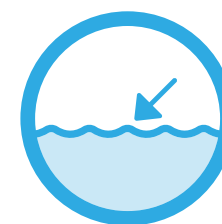
Hydrostatic pressure

The deeper someone is immersed in water, the higher the pressure exerted on the body. This can improve circulation, metabolic rate and muscular blood flow.



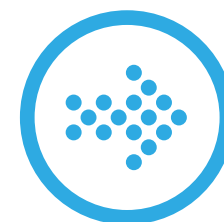
Water temperature

Working out in warm water can relax muscles and enhance circulation.



Surface tension and freedom to move

Water surface tension helps people to improve their balance, while enhanced freedom of movement can accelerate recovery and improve mobility.



Resistance and calorific burn

Water has greater resistance to motion than air, enabling people to build muscle strength and endurance while burning calories faster.



Medical

Aquatic exercise helps people to recover from operations and injuries, as well as managing medical conditions. Our underwater treadmills are designed to provide people with a low-impact workout option that can enhance health outcomes.

●●●● Key advantages of underwater treadmills for the medical sector:

- Allows rehabilitation and therapy to start sooner
- Aids faster recovery post-injury or surgery
- Effective pain relief
- Enhanced mobility and flexibility
- Improves cardiovascular health
- Reduces blood pressure
- Enhanced core and muscle strength
- Better circulation

Our treadmills can help users manage a range of conditions, including:

Arthritis	Cerebral palsy
Fibromyalgia	Muscle pain
Stroke	Fractured bones
Osteoarthritis	Neurological disorders

Health and Wellbeing

Our underwater treadmills can be enjoyed by people of all ages and abilities, including those who are simply seeking an invigorating method of enhancing their general health and wellbeing.

●●●● Key advantages for those looking to boost their health and wellbeing:

- Improved wellbeing and mental health
- Improved health and fitness
- Better balance and coordination
- Low-impact, body-friendly exercise
- Burns calories faster and reduces blood pressure
- Enhanced core and muscle strength
- Better circulation
- Improves cardiovascular health



Senior Living

Purpose-built to facilitate safe, simple exercise, our underwater treadmills are perfectly suited to seniors who wish to boost their health with low-impact, joint-friendly workouts.

●●●● Key advantages of underwater treadmills for seniors:

- Low-impact exercise
- Improved health and fitness
- Enhanced mobility and flexibility
- Better balance and coordination
- Enhanced core and muscle strength
- Reduces blood pressure
- Better circulation
- Improves cardiovascular health



Fitness and Performance

Whether you are a fitness enthusiast seeking a fun, versatile workout, or a professional athlete looking for an effective exercise option, our underwater treadmills can support you in achieving your fitness and performance goals.

●●●● Key advantages of our underwater treadmills for fitness enthusiasts and athletes:

- Improved fitness and performance
- Reduced impact on joints and muscles
- Enhanced workout intensity
- Enhanced core and muscle strength
- Improves cardiovascular health
- Increased stamina
- Burns calories faster
- Aids faster recovery post-injury or surgery



Product Range



HYDRO PHYSIO®

ACTIVE

UNDERWATER TREADMILL

Designed with space and installation constraints in mind, our Active underwater treadmill is a self-contained, modular system that offers all the key benefits of aquatic exercise.

Key features of our Active treadmill:

- Space-saving, self-contained, modular design
- Built-in water treatment and storage system
- Medical-grade stainless steel construction
- Touchscreen controls
- Remote control from portable device (phone or tablet)
- Treadmill speed range: 0.5 to 10kph
- Maximum water depth: 1270mm
- Temperature range: Ambient to 40°C





FOCUS

UNDERWATER TREADMILL

Our Focus underwater treadmill sets the benchmark for aquatic exercise systems. Suitable for users of all ages and fitness levels, this treadmill can be configured to meet your specific needs.

