

Effective, versatile, completely in vogue – aqua pole dancing with the SharkPole

With the innovative SharkPole, you can add an absolute highlight to the courses on offer at your swimming pool! Pole training is already firmly established on the fitness and dancing scene. Now the popular mix of dance and acrobatics on the pole is also taking the fitness sector by storm. In aqua pole dancing, acrobatic moves such as human flags, spinning or inverts are combined with dance elements to create elegant choreography. While pole training on land requires a high level of basic fitness and physical strength, in the water beginners can participate fully right from the outset. Despite the supporting effect of the water, workouts on the SharkPole also improve body tension, coordination and strength – the muscles in the upper body, hips and arms are strengthened in particular. Motivational music makes the sweat-inducing training sessions especially good fun. From hot Latin rhythms to dancefloor hits and pop anthems – there are great tunes for every taste. By varying the tempo and exercises, training with the SharkPole can be individually adapted for every group and is also suitable for rehabilitation and therapy.

Technical information about the SharkPole

- Height of SharkPole: 180 cm
- Diameter of platform: 90 cm
- Platform made from PVC
- Pole made from stainless steel
- With 12 suction cups
- Water depth: 130-150 cm





