

# AQUABIKE:

**Key to a  
Healthy Lifestyle**



***"An exercise  
anyone can do!"  
by Sam Kornobis***

Recognized  
internationally  
for health and  
fitness!





# AQUA BIKE *Fitness*

***Scientifically  
proven to benefit  
workouts for  
rehabilitation.***



# READY to GET in SHAPE?

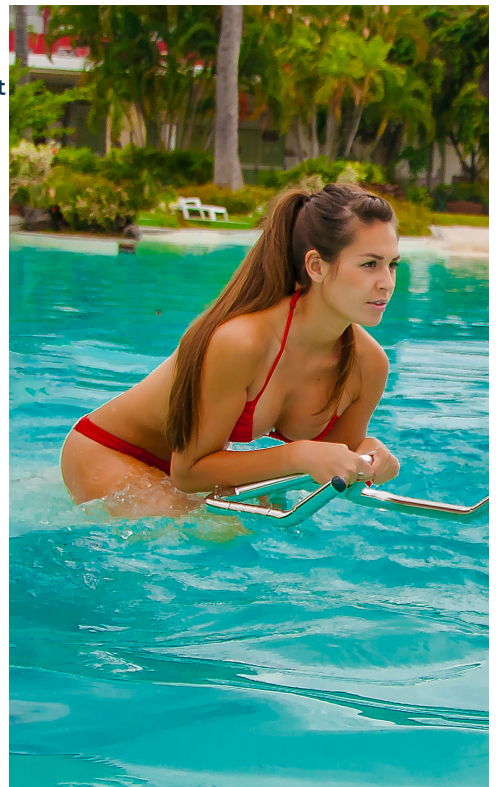
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# **WELCOME to AQUABIKE!**

At Aquabike, we are dedicated to getting you in the best shape of your life, and we want you to be just as dedicated!

## ***3 Reasons Aquabike is the KEY to a Healthy Lifestyle:***

***1. You lose weight and cellulite!***

***2. No pain after a workout!***

***3. Jumpstarts a healthy & fun lifestyle!***

Too often, we take the easy way out, especially when pain comes with every workout. Even if you work through the pain, you've probably stopped due to an injury or reaching a weight goal. Randomly working out, however, is not a solid foundation for a healthy life. In fact, it leads to a sedentary lifestyle with more pain, as you age. Don't know about you, but we like to defy age at Aquabike!

Aquabike is the solution to all the things that keep you from working out. It's fun, so you'll want to join a class weekly, and it's low-impact. That means it's easy on your joints. Aquabike is not like going to the gym, it's unique without all the strain and pain. And it's progressive, working your muscles bit-by-bit. Aquabike is simply a smarter way to workout.

**Keep reading!** We'll break it all down, including Aquabike's unique benefits and why you should commit to a healthier YOU, right now!

In this welcome section, we'll give you a quick overview, suggestions on how to find time to workout and **WHY** Aquabike is the best place to start!



# ***Aquabike Quick-View***

- Low impact exercise : no pain the next day.
- Can start at any fitness level.
- It's as easy as riding a bike.
- Full-body workout that increases flexibility.
- Easy on your knees and alleviates pressure on joints.
- Burns calories, reduces blood pressure and builds endurance.
- Fights cellulite during every 45-minute class.
- Water keeps you cool while you exercise.
- And it's FUN!





# FINDING TIME to EXERCISE!

According to *Fitness Magazine*, you have to be clever to find ways to exercise. They want you to "sneak in your workouts." While that can work, we have to wonder why you can't use our **Number One Way** to find time to exercise.

**Our number one way is to schedule a class.** Just like a doctor's appointment that you wouldn't miss, an exercise class sets a date that you put on your calendar. If you think about it, exercising could actually **SAVE** you a doctor's appointment.

**Here are 5 other ways to find ways to exercise:**

## **1. Walk or Bike to Work.**

This is one of those ideas that work well in theory--if you can show up to work sweaty or have a place you can clean up. It's kin to the plan of working out during your lunch break. Sure, it's possible, but only for someone who has bathroom facilities with a shower.

