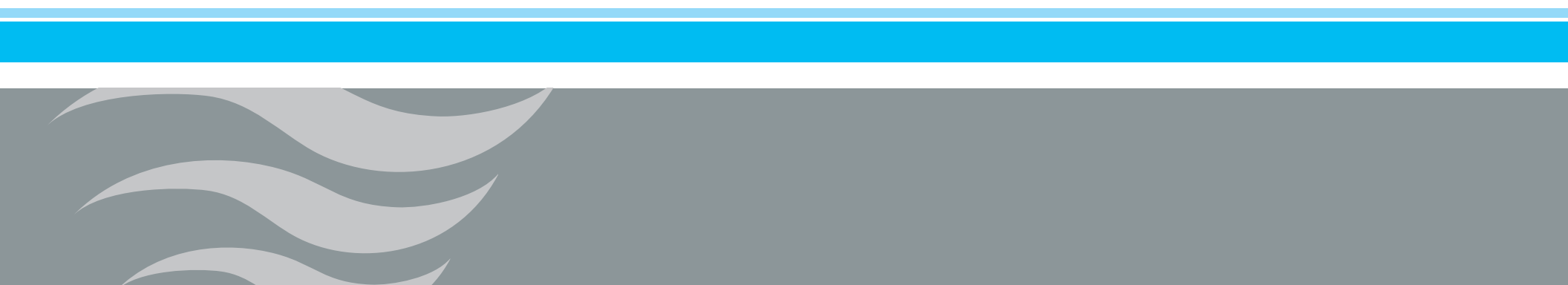




AquaticFitnessSystems®





THE MOST REVOLUTIONARY AQUATIC FITNESS SYSTEM EVER MADE

Announcing the world's first and only "Underwater Gym." Dimension One's *Aquatic Fitness System*, or AFS, is the ultimate solution to all your fitness needs! Whether you're exercising, training, stretching,

recovering from injury or teaching your kids how to swim, the cutting-edge AFS does it all. Our engineers have studied the human body extensively. Based on this knowledge, we've developed a breakthrough



product that brings the numerous benefits of aquatic exercise directly to you. We've designed the AFS with a jet-driven swim lane as well as a wide variety of circuit training stations that allow for a multitude

of exercises for people of all ages and abilities. An AFS is easy to install, easy to operate and easy to maintain. And because it's highly insulated, it's extraordinarily economical to run year-round!



YOUR LIQUID CARDIO & WEIGHT MACHINE

Water-based exercise is a superb way to get or stay in shape! Plus you avoid the aches and pains associated with land-based workouts. When submerged, your chance for injury decreases significantly because 90% of your weight is supported by water. Plus exercising in water, unlike on land, offers resistance in all directions, providing you with twice the workout in half the time while simultaneously preventing you from overheating!

YOUR PERSONAL AQUATIC HOME FITNESS CENTER

AFS offers you everything you need for an exceptionally complete fitness program. Of course you can swim-in-place. But you can also walk, run, stretch, row, strength train and do rehabilitative water therapy. Use it to burn fat, tone muscles and heal the body! Because AFS features extremely versatile workout stations, you can combine cardiovascular and resistance training in one. The exercises you do are only limited by your imagination. AFS is your personal aquatic fitness center – only you don't pay dues or wipe sweat off the machines!

WALK/RUN



Wear your adjustable HydroSport body belt with resistance bands attached & begin exercising as part of your circuit training program. Walk, jog, run or do aqua aerobics; face into the jet current, which you control, for added resistance; easily tailor your workouts to your exercise goals.

STRETCH



Hanging on to a bar to stretch is not cheating! AFS is equipped with a series of mounts that you can use to install stationary exercise bars. Water Yoga anyone? Exercise physiologists recommend stretching before & after workouts. AFS's warm water increases blood flow & mobility for a better stretch!

ROW



One of the best ways to increase your overall strength – especially for shoulders & back – is by rowing. It's also extremely effective for overall cardiovascular fitness. Oars, several multiple-length elastic resistance bands and everything you need are provided in your HydroSport Gear. You can also hook up resistance bands to mounts behind you to do bench presses; add more bands for increased resistance.

