

*suspense*

Aquatic center



HYDRO<sup>co</sup>  
KNOW THE DIFFERENCE™

# Suspense, a creation for aquatic convenience

HydroCo, a world leader in hydrotherapy equipment introduces a revolutionary approach to aquatic convenience – **Suspense**.

The use of water to exercise, stimulate – and relax – has been well documented and practiced in medical, sports, wellness and general fitness.

As results have proven positive – so too has the desire to incorporate more aquatic treatments in more facilities. Challenges experienced by those wanting to introduce deep water treatments has been the lack of room, or the inconvenience of installing or gaining access to an appropriate-controlled volume of water – such as a swimming pool.



Even when these challenges are overcome, additional issues may arise – including water and ambient temperature variations. The lack of privacy in a communal situation can affect an individual's self – consciousness, and the surrounding activity may limit general concentration or relaxation – such influences may discourage individuals from taking part in regular aquatic activity, which in-turn, may affect their general fitness and well-being. This can be especially so when the said individuals may have limited exercise options due to the nature of their injury – or fitness level.

**Suspense** provides a real solution to many of these issues. A free-standing aquatic center that – due to its innovative, modular, compact design – allows a variety of installation solutions – assembled within a day, and ready to use the next.

The convenience of **Suspense** stimulates use, and in-turn promotes a healthier, fitter lifestyle.



Deep water running

# Low impact fitness, accelerated rehabilitation

## LOW IMPACT FITNESS

Land-based exercise, including aerobics, is performed by people of all ages. But along with the benefits of aerobic activity comes the high impact on muscles and joints, resulting in muscle soreness, stress fractures and injury – all of which may contribute to reduced activity and fitness. Deep-water aerobics opens up a new opportunity for people of all ages, and varying levels of fitness, and the forgiving water environment is effective and enjoyable.

## BUOYANCY

The upward thrust exerted by water on a body, which acts in the opposite direction of the force of gravity. Water's buoyancy virtually eliminates the effects of gravity – supporting 90 percent of the body's weight for reduced impact and greater flexibility. For example, a 140 lbs (63Kg) person weighs only 14 lbs (6 Kg) in the water. Water acts as a cushion for the body's weight-bearing joints, reducing stress on muscles, tendons and ligaments. As a result, aquatic workouts are low impact and can greatly reduce the injury and strain common to most land-based exercises. The use of a buoyancy belt suspends the body comfortably with the neck



Aqua balance



Aqua aerobics

and shoulders above the water for an effective, no-impact, deep-water workout.

## RESISTANCE

Due to viscosity, drag forces and frontal resistance, water provides a resistance which is proportional to the effort exerted against it. Resistance in water ranges between 4 and 42 times greater than in air – depending on the speed of movement. This makes water a natural, and instantly-adjustable weight-training machine. Unlike most land-based exercise, water provides resistance to the movement in all directions, which allows all of these directions be used in the strengthening process. Water's resistance can be increased with speed and/or surface area, and the resistance is proportional to the effort required to move against it. With the addition of water fitness equipment, such as buoyancy belt, webbed gloves, floats and foot-ware, resistance is increased to strengthen and tone muscles.

## H2O HEART RATE

The unique properties of water enable your heart to work more efficiently. The hydrostatic pressure of water pushes equally on all body surfaces and helps the heart circulate blood by aiding venous return (blood flow back to the heart). This assistance to the heart accounts for lower blood-pressure and heart rates, during deep-water exercise – versus similar exertions on land. Consequently, your heart rate is an estimated 10-15 beats lower per minute during suspended water exercise than for the same effort on land.

# Easy operation and multiple applications

**Suspense** may be operated from both the outside and inside the booth. Within minutes the **Suspense** booth is filled to the required level with temperature controlled water ranging from 70 Fahrenheit (21Celsius) to 100.4 Fahrenheit (38 Celsius). This water is drawn from the storage tanks provided. The water level within the booth can be adjusted at anytime during the operation to cater for the exercise undertaken.

The surrounding glass panel walls provide a clear bright view from both inside, and outside the booth, ensuring a relaxed, comfortable environment for the bather – as well as four viewing-windows so an instructor can closely supervise exercise. Following the exercise session, the booth is then emptied and the water is transferred back into the storage tanks.

A fold-down seat enables the bather to rest whilst showering off within the booth. The showering-water is drained directly to the waste avoiding contact with the working-water.

