

F L U I D X



ONE AQUA BAG

UNLIMITED WORKOUT POSSIBILITIES

Fluid X aqua bags aren't your average weights. They're filled with water creating an unstable challenge that benefits a variety of fitness disciplines and backgrounds.



**WE PROVIDE
FITNESS
FOR ALL**



OUR EQUIPMENT



- Recyclable high-grade PVC
- 100% leak proof
- Heavy duty double-stitched neoprene handles
- One-click push valve which allows for easy deflation
- Withstands up to 100 kg body weight
- Factory tested



DB 5

- Patented adjustable handle.
- Provides wrist arm alignment feedback.



- Great for beginners and seniors.
- Patented adjustable handle.

CUBE 7

BOBA 13

- Great for swings and snatches.
- Excellent to practice flow movements and improve coordination.



TANK 15/20

- Two different sets of handles.
- Great for strength and conditioning.

PRODUCT FEATURES



**ADJUSTABLE
WEIGHT**



**DYNAMIC
WEIGHT**



**STABILIZER MUSCLE
ACTIVATION**



**IMMEDIATE
FEEDBACK**



PORTABILITY

BENEFITS OF FLUID X

Improve your:

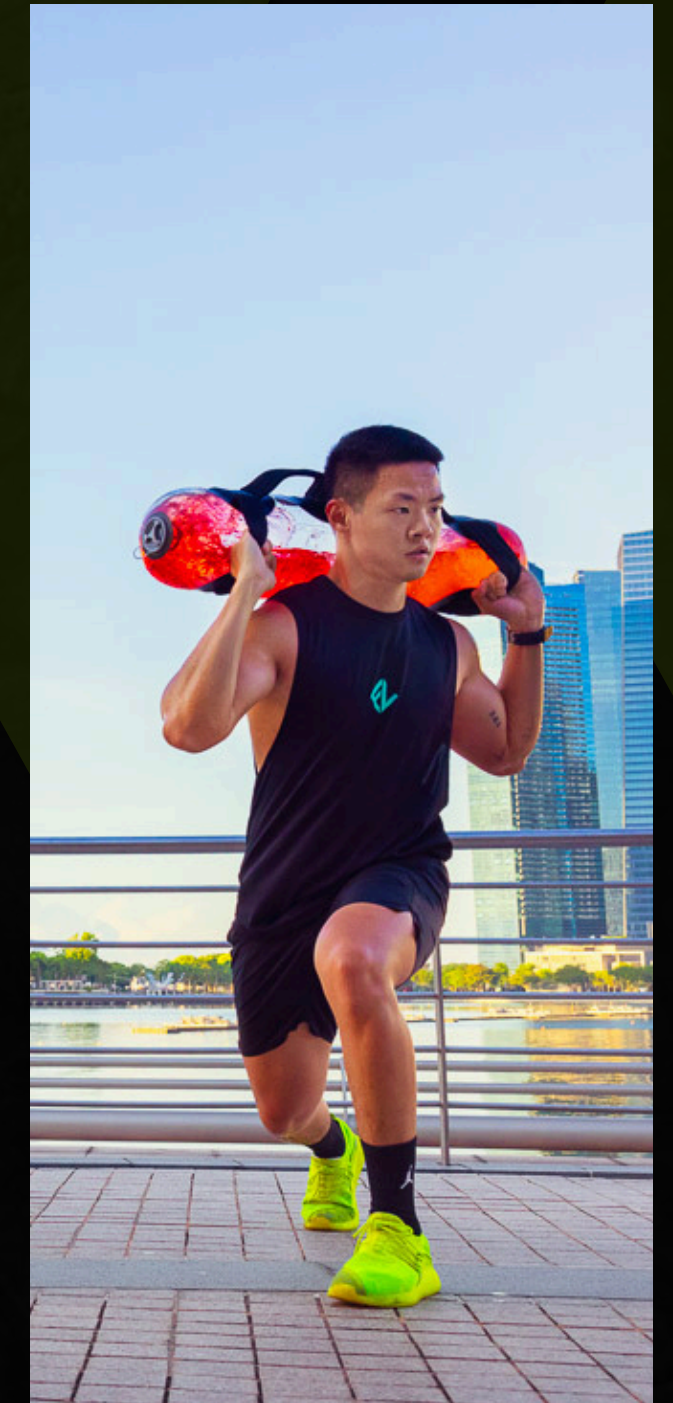
- Balance
- Coordination
- Endurance
- Power
- and many more...