STRENGTH TRAINING

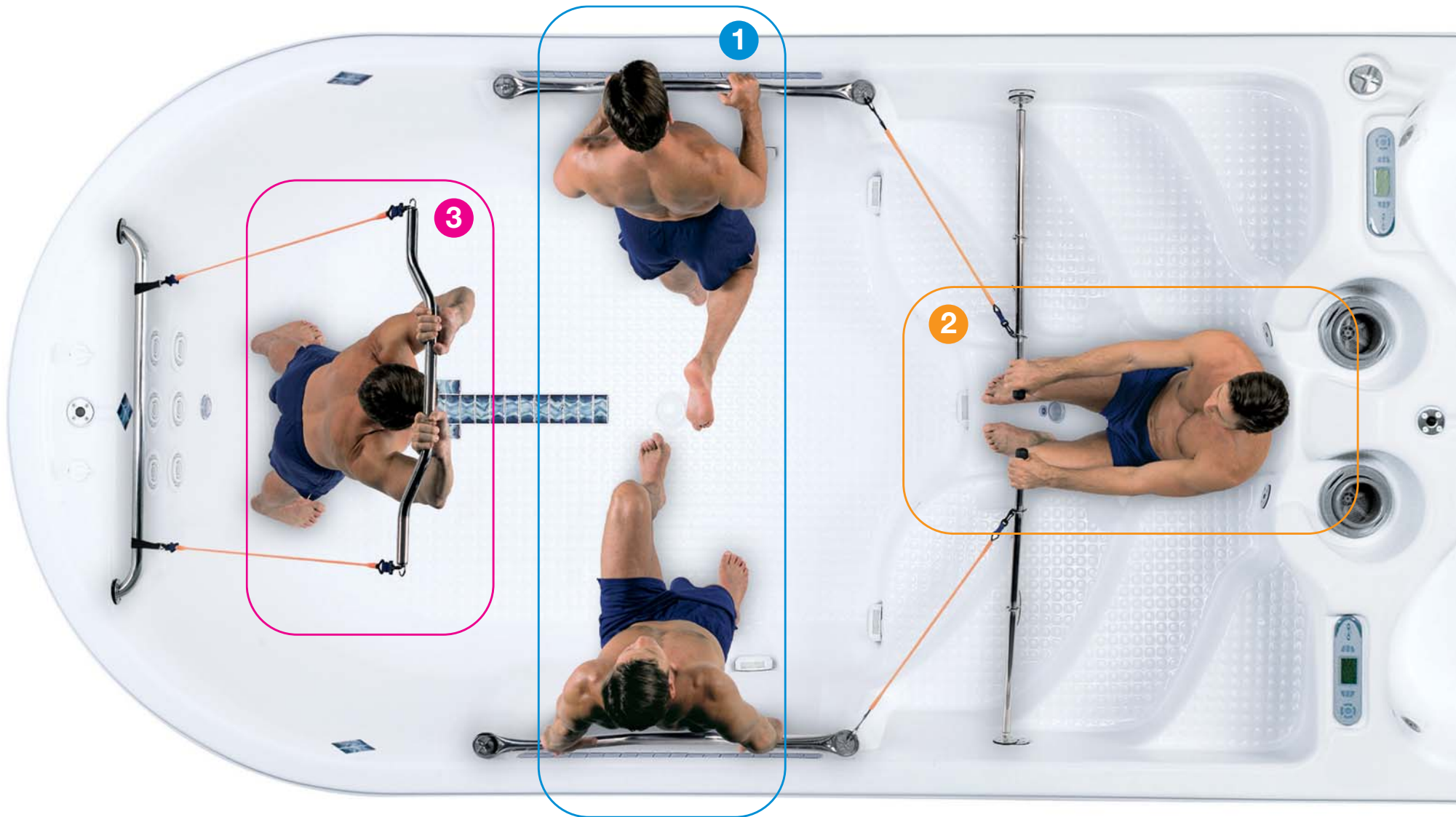


Increase muscle strength & definition by hooking up the resistance bands to your fitness bar, "D" handles or ankle cuffs, all included in your HydroSport Gear. This equipment is the water-proof version of the same equipment used in gyms for lat pulldowns, triceps, biceps & many other muscle groups.