Key features of our Focus treadmill:

- Configurable system to suit all requirements
- Separate water treatment and storage system
- Medical-grade stainless steel construction
- Touchscreen controls
- Remote control from portable device (phone or tablet)
- Treadmill speed range: 0.5 to 16kph
- Maximum water depth: 1200mm
- Temperature range: Ambient to 40°C
- Dual water jets (optional)
- Powered incline (optional)

PRO-TRAINER

UNDERWATER TREADMILL

If you like the look of our Focus treadmill but require a larger model, our **Pro-Trainer** is sure to impress. With a larger training zone and treadmill, this system is ideal for those seeking a more spacious aquatic exercise experience.



FUSION

UNDERWATER TREADMILLS

Our Fusion underwater treadmills can be added to new and existing pools in a range of commercial and residential settings.



•••• Key features of our Fusion treadmills:

- Suitable for fixed and moving floor pools
- Medical-grade stainless steel construction
- Touchscreen controls
- Remote control from portable device (phone or tablet)
- Treadmill speed range: 0.2 to 10kph
- Handrail options (integrated only)

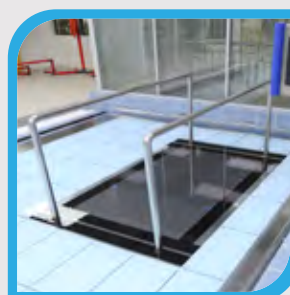
FUSION FREE-STANDING

Looking to add a treadmill to a new or existing pool? Our Fusion Free-Standing treadmill is the right option for you, suitable for fixed, movable and specialist pools.



FUSION INTEGRATED

If you need an underwater treadmill that can be seamlessly installed into new, fixed or moving floor pools, our Fusion Integrated treadmill is sure to suit your requirements.



HYDRO PHYSIO®





Hydro Physio leading the way

Based in Shropshire, England, Hydro Physio have been supplying quality underwater treadmills and pools for over 20 years. In our recently expanded 200,000 Square Foot facility, the design, manufacturing, sales and service teams are all under one roof, facilitating unrivalled customer support.

Innovative design ensures Hydro Physio treadmills have cutting edge features, whilst ISO compliant manufacturing assures a high quality product. The experienced service team offer expert guidance via telephone support, and fully trained service engineers will visit your facility when required.

Over 1,000 Hydro Physio systems have been installed in over 50 countries worldwide.



Testimonials

“ As a keen runner, I occasionally experience knee pain. Unfortunately, this type of discomfort comes with the territory... until now! A 45-minute session in a Hydro Physio underwater treadmill helped me regain the confidence and physical resilience I needed to resume my favourite pastime. ”

Mark Perry
Operations Manager



“ These machines are amazing and suited to everyone. Whether you are keen to increase your fitness, recover from a medical procedure or improve your mental wellbeing, you must give one of these underwater treadmills a go! ”

Susie Mackie
Mental Toughness Assessor and Trainer



“ I regularly enjoy post- and pre-match workouts on a Hydro Physio underwater treadmill. It's a fun and rewarding form of exercise that has become a regular part of my fitness routine, and most importantly, it helps me recover faster. ”

Alex Jones
Semi-Professional Footballer



“ When using Hydro Physio's underwater treadmill, I am amazed at just how soothing and revitalising it is. When I complete my workouts, all the tightness in my joints and muscles completely goes. ”

Dave Corfield
Owner of David Corfield Gymnasium



Sold through our International Distributor Network



Solution

Our Sales/Project Management team will advise on the best solution to suit all requirements.



Design

All designs are based on market requirements, whilst ensuring compliance with the relevant standards.



Manufacture

Units are manufactured in the UK at our modern, ISO accredited facility.



Installation

Our dedicated installation teams are trained to the highest standards (service limited to specific countries).



Support

Our in-house UK service team supports both customers and regional distributors.



Finance

Leasing options available (UK customers only. Distributors may offer their own agreements).

More than 1,000 HYDRO PHYSIO
Systems Installed Worldwide



Designed and Manufactured In Great Britain



FM 25162



OHS 672496

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more about Hydro Physio

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