**Immediate
Feedback**



Explosive Power



**Functional
Training**

BENEFITS OF FLUID X AQUA BAGS



FUN AND DYNAMIC



VERSATILE



SAFE AND FRIENDLY





PORTABILITY

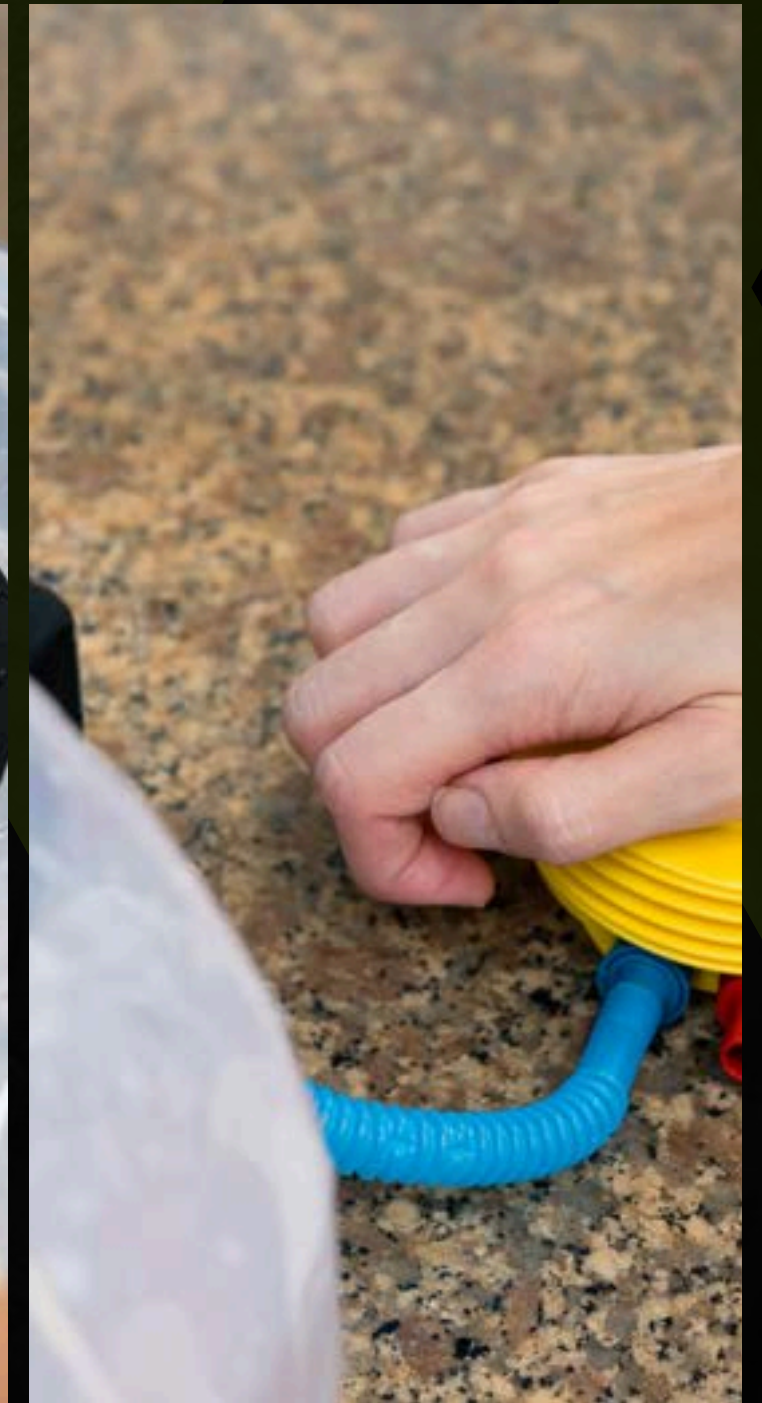
Deflated, the bag folds neatly, ready to be tossed in your gym bag or tucked away for a space-saving workout at home. Now, challenging and effective exercise can be your constant companion, empowering you to stay on top of your fitness goals wherever life takes you.