## **2. Set an Alarm**

This follows along the lines of our plan to schedule a class; however, it's more like making a date to wake up early. You can use that extra time to work out at home or take a walk in your neighborhood. We've found this kind of plan works best if you can find a workout partner to join you.

## **3. Make Working Out a Family Thing**

The more the merrier, right? Find a fun, active adventure for your whole family. We recommend a fun hike, like GeoCaching, a day at the local pool, or throwing Frisbees in the park.

## **4. Multi-Task**

Can you walk and work at the same time? Try a walking desk! Or jump on a gym's treadmill and read a work report while you get in a few miles. Our favorite idea is to combine watching television and jogging in place. Although, an episode of *Big Bang* and toe lunges works, too!

## **5. Delegate!**

A great way to find more time to workout is to let someone else handle part of your to-do list. Let the grandparents watch the kids, and jog around their neighborhood. Or just share part of your weekly workload with someone that understands. (You can always return the favor.)

# Why Aquabike?



## Have you ever exercised with a friend?

At Aquabike, we take getting in shape seriously — with some serious fun! Sure, you will get a great low-impact workout, but the atmosphere is high-energy. Our workout routines are timed to popular music. The beat helps keep the pace. And your Aquabike instructor makes you feel like a welcome addition to the class because you are!

No one cares what you wear — be it a bathing suit, a wetsuit or something in-between. We're all in it together and just happy to share our love of Aquabiking! Combine the camaraderie with a workout that targets the biggest workout issues for women — weight loss and cellulite — and you have a winning formula for how to exercise regularly to build a healthy lifestyle.

*(BTW, we don't recommend a wetsuit. That could get hot!)*



# What Happens at an Aquabike Class?

"My cousin found Aquabike and roped me into going to a class with her. I had no idea what to expect. If the workout turned out to be too hard, I was afraid I'd hurt myself, because I had not worked out in a while. If the class was too easy, I was afraid I'd be bored and find myself in the middle of a dated water aerobics class. However, I didn't need to worry. The workout was high energy and our instructor, Sam, made it fun. The routine was

timed to upbeat music. I loved all the songs. They helped to keep me going. We pedaled on the bikes, sometimes standing to pedal, then sitting back down to work our arms. It was continuous, with constant pedaling for the 45-minute class. But

the time flew by! It was so much fun! I did push myself a little harder than normal, but I felt fine the next day. And I signed up to take a class every week! I've been going weekly for 3 years now and still love it! It's been the main thing that helped me get back in shape and stay in shape." -- Ann Pashak



***"Aquabike is the best way to get in shape!"***

Aquabiking was invented by a group of Italians in 1990, initially aimed at high-level athletes undergoing rehabilitation. In less than 5 years,

Aquabike became the standard in the world of European fitness and rehabilitation. All of the big gyms in Europe, as well as local swimming pools, now offer Aquabike classes in their clubs. It has become a workout fitness benchmark.



# **LOSE WEIGHT & CELLULITE!**

Getting back to the three things that make Aquabike the **KEY** to a **Healthy Lifestyle**, we'll take a look at each one. In this section, we'll look at the ways Aquabike helps you to lose weight and beat cellulite!

***1. Lose weight and cellulite!***

***2. No pain after a workout!***

***3. Jumpstarts a healthy & fun lifestyle!***

Come with us for an honest look at what it takes. We offer no tricks or shortcuts. If you want to 'open' that fitness door with the **KEY** to a **Healthy Lifestyle**, you have to show up regularly (at least once a week), and follow our lead. However, if you can make that kind of commitment to your health, we will use your time wisely and put you on the path toward a new lifestyle! It all starts right here, discovering how you can lose weight and cellulite!

