

AirTrack Factory
SPORTS



**AQUABAG & AQUABALL
USER MANUAL**

// Congratulations

// The man behind the AquaLine

// How to start using the AquaLine

// Why the AquaLine

// Exercises

// Ultimateinstability app

CONGRATULATIONS

Congratulations on your brand new AirTrack Factory AquaLine product! We have been developing this equipment with Ultimateinstability, who have tested this equipment with the very best athletes from all over the world!

You will see that it's not just about the weight, but about controlling your total body! You can move with the water, against the water, or use it to strengthen every movement.

The product range exists of great tools. They are completely different from any other odd object you've used before. It's fun, but will also challenge you to the extreme. Because of the variation in training options and exercises you really are only limited by your imagination.





THE MAN BEHIND THE AQUABAG

Paul Venner

The AquaBag was invented by Paul Venner. Movement expert and performance trainer of some of the worlds best athletes.

His training products and methods of Ultimateinstability have been used worldwide with success from MLB, NFL & MBA organisations to professional soccer, rugby, Olympic athletes and even Navy Seals.

While Paul has been training the very best, his methods are also reaching different audiences, helping young gymnasts improve their stability all the way to preventing elderly from falling!

It is our mission to get everyone moving. To support them towards a brighter and healthier future. AirTrack Factory saw great potential in his methods. That is why AirTrack Factory and Ultimateinstability now joined forces to bring this unique training equipment and method all over the world!

1



1. Open the valve on the top of the AquaBag / AquaBall

2



2. Push the button in

3



3. Fill your product partially with water

4



4. Push the button out

5



5. Attach the blower and inflate

6



6. Try the weight and train!

WHY THE AQUALINE?

// Decide your own weight and instability

When you fill your AquaBag or AquaBall with more water, it gets heavier but also more stable. It gets lighter but also more unstable with less water.

// Ideal during traveling

The AquaLine light weighted and compact when fully deflated. Where ever you go, nothing can stop you from training. No excuses... unless you are in the middle of a dessert.

// Hard to break, safe to touch

Aqua equipment is made from high quality materials and they are made to withstand a beat or two. They can easily be dropped without hurting you, the environment or itself (as long as there are no sharp objects, obviously).

// A perfect addition to any other training

Because the products are so unique, it always creates a new stimulus within the body, in a totally different way than any other training material. The water finds and strengthens your weaknesses.

// Unlimited possibilities, bound to your own creativity

Aqua equipment offers a wide range of training options. Use it as a dynamic warm-up tool, in a training circuit, in rehabilitation and injury prevention; bring stability to a whole new ball game. Exercises you can do exist of all regular free weight exercises, medicine ball work, sandbag training and much more.



EXERCISES

// inBalance

This category consists of exercises with a focus on the unstable character of the aqua products. The goal should be to prevent or control movement of the water within the equipment. To succeed, you have to use your stabilizing muscles and your whole body has to be prepared for action. The emphasis on proprioceptive systems, co-contractions and reflexes make this type of training extremely relevant within the fields of injury prevention, rehabilitation, warm-up, physical therapy and many more.

// inPact

Within this category we place all exercises that create impact or power. The inertia of water makes you get 'hit' by the water when performing exercises very quick, explosive or sharp. When focus sing on the counter movement a great reactive impact will be created. These type of exercises require maximal engagement of your core muscles and are specifically relevant in diverse sport specific settings and for those who want a though work-out.

// inSync

When performing with a certain flow you are working in this category. The intention is that you are moving along with the movement of water within the aqua product. In this way you get rotational or centrifugal forces. These kind of exercises may help you improve rhythmic movement, coördination and increasing range of motion.





**3 MONTHS OF
FREE ACCESS**



TRAIN LIKE THE BEST

// The Ultimateinstability app contains 180+ animated unique UI exercises with Aquabags®, Aquaballs® and our Hydrovest®. It has specific UI training programs and allows you to complement and build your own workouts with countless other pre-existing training exercises, from very basic to more functional.

Join the UI tribe and create your account - basic or pro - and you will be welcomed into the family where our master trainers share their knowledge and help you achieve success.

Get your free months here

www.ultimateinstability.com/en/app



AirTrack Factory

Bijsterhuizen 1178

6546 AS, Nijmegen

www.airtrackfactory.com