Bring it Anywhere



Fill It Up



Pump It Up



HOW IT WORKS

ACTIVATION
Stabilizer muscles get recruited to
restore balance

02

STABILITY
Balance and technique are
improved over time

04

01

INSTABILITY

Live weight creates instability during
exercises

03

STRENGTHENING

Core muscles respond to stimulus
by engaging more

05

INJURY PREVENTION

This leads to less injuries and safer
explosive power.

INJURY PREVENTION

The shifting weight challenges core and stability forcing the body to adapt and strengthen your support system.



UP TO 30% MORE ACTIVATION

In the stabilizer muscles when performing an exercise with aqua bags.



FITNESS FOR ALL

Fluid X equipment caters to a wide range of users, from pre and post-natal individuals to seasoned athletes and active seniors.

With Fluid X, anyone can experience the benefits of movement at their own pace and ability.

BALANCE



STRENGTH



PERFORMANCE



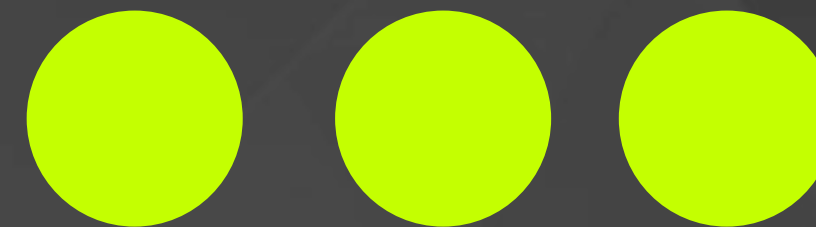
OUR SERVICES

At Fluid X, we're passionate about unlocking the full potential of aqua bag training.

We have developed a series of courses and workshops to bring educate and inspire.



MEET OUR COURSES



Fluid X Foundation Course



FX Senior Course



FX Athletics Course



FX Pre/Post Natal Course



Linear and Change of Direction Speed

Fluid X equipment can help coaches prioritize and accelerate the development of postural integrity, stability, and balance, which are crucial for optimal running mechanics.



Contact and Collision Sports

Fluid X training methodologies enhance core stiffness, dynamic stability, and efficient recovery in athletes by exposing them to shock, stiffness, and flow exercises that simulate real-game scenarios.



Integrated Strength Coordination

Fluid X aqua bags enhance SCT training by introducing unpredictable, dynamic forces that challenge balance, stability, strength, and motor control during athletic movements.

FX Athletics

UPCOMING COURSE 2025

RANEL HOBSON

Ranell Hobson is an internationally acclaimed athletic performance coach specializing in speed, agility, and strength training, and the creator of the Fluid X Athletics Course.



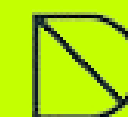
EVENTS

Fluid X can bring instability training and functional fitness fun close to you! Learn about the benefits of aqua bags, get a workout session, and experience a whole new way to get fit.