**Spoilers!!!** The water massages your legs as you workout, battling extra pounds and cellulite at the same time!

**READ  
ON**



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**BEFORE**

**AFTER**



**6 WEEKS**

---

*he Cellulite Cure* with a practice in NYC, claims 90% of women and 10% of men get cellulite, as early as age 25. It's due to less circulation — "less nutrients and oxygen, cause those dimples."

So, can we reverse the effects and get more nutrients and oxygen to our thighs? Yes, we can. It's a two part solution -  
- a healthy diet and exercise!

You can try to do it with the help of a magician, but the word 'Abracadabra' isn't going to cut it. What we recommend could be magical, like a water nymph--but it's made of steel and turns a pool into a fun, high-energy, low-impact bike ride!

As mentioned in the blue box above, a lot of people — especially women — are going to have to deal with cellulite in their lifetime. That's due to your muscles losing nutrients, oxygen, and tone as you age — and that's why you see those little dimples on your skin. Fight back with Aquabike!

The only way to get rid of cellulite is with diet and exercise... and not just any exercise. You need the kind that infuses your muscles with oxygen. Aquabike not only offers cardio exercise but the water massages your legs. It gets the needed oxygen to your thighs to reduce the dimple effects of cellulite.

Of course, the other key component is eating right, which should be on your weekly agenda, along with attending an Aquabike class, to beat cellulite, lose weight and obtain a healthy lifestyle.

# Aquabike vs Belly Fat



## How do you judge fat?

At Aquabike, we know that all fat isn't alike. And even if you work out regularly, you can still carry some belly fat.

## Do you judge your fitness by the number on your bathroom scale or the diameter of your waistline?

You should be more concerned about your waistline.

Even people that workout every day can still carry extra weight around their mid-section, and that's just because we're built that way. But how much is too much?



## MEASURE YOUR WAIST AND SEE.

For men: anything over 40 inches (or 102cm) is too much belly fat. For women: it's anything over 35 inches (or 88cm).

Work on reducing your belly fat by eating right and exercising regularly.



# ***The 80/20 Rule for Exercising Results!***

**The 80/20 Rule.** Also known as the Pareto Principle of 1895, the 80/20 Rule is a way to evaluate your productivity.

You can learn more about his technique at:

<http://tinyurl.com/gettherule.com>

Way back in the late 1800s, Vilfredo Pareto realized that only 20% of the pea pods in his garden produced the majority of peas. The other 80% were useless. This got him thinking. Where else could he find this ratio of useful vs. waste? He researched Italian property owners and found that 20% of the population owned 80% of the land. He did more research and discovered the 80/20 Rule held true for property owners in other countries. To his thinking, 20% were taking advantage of owning land and 80% were wasting an opportunity. Maybe they lacked the money, but he'd stumbled upon a much bigger point. In fact, Pareto discovered a guide for a majority of situations.

The 80/20 Rule has been applied to a wide variety of circumstances – with the same results. It asks us to look at what we're doing to identify the 20% of our efforts that succeed and the 80% that do not. The principle definitely applies to exercising and living a healthy life.

## **Here's how the 80/20 Rule applies to YOU and Exercising:**

- Look at all the steps/actions you take to reach your exercising goals.
- Find the two steps/actions you are taking that get the most results. They are your useful 20%. The rest of the things you are doing are your 80% of waste.
- If you just focus on your top two steps/actions, you'll have more success. Otherwise, you're wasting valuable time on the other 80% of the things you do to get in shape.

Whatever you decide to focus on, look for an exercise routine than fulfills multiple workout requirements, like Aquabike. Combine it with a weekly class. Routine keeps you going, especially when other commitments pop-up to compete for your attention.



# **NO PAIN AFTER a WORKOUT !**

Getting back to the three things that make Aquabike the KEY to a Healthy Lifestyle, we'll take a look at Number Two. In this section, we'll look at the ways Aquabike helps you workout with no pain the next day!