AQUA THERAPY

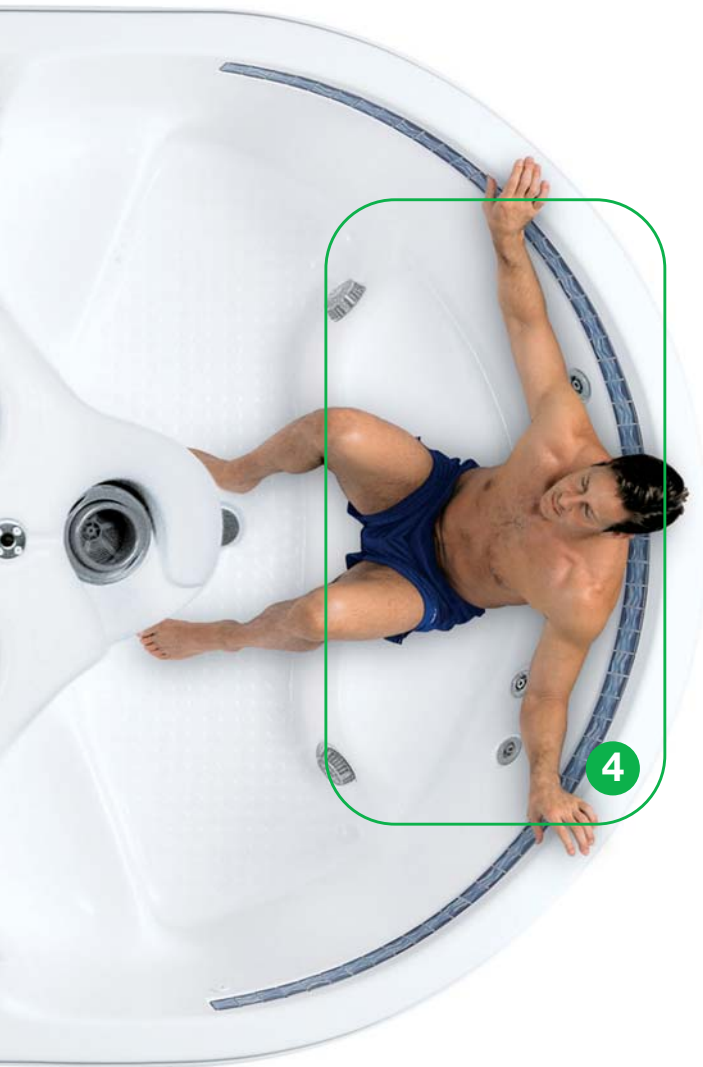


The Arthritis Association encourages water exercises for arthritis sufferers. Water exercise is especially good for people with osteoarthritis, which affects the body's weight-bearing joints. Warm water & a gentle current are also great for rehabilitation & recovery from injuries.



AquaFit 19 Dual Temp

ALL THE BENEFITS OF A HEALTH CLUB



Components in your HydroSport Gear connect directly to your AFS, including specially designed resistance bands of varying lengths and other exercise equipment to intensify your workout. Whether circuit training or focusing on one specific muscle group, HydroSport Gear guarantees an effective workout and a variety of exercise choices.

- 1** This workout station area features exercise bars that you can use to perform full, complete stretches. Fitness experts suggest a 5 to 10 minute warm-up before any exercise program.
- 2** The HydroSport Gear for rowing includes two “oars” that easily attach to your AFS for excellent cardio and upper-body workouts. The station is also great for helping you to develop and perfect your posture.
- 3** Use this exercise station to work out your lats, traps, biceps, triceps and other muscle groups. HydroSport Gear also comes with a body belt, goggles, bar straps, ankle cuffs and more. Jog or run against the jet current for an amazing workout!
- 4** The AquaFit® 19 DT model (shown here) is the ultimate hybrid of fitness and hydrotherapy. One side (areas 1, 2 & 3) keeps you at peak performance temperature during workouts while the other side (4) awaits you for a relaxing, post-workout hot tub soak.

AquaFit 16

Dimensions

192" x 90.25" x 52" H
488 cm x 229 cm x 132 cm

Weight

Dry: 2,400 lbs / 1090 kg
Filled: 17,100 lbs / 7760 kg

Capacity

1,700 gallons / 6440 liters

Jets

6 high-volume swim jets
14 hydrotherapy jets

Electrical

240V – 50 A
230V – 1x32 / 3x16 / 2x16A (export)

Equipment

3 x 5.0 HP pumps
3 x 3.6 HP pumps (export)
AFS Water Management System
2 LED lights
OptiMount™ System

Optional

HydroSport™ Gear

Shell

DuraTex™ Alpine White



AquaPro 19

Dimensions

228" x 90.25" x 62" H
579 cm x 229 cm x 157 cm

Weight

Dry: 3,600 lbs / 1633 kg
Filled: 23,600 lbs / 10705 kg

Capacity

2,400 gallons / 9085 liters

Jets

6 high volume swim jets
16 hydrotherapy jets

Electrical

240V – 50 A
230V – 1x32 / 3x16 / 2x16A (export)