FIBO

AUS FITNESS EXPO



DUBAI ACTIVE

EXPRO



**BEYOND
ACTIV**

canfitproTM



UPCOMING EVENTS

2025



FIBO GLOBAL
FITNESS



AUS **FITNESS**
EXPO

TaiSPO



 **RiminiWellness®**
FITNESS. BENESSERE. IL SPORT ON STAGE.

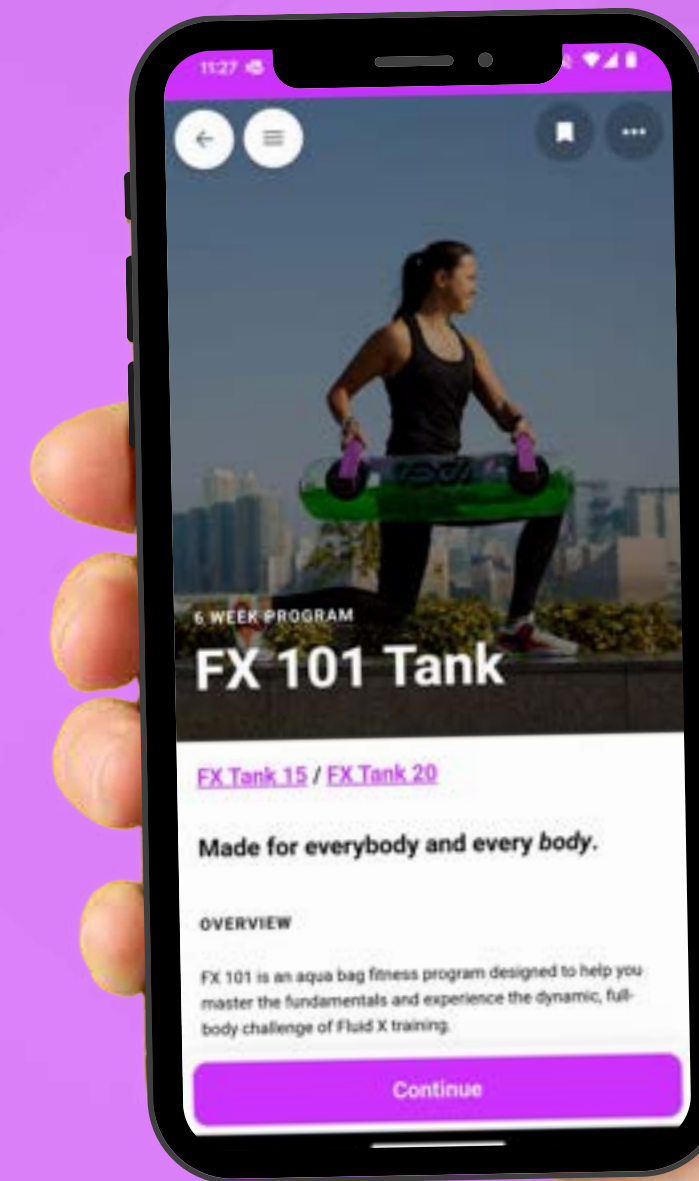
IWFF Health, Wellness
Fitness Expo
上海国际健身展


FUEL
WOMEN'S FITNESS
BUSINESS SUMMIT

FX APP

This revolutionary app puts everything you need to transform your workouts right at your fingertips:

- **Master the Moves:** Access the exclusive FX movement library featuring instructional videos for Boba and Tank movements.
- **Workouts Made Easy:** No matter your experience, find the perfect plan to achieve your goals.
- **Level Up Your Skills:** Enroll in the FX Online Foundation course – a comprehensive program designed to take your aqua bag fitness to the next level.
- **Coaches Corner:** A space where FX Trainers can find templates for their classes, and discover new classes such as FX Dance.