***1. Lose weight and cellulite!***

***2. No pain after a workout!***

***3. Jumpstarts a healthy & fun lifestyle!***

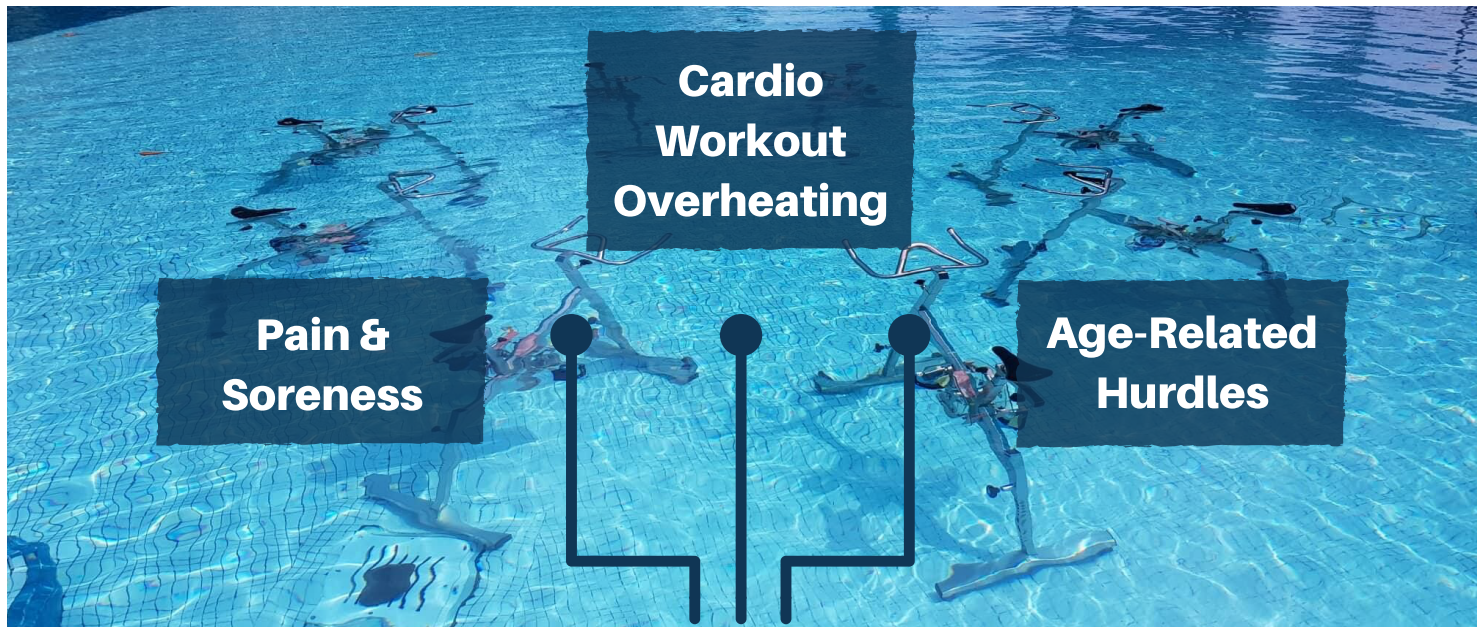
Aquabike answers the biggest issue of getting in shape — the pain you feel AFTER exercising. It's something every kind of exercise has — EXCEPT Aquabike!! That's right! While you'll feel like you worked your muscles, Aquabike eliminates the day-after pain that lays you out. The pain that hurts every time you move. The pain that makes you never want to workout again!

Spoilers!!! Aquabike is low-impact and your joints and muscles are protected and cushioned by the water as you cycle. That's why there is no day-after pain like you have with high-impact exercise plans.

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# Exercise Pitfalls!



