

Publications

Product Aquarider:

1. Bruder F. (2008). Curriculum Aquarider®-Academy (Master thesis). Freiburg: Albert-Ludwigs University - Institut of Sports und Sportssscience.
2. Schevzov P. et al. (2009). Aquarider – Optimization of manufacturing (Project-based course). Diebholz: Private Institute for Economics and Engineering.
3. Münn K. (2009). Development of a method for the calibration of the Aquarider® (Diploma thesis). Leipzig: University – Institute of Sportsscience.
4. Suberg R (2015). Aquafitness equipment in price-performance ratio regarding the realization of an aqua-gym (Bachelorthesis). Potsdam: Faculty of Humanities University of Potsdam.

General effects of immersion and AquaCycling:

5. Burget A. (1999). Acute effects of aquatic vs. terrestrial ergometry on macro- and microcirculation (Dissertation). Freiburg: Albert-Ludwigs University – Institute for applied Physiology and Balneology.
6. Wiesner S. et al. (2003). Lipidoxidation during a terrestrial and aquatic bicycle ergometry. *Aktuell Ernährungsmed*, 31, 63.
7. Hahn A., Lau A. & Gatter U. (2006). Health-promoting effects of aquatraining. *Archiv des Badewesens*, 04 (06), 219-225.
8. Whitehill Jr, J., Constantino N.L. & Sanders M.E. (2008) Cardiorespiratory and Body Composition Response to a Water Exercise Program for Athletes. ACSM Southwest conference, November 20, Las Vegas, NV, 2008.
9. Whitehill Jr, J., Constantino N.L. & Sanders M.E. (2009) Balance and Agility Performance Response to a Water Exercise Program for Land Athletes. *Medicine and Science in Sports and Exercise*, 41 (5), Supplement: 2020
10. Karnahl B. (2010). Comparative examination of performance and metabolic parameters in terrestrial and aquatic ergometric testing (Dissertation). Potsdam: Human Science Faculty
11. König, P. (2010). Comparative examination of spiroergometric und metabolic data during AquaCycling (Diploma thesis). Köln: Germany Sport University
12. Hahn A., Lau A. & Gatter U. (2006). Health-promoting effects of Aqua Training. *Archive of the bath industry* 04 (06), 219-225.

Specific effects of AquaCycling:

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13. Kathen v. M. (1999). Prospective-randomized comparative study for the rehabilitation of crucial knee ligament plastics between conventional therapy and underwater bike (Dissertation). Bochum: Ruhr-University.

 14. Ulatowski M. (2000). Underwater bike vs. conventional therapy – A retrospective research in patientens with knee implants (TEP) (Dissertation). Münster: Westphalian Wilhelm University.

 15. Wiesner S. (2005). Comparison of weight reduction and glucose metabolism between surgical und conservative therapy in patients with grade III obesity – results of the prospective randomized CHARMANT-STUDY (Dissertation). Berlin: Medical faculty of the Charité.

 16. Moser S. (2009). Development and review of an AquaCycling program for rheumatic patients (Master thesis). Karlsruhe: University – Institute of Sports und Sport Science.

 17. Bansi J., Bloch W., Gamper U. & Kesselring J. (2012). Training in MS: influence of two different endurance training protocols (aquatic *versus* overland) on cytokine and neurotrophin concentrations during three week randomized controlled trial. *Mult Scler*, 0 (0), 1-9. 81.publication)

 18. Bansi J.. Endurance Training in MS: short – term – immune responses and their relations with cardiorespiratory fitness, HRQL and fatigue. *J Neurol* 2013, 260/12: 2933 – 3001. Valens Clinic in cooperation with DSHS (2.publication)

 19. Wahl P., Sanno M., Ellenberg K., Frick H., Boehm E., Haiduck B., Mester J., Bloch W. (2015). Aqua exercise does not affect recovery of performance, damage markers, the immune-status and sensation of pain after muscle-damaging exercise. Abstract and recitation. The German Research Centre of Elite Sport, German Sport University Cologne

 20. Becker J., Kleinschmidt B. & Jung M. (2018). The influence of aqua cycling on the volume of edematous swelling in patients with lipedema/ lipolymphedema comapred to manuel lymph drainage – a pilot study. *Lymphologie inForschung und Praxis*, 22 (1), 29-37

 21. Burger R., Jung M., Becker J., Krominus J., Kleinschmidt J. & Kleinschmidt B. (2019). Effect of aqua-cycling as exercise therapy in the diagnosis of lipedema. *Phlebologie*, 3: 182-186

 22. Becker J. Does Aqua-Cycling reduce the volume of edematous swelling in swelling in patients with lipedema/ lipolymphedema comapred to manuel lymph drainage – a pilot study. 2016; pilot study, unpublished bachelor thesis, Fresenius. Idstein 2016

 23. Kronimus J, Lampe M. The effect of Aquacycling in the diagnosis of lipedema in preparation of a liposuction – a pilot study. 2017; pilot study, unpublished. Bachelor thesis, Fresenius. Idstein 2017

Psychosocial influence of AquaCycling:

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24. Roth, H. (2009). Analysis of determinants of maintaining sports activities using the example AquaCycling (Diploma thesis). Leipzig: University – Institute of Sport Sciences.

 25. Zimmermann C. (2008). Customer satisfaction with AquaCycling (Diploma Thesis). Heidelberg: Ruprecht-Karls-University.

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26. Kittel C. (2010). AquaCycling a trend sport – an empirical study about customer satisfaction (Master thesis). Flensburg: University
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27. E.S.Giesen &W. Bloch. The VIVA-Activ- program – Development, implementation and evaluation of an exercise program for chronic multiple aggrieved dependence sick. Institute of Cardiovascular Research and Sports Medicine, German Sport University Cologne.
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28. Dr. Hartmann. Thearpeutic and preventive aspects of phys. stress on land and in water in pregnant women (study). German Sport University Cologne .
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Report:

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29. Bruder F. (2008). Curriculum for the training to a Aquarider® coach. Freiburg: Albert-Ludwigs University- Institute for Sport and Sport Sciences.
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30. Hartmann S., Heck H., Bloch W. – Quantifying the performance during exposure to the Aqua Rider® Professional. German Sport University Cologne
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In progress:

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31. Dr. Kliemann. Measurement of cardiac output in Heart failure on land and on water. Dr. Schettler clinic Bad Schönborn.
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32. Dr. Sabine Hartmann. Spiroergometric investigation at different cadences and resistors on land and in water. German Sport University Cologne.
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Product AquaJumper:

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33. Isabella von Welck (2015). Effects of ten-week training with the underwater trampoline (UWT) on the cellulite on the thighs skin. Supervisor: Prof. Dr. med. Dr. Sportwiss. C. Graf. Institute: Department of Kinesiology and Neuroscience – Department exercise and health promotion. Bachelor thesis DSHS Cologne.
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