



HART Water Jogging Dumbbell

Lightweight floats made from high quality EVA foam. Offers great resistance training when submerged. Also suitable as a swimming aid. Size: 27cm length. Diameter: 14.5cm.

18-428 ea **\$11.50**
Bulk Buy 12+ **\$10.40**



HART Water Jogging Barbell

Lightweight barbell with floats made from high quality EVA foam. Offers great water resistance when submerged. Also suitable as a swimming aid. Size: 74cm length. Diameter: 14.5cm.

18-427 ea **\$12.50**
Bulk Buy 12+ **\$11.30**



HART Triangle Swim Bar

Unique design allows the swim instructor to easily guide young students who are able to hold on to one of the 3 bar handles. The high flotation level keeps the swimmers on top of the water and is also great for Aqua Fitness exercises. Length: 76cm.

18-412 ea **\$23.50**



HART Bone Water Dumbbells

These dumbbells provide a different style of resistance than the traditional flotation style water dumbbells. The bone shape allows the user to vary the resistance with underwater exercises by angling the dumbbells to change the water displaced during arm movements. Ribbed handles for extra grip.

Each dumbbell is 34cm x 17cm x 7cm.
18-414

pr **\$19.50**
Bulk Buy 12+ **\$17.50**



HART Aqua Dumbbell Discs

Very easy and comfortable to grip. Shape allows for the resistance level to be customised for any type of water resistance exercise in any movement plane. Size: 30cm x 18cm x 4cm.

18-406 pr **\$12.90**
Bulk Buy 12+ **\$11.60**



HART Aqua Boxing Gloves

Add variety to your aqua sessions with these Aqua Boxing Gloves. These gloves provide resistance under the water without requiring a strong grip - fantastic for the elderly or those with arthritis or any gripping problems.

18-413 pr **\$10.50**
Bulk Buy 12+ **\$9.50**

HART Ultra Aqua Gloves

Fantastic for aqua fitness and low impact upper body conditioning underwater. Constructed with a combination of 1.5mm neoprene and lycra for maximum durability. Closed thumb and open finger design with velcro wrist strap for quick and easy on and off.

18-442-L Large ea **\$10.90**
18-442-M Medium ea **\$10.90**
18-442-S Small ea **\$10.90**
Bulk Buy 10+ **\$9.80**



HART Aqua Running Sticks

Provide excellent resistance for underwater running and walking. Flotation is minimal to maximise training effect. Elastic wrist straps attached to handles. Total length: 33cm. Diameter of foam: 6cm.

18-405 pr **\$8.90**
Bulk Buy 12+ **\$8.00**



HART Round Hand Buoyancy

Made from high quality soft touch EVA foam. Round shape for multiple aqua fitness and rehab exercises. Easy to grip which is great for beginners and the elderly. Size: 18cm diameter.

18-435 pr **\$6.50**
Bulk Buy 12+ **\$5.90**



HART Buoyancy Wraps

Made from high quality soft-touch EVA foam. Can be worn by adults and children to assist in buoyancy and rehabilitation. Wraps suit all sizes and fit ankles and wrists with adjustable belt and fast clip.

18-420 pr **\$7.90**
Bulk Buy 12+ **\$7.10**





3 USES



2 USES



HART 3 in 1 Training Aid

Innovative new design which can be used as a kickboard, pull buoy or water dumbbell.
Size: 24.5cm x 15cm x 7.5cm.
18-450 ea **\$14.90**



HART Kick/Pull Buoy

Can be used as a small kickboard or a pull buoy. Made from high-grade foam with non-slip surface.
Size: 26cm(L) x 38cm(W) x 5.5cm(D).
18-411 ea **\$8.90**
Bulk Buy 10+ **\$8.00**



HART Pull Buoy - 4 Layer

Four layer construction designed for optimal buoyancy and comfort.
Large
Size: 22.5cm(L) x 12cm(H) x 11/8cm(D)
18-452 ea **\$8.50**

Small
Size: 22.5cm(L) x 10cm(H) x 11/8cm(D)
18-453 ea **\$7.50**



HART Pull Buoy - 5 Layer

Five layer combo. Shaped for comfort.
Size: 24cm(L) x 15cm(H) x 9cm(D)
18-410-L ea **\$7.50**



Fantastic Water Workouts - 2nd Ed

MaryBeth Pappas Baun - 264 pages
33-887 ea **\$26.50**



HART Buoyancy Belt

Comfortable, one piece belt made from high quality foam. Great training and rehabilitation aid which keeps the jogger upright in the water. Adjustable with fast clip.
18-425-L Large (over 100kg) ea **\$21.50**
18-425-M Medium (71-100kg) ea **\$21.50**
18-425-S Small (46-70kg) ea **\$21.50**



HART Hand Paddles

Great training aid. Upper body resistance is increased when using these paddles in the pool, increasing stroke power. Contoured design for hand comfort. Adjustable straps. One size fits all.
18-400 pr **\$6.90**
Bulk Buy 10+ **\$6.20**



HART Swim Pull Band

A great training aid to help build upper body strength. Wrapping the band around your ankles cancels out your kick which also aids in keeping your legs together and streamlined through the water, especially when used with a pull buoy. This band will improve your buoyancy as you will need to engage your core while swimming to stay on top of the water. Breaks up the boredom of staring at the 'Black Line'.
18-449 ea **\$10.90**



HART Water Noodle

High density foam noodles are perfect for water exercises in the pool. They provide buoyant support for suspended water exercises and increased resistance for enhanced upper body conditioning. Colours may vary.
18-720 150cm x 7cm diameter ea **\$4.90**
18-721 50cm x 7cm diameter ea **\$2.70**



HART Water Noodle Kit

It's easy to buy, transport and store water noodles with this NEW Kit! The mesh bag allows the wet noodles to dry easily. Colours may vary.
• 20 HART Water Noodles
• 1 HART Water Noodle Bag
18-722 kit **\$105.00**

HART Water Noodle Bag

Holds up to 20 HART Water Noodles (18-720) making them easier to store and transport.
18-718 ea **\$19.90**



No need to count your laps

Pool-Mate

- Automatic Speed and Distance Computer for Swimmers - you'll never need to count your laps again!
- Unique Swim technology and state of the art motion sensors automatically counts laps, strokes per lap, speed, distance, calories and more.
- Large internal memory to record and store data from each session and up to 999 sets per session.
- Unique Efficiency Index allows you to monitor changes to your swim technique over time.
- Chrono mode - time anything such as runs, cycles, triathlons. Records up to 99 sets each session.
- Water resistant to 50m.
- 12/24 hour clock, Alarm and Backlight.



18-350 ea **\$115.00**