## The Answer: Aquabike

*Draw/Color/Write with Ro-Bits - For Kids    Draw/Doodle/Color/Write - For Everyone*

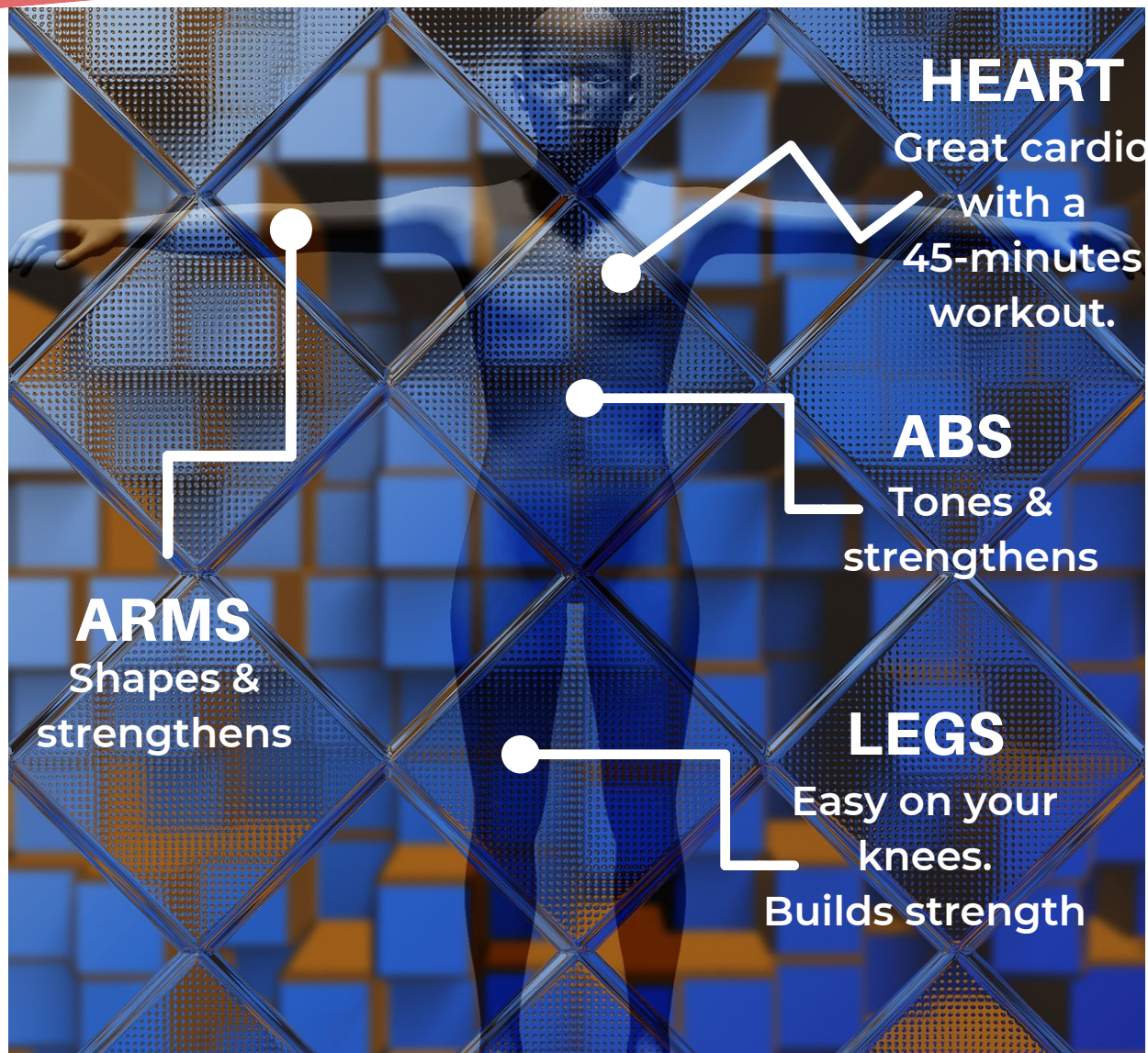
Many things can stand in your way when it comes to exercising. However, if you can overcome the biggest hurdle — getting yourself to a gym or pool — you shouldn't be stopped by the 3 Biggest Things that can Derail a Workout: cardio overheating, joint and muscle pain and age-related workout hurdles. Aquabike can solve all these issues and keep you in shape!