Equipment

3 x 5.0 HP pumps
3 x 3.6 HP pumps (export)
AFS Water Management System
2 LED lights
OptiMount™ System

Optional

HydroSport™ Gear

Shell

DuraTex™ Alpine White



Dimensions

228" x 90.25" x 52" H
579 cm x 229 cm x 132 cm

Weight

Dry: 3,500 lbs / 1590 kg
Filled: 18,000 lbs / 8200 kg

Capacity

1,730 gallons / 6550 liters

Jets

6 high volume swim jets
17 hydrotherapy jets

Electrical

240V – 50 A
230V – 1x32 / 3x16 / 2x16A (export)

Equipment

3 x 5.0 HP & 1 x 4.0 HP pumps
4 x 3.6 HP pumps (export)
AFS Water Management System
3 LED lights
OptiMount™ System

Optional

HydroSport™ Gear

Shell

DuraTex™ Alpine White



THE CUTTING EDGE OF WATER

Each Aquatic Fitness System is equipped with six high-volume swim jets. Adjustable pump speed and air valves allow for unlimited speed control. The top row of jets provides current, while the bottom row of jets gently lifts your body during swimming.



Whether completing a vigorous workout or just beginning the day, you can relax with the muscle-soothing hydrotherapy of HydroFlex™ Jets.



100% foam insulation with closed-cell urethane foam – the kind used in commercial freezers – minimizes heat loss, enhances structural integrity and keeps your operating costs as low as possible.



The high-performance DuraTex™ spa shell will withstand extreme temperatures and vigorous use. The non-slip surface ensures your safety during entry/exit and workouts. Resistant to the effects of sunlight and weathering, DuraTex™ is the most durable shell on the market today and is covered by a five-year limited warranty.



The physical durability of the Aquatic Fitness System is matched by the crystal clear, ultra-clean water inside. Our AFS Water Management System provides you with cutting-edge innovation in water purification. The patented technology vigorously mixes ozone and water, sparkling water for you to enjoy 24/7/365.



INSTALLATION IDEAS



THE DIMENSION ONE STORY

Dimension One Spas, the company behind the design, manufacture and sales of Aquatic Fitness Systems, is one of the most respected and successful hot tub manufacturers in the world.

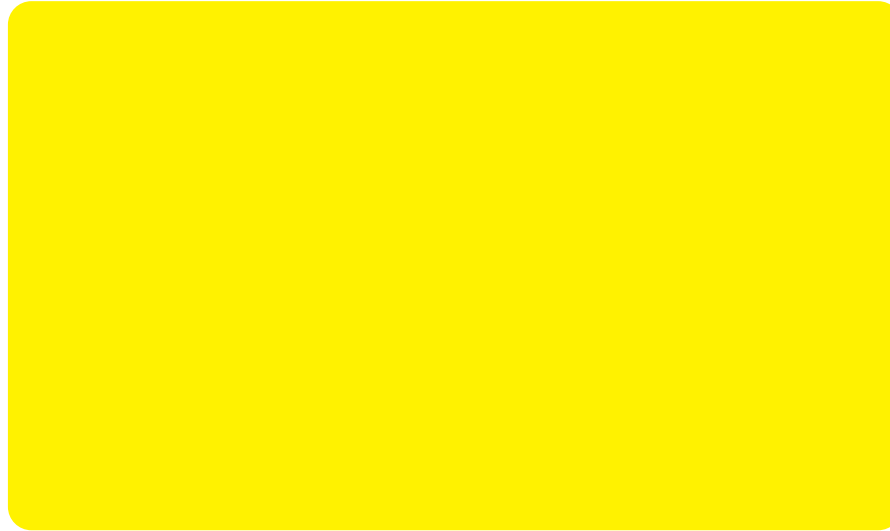
We began making our highly innovative portable hot tubs 31 years ago (in 1977), and we plan to grow our business another 31 years and beyond. We've been building hot tubs all these years because they do so much to improve human well-being.

In early 2001, we designed the revolutionary AFS product line to further serve fundamental human needs. We realized that promoting health and fitness through an aquatic exercise product would lead to even greater levels of wellness for our customers!

Use AFS to optimally maximize your health!

Step Up – and Into – the *Aquatic Fitness System Experience*

VISIT YOUR AUTHORIZED AFS DEALER



AquaticFitnessSystems®

MANUFACTURED EXCLUSIVELY BY



DIMENSION ONE SPAS

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Product specifications and features are subject to change without notice. Not all features are available on all models. Specifications on international models may vary.
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