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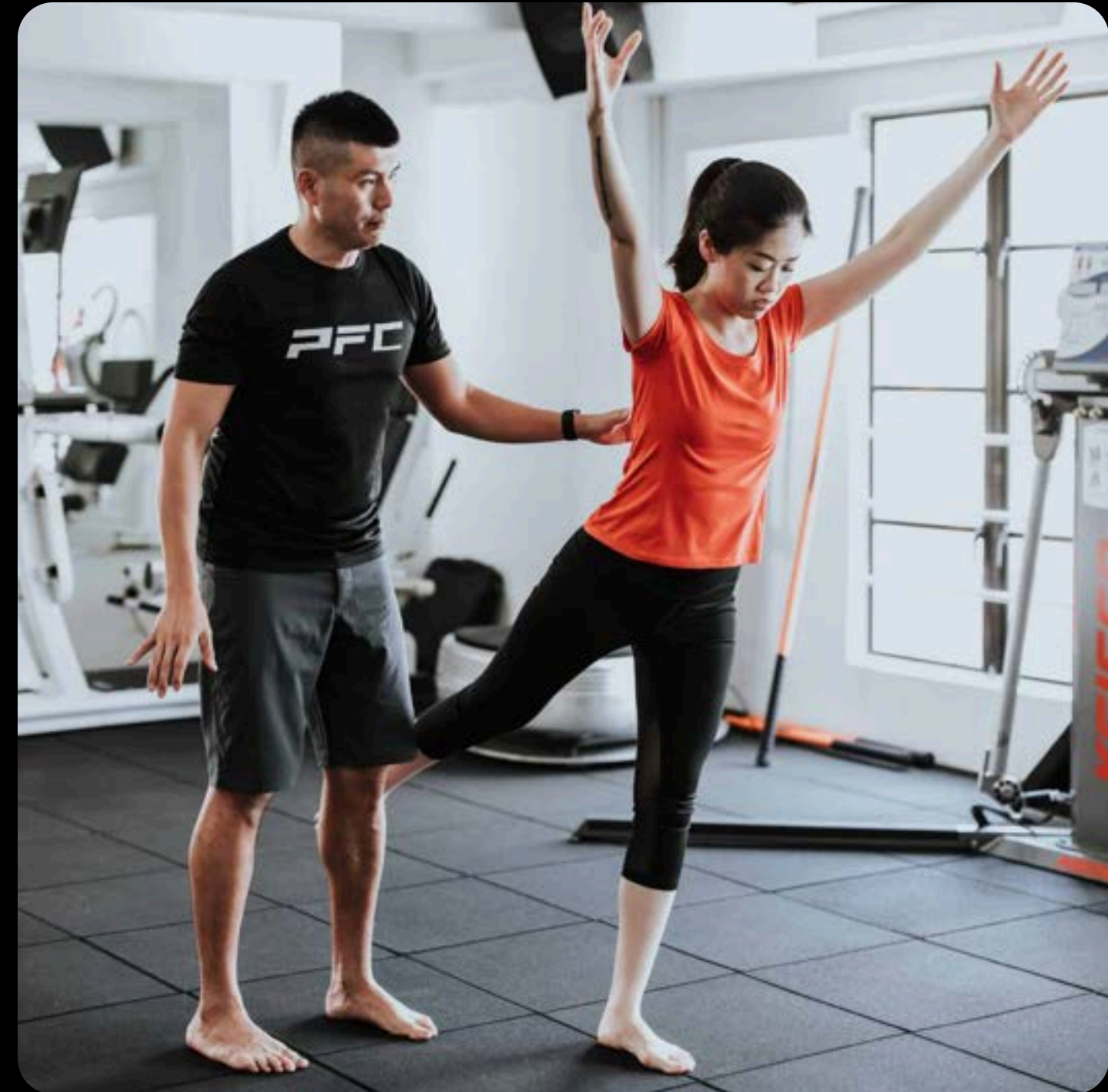



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FX Education Partner



Jeremy Ng is a fitness industry veteran who, through his company PFC, provides fitness education and training in Malaysia. He is passionate about helping fitness professionals grow and stay current with the latest training methodologies through certifications and short courses. Additionally, Jeremy organizes the PFC Summit in Malaysia. PFC is our Fluid X education partner.



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CREATE. EDUCATE. INSPIRE.
FITNESS IS ACCESSIBLE TO
ALL