First, your workout is in the water. It instantly aids in overheating. Second, the water also acts, as a cushion to your joints. Not to mention, your tendons, muscles, and even pre-existing conditions like arthritis. Third, age-related complications arise during our lives, and water-based exercise is the solution. Of course, we're not talking about jumping around in some water aerobics class. That's for people over 70. We're talking about a high-energy, low-impact workout that's like a spin class in a pool, except it does more than any spin class can. It can get you in shape without the pain, but with all the same motivational group dynamic and health benefits. It's perfect for anyone who doesn't want to compromise on their health!



# **Full Body Workout**

## **We work your whole body!**



### **Low-Impact vs. High-Impact**

How do you tell the difference between a low-impact and a high-impact exercise? Well, high-impact is the one where you are on dry land, jumping, kicking, pounding, hitting, rolling and lifting weights. Your body feels every jolt and stress, and you're in pain the next day. With a low-impact exercise, you work just as hard, but your body is cushioned and protected. In the case of Aquabike, the water insulates your workout, making it easier on your body without reducing the health benefits.



# ***How the Bike Works***



**Aquabike works for all fitness levels** because everyone pedals at their own pace. Between the bike's peddles are four Tension Paddles that add drag, but they can be turned to reduce drag for beginners. They can also be turned, one at a time, to slowly increase the drag/tension, as you build up your strength.

## **The Bike Adjusts to Your Fitness Level**

When the Aquabike Trainer tells you to go at 100%, he means your 100%. We don't expect you to keep up with the trainer or anyone else in the class. Everyone works out at his or her own pace; yet, they are all following the same instructions and feeding off of the group's energy. You get the benefit of a group workout, full of high energy and motivation, but you get to work at your own pace! How many group exercises can make that claim?



# **A HEALTHY & FUN LIFESTYLE!**

Getting back to the three things that make Aquabike the KEY to a Healthy Lifestyle, we'll take a look at Number Three. In this section, we'll look at the ways Aquabike becomes the starting point to change your lifestyle, by bringing fun exercise and a healthy way of thinking into your routine every week!

***1. Lose weight and cellulite!***

***2. No pain after a workout!***

***3. Jumpstarts a healthy & fun lifestyle!***

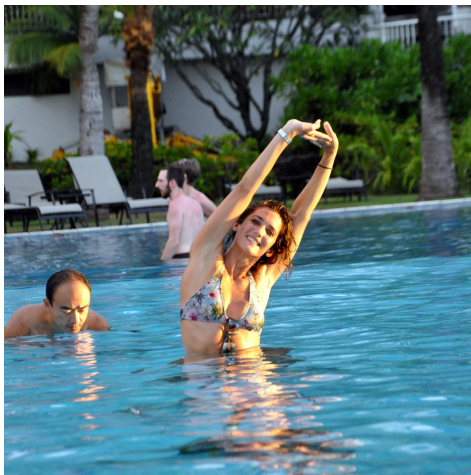
Aquabike gives you a healthy and fun lifestyle because it gives you the FOUNDATION you need to feel better. And when we feel better, life is better. And an Aquabike workout is a fun, high-energy, group experience that keeps you pumped up and wanting to come back to workout with your friends. You aren't in this alone!

Spoilers!!! Aquabike brings energy into your life, and like the motivational speaker, Tony Robbins likes to say: "Energy is life!"