In addition to aquatic exercise, **Suspense** may be used for total relaxation and general wellness treatments. Vertical floatation and compression treatments provide an unparalleled experience. The bather steps into the full-body 'Aqualiner', which is attached to a floatation ring. Muds, seaweeds, moisturizers or medicants may be applied to the bather's body. The 'Aqualiner' contains these products, so that the water, within the booth, is not contaminated. Fluids – such as sea or spring water – may also be introduced into the 'Aqualiner'.

The water level in the booth is then raised to a level that floats the bather. An incredible combination of thermal transfer and heavy compression is transferred directly onto the body. The water temperature within the booth enhances the infusion of the product – opening up considerable opportunities for the development of skin treatments for both pampering, as well as medical purposes. The 'Aqualiner' also enables the unique experience of dry floatation. The bather may be clothed or partially clothed, as they are protected from the water by the liner.



**Vertical floatation**



# The advantage

## WATERWISE

**Suspense** is a responsible approach to aquatic treatments. Incredibly, approximately 5 gallons (20 litres) of water is consumed during each session.

**Suspense** heats, and filters, the 715 gallons (3,000 litres) of working water that is stored in tanks. The tank-water level is automatically monitored to maintain a working level. The working-water is sanitized and hygienically maintained within the enclosed tanks. This water is then transferred to the **Suspense** booth for use, and then back again into the storage tanks after use.

Insulated, enclosed storage tanks, significantly reduces water evaporation. **Suspense's** recycled and enclosed water-storage system ensures minimum water usage – protecting a most valuable resource – **water**



Water transfer



## HYGIENIC

For optimum hygienic conditions – **Suspense's** water is maintained in the same way as the water contained within a swimming pool or spa – in accordance with the local governing health regulations. The water is automatically

circulated and filtered during storage and also during each and every use. Additional hygiene measures include a shower within the booth for the purpose of pre and post treatment body showering.

# Experience results - medical, sports or wellness

**Suspense** is a versatile aquatic system that enables the development of a vast range of treatments and activities. **Suspense** can be installed in a commercial or residential building in an area of 14 x 11.6ft (4.3 x 3.5m).

Due to its compact modular design, **Suspense** can be dis-assembled and re-located at any time. Physiotherapists, personal trainers, dieticians, fitness coaches and athletes can now all benefit from this smart aquatic system.

**Wheelchair** – With the aid of a hoist – a wheel chair and it's occupant may be positioned inside the booth, enabling exercise solutions for the physically challenged.

**Exercise equipment** – Appropriately designed bicycles and steppers may also be located within the booth – providing more options of exercise.

**Chilled water** – A water chiller system may be incorporated, in order to chill and maintain cooler than ambient temperatures within the water-storage tanks. Alternatively, additional storage tanks may be added to enable a variety of water temperatures throughout varying treatments.

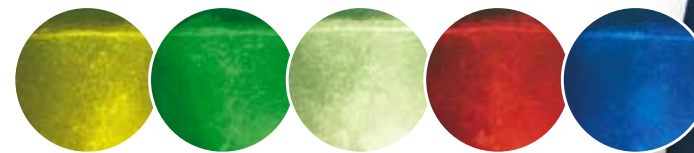


Shower

**Fluids** – The **Suspense** utilizes marine-grade components, and therefore may allow controlled use of a range of fluids – such as seawater.

**Aquadome** – The 'Aquadome' roof option may be added to allow **Suspense** to be enclosed – providing an isolated environment enhancing relaxation treatments. Color mood lighting, audio system and an aroma diffuser provide a unique surrounding for either de-stressing or stimulating treatments.

Suspense is internationally patented Protected.  
In line with our policy of continued improvement – HydroCo reserve the right to alter specification without prior notice.



Hydrocolor lighting system

Pull-ups



HydroCo (Australia) Pty Ltd  
22 Pascal Road, Seaford  
VIC 3198 Australia  
t +61 3 8770 4000 f +61 3 9773 6122

HydroCo (USA)  
438 Amapola Ave, Suite 130  
Torrance, Los Angeles  
CA 90501 USA  
t +1 310 381 0071 f +1 310 381 0072

[info@hydroco.com](mailto:info@hydroco.com)  
[www.hydroco.com](http://www.hydroco.com)

HYDRO<sup>CO</sup>  
KNOW THE DIFFERENCE™ 