**READ  
ON**

# The Health Benefits

Aquabike stands out as an exercise activity that is a 'gateway' to better fitness. Its advantages have been scientifically proven. A. Federici and S. Casadei hold PhDs in Molecular Methods and Methods of Morphofunctional Applied Exercise,



which means they have studied how combining water aerobics and cycling affect the human body. They presented their scientific results to the Faculty of Kinesiology at the University of Urbino, with their complete analysis. What they learned:

**Cycling + Water =  
No pain after a workout,  
with massage benefits to thighs and  
reduced cellulite!**

## ***THAT'S CORRECT: AQUABIKE IS A WAY TO FIGHT CELLULITE!***

Considering that a majority of women head to gyms and fitness classes to reduce cellulite, this is a very good thing. The other point to get from Federici's and Casadei's study is how the body benefits from working out in water. Most exercise and sporting activities have an adverse effect on the body after a workout. Muscles hurt. The body aches. And that causes a majority of people to stop working out.

The opposite happens with Aquabiking. It was designed to reduce the impact on the body and massage the thighs, while at the same time it offers a cardio workout that can burn up to 800 cal/hour — with no pain the next day! An Aquabike workout DOES NOT stress or irritate muscles, so you are able to return to another Aquabike class and keep up your exercise routine!



# ***Aquabike & Nutrition***



**Aquabike can get you in shape, but it's only one part of the equation. You have to eat right, too. There are three things you can add or increase in your daily diet to help.**

**(1) Eat more fresh fruit.** Along with vegetables, fruit is a great source of vitamins, minerals, and anti-oxidants. Strawberries alone contain vitamins C and K, plus fiber, folic acid, manganese, and potassium. And they taste great!

**(2) Eat nuts.** They are loaded with magnesium, vitamin E and fiber. Walnuts are a handful of anti-inflammatory and anti-oxidant goodness.

**(3) Eat fatty fish like salmon for your omega-3 acids.**

**And don't forget the easiest way to eat right --- don't drink sugar.**

# BALANCE

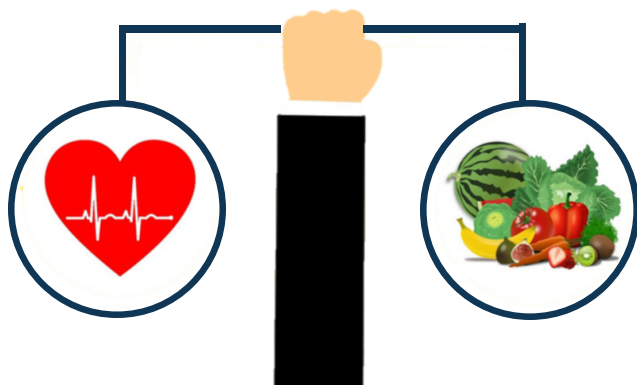
Aquabike is an amazing way to exercise, but it's just one part in a complete makeover to balance your body and achieve a healthier lifestyle.

The other partner you'll need to balance is NUTRITION.

## BALANCE AQUABIKE & NUTRITION

Aquabike already helps you stick to a workout routine because you don't feel sore like a normal workout. So, no soreness means you keep working out. That's a vital component to your overall balance. Just like you can't exercise a few times and then take a couple months off due to soreness, you can't work out and still eat a diet full of calories and fat. That's not balanced. To make the most of your Aquabike workout combine it with a healthy diet.

According to *U.S. News & World Reports*, "Eating well means listening to that little voice inside that knows what healthy foods generally look like – fresh and recognizable in nature – and what they don't – prepackaged and processed." That means you can't work out and still eat a diet full of calories and fat.



That's not balanced. To make the most of your Aquabike workout combine it with a healthy lifestyle, not just the way you eat but also the way you live. This is the part about getting in shape that's completely up to you. However, when you start with a solid foundation, like working out every week in an

Aquabike class, full of fun and encouragement, the rest is easier. But it's still a choice. One you have to make for yourself. **Ask yourself:** How do you want to live your life? In pain, letting your body get old before its time? Or with a vibrant, healthy lifestyle?



# Dieting and Exercise Stats

Government statistics show that we are exercising more every year. However, the Western states have had a higher level of activity then our East coast friends---maybe they haven't found Aquabike yet.

- Top of the list for favorite ways to exercise: Walking.
- Bottom of the list: Wrestling.

While Aquabike didn't make the list in America, yet, the stats show that finding a way to combine a weight-lifting workout with a cardio workout was high on everyone's list. We'd like to offer Aquabike as a way to build muscle, especially for your legs and arms, while getting a low-impact cardio workout.

*Stats compiled from the Bureau of Labor Statistics report covering 2009 2015*



We know that starting and sticking to any exercise plan is hard, that's why we think Aquabike is the **KEY** to a **HEALTHY LIFESTYLE**. You can start at any level, exercise at your own pace with a motivating group of Aquabikers like a Zumba class, except you won't be in pain the next day and you'll want to come back because it's fun!

# ***Aquabike By the Numbers***

**Aquabike is trending in Europe! To find out what the Europeans know, all you have to do is take a class! You'll see firsthand that Aquabike is a way to get fit and get the body you've always wanted. Here's a breakdown by the numbers:**

- **Aquabike is in 4 feet of water.**
- **Aquabike can burn up to 800 calories.**
- **Aquabike classes are 45-minutes long.**
- **90% of an Aquabike workout is Cardio.**
- **Aquabike works muscles 70% of the time.**
- **Aquabike is always 100% high-energy & low-impact!**





# JOIN AQUABIKE!

At Aquabike, we are dedicated to getting you in the best shape of your life, and we want you to be just as dedicated!

## **WHO SHOULDN'T JOIN AQUABIKE:**

- If you don't want to be healthy.
- If you can't commit to weekly exercise.
- If you won't eat right.
- If you won't treat your body like it's the only one you have.

If you **AGREE** with any of the above points, then we wish you well, but don't waste your time or ours.

If you **DISAGREE** with all the above points, and you want to change your lifestyle, then **JOIN US TODAY!**

**CAN'T DECIDE?** Ask yourself, how do you see your life? Working out, eating right, finding others to share your journey to get in shape and enjoy life? Or are you ready to give up, let your body go and medicate the aches and pains? Yikes! Don't do it! If you're reading this, part of you is ready to seriously address your health and happiness.

Aquabike is filled with like-minded individuals who will welcome you into a class. And they'll expect to see you every week. You've found your tribe at Aquabike, and a foundation that's the **KEY TO A HEALTHY LIFESTYLE!**

# ***Yes, really! You can get in shape!***



Aquabikes are not just for people already into fitness. The low-impact, high-energy exercise is also for people that long to get back into shape, but feel like they are so out of shape that they don't know where to start. You exercise at your own pace, strengthening your body with the cushioning support of water. The full-body workout exercises your legs, abs, and arms with fun pedaling routines led by a skilled instructor.



# How to Find Aquabike ?

Visit our Website for More Information:



[www.aquabikefitness.net](http://www.aquabikefitness.net)

Follow us on our Social Networks:

We've always got something new going on.



[AQUABIKEFITNESS](https://www.facebook.com/AQUABIKEFITNESS)



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Find Us on YouTube:

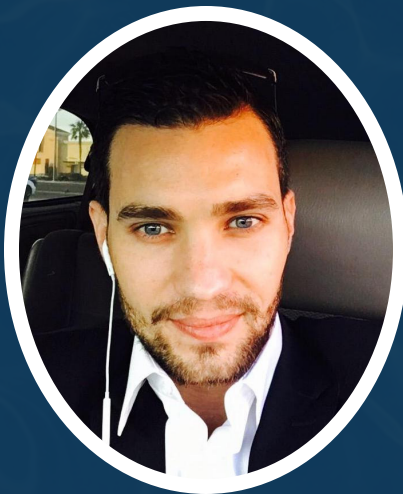
We regularly post fun and informative videos about Aquabike. Check one out and see how your weekly workout can benefit from a little water and lots of pedaling.



[AQUABIKE FITNESS](https://www.youtube.com/AQUABIKE FITNESS)



*"See you soon in one of our  
Aquabiking centers to begin your new  
healthy life"*



**Sam Kornobis,  
Founder of Aquabike Fitness**