TRAINING FINS REFERENCE GUIDE



SWIMMER ABILITY

The long blade provides

on the down-kick and

propulsion.

more resistance and impact

results in the most forward

BEGINNER

Focusing on correct body alignment and breathing patterns.

BLADE TYPE

BEST TO USE FOR...

Long-blade fin, made of natural rubber.

BENEFITS

- Correct body position • Instant forward propulsion
- Buoyancy

Designed to provide buoyancy and elongate swimmers' kicks.



SWIMMER ABILITY

BEGINNER & INTERMEDIATE

Low-impact fin, easy to push through the water on the down-kick and provides forward propulsion on the up-kick.



BEST TO USE FOR...

Drill sets, cross-training, or rehab.





Short, narrow blade, made of natural rubber.

BENEFITS

- Forward propulsion
- Correct body position • Reduces leg fatigue

Designed to be worn during drill sets for added forward propulsion.

BENEFITS

• Increases leg strength

• Builds cardiovascular

• Improves ankle flexibility

conditioning



EDGE FINS

MUSCLE-BUILDING

TRAINING FINS

SWIMMER ABILITY

BEGINNER & INTERMEDIATE

Low-impact fin that generates correct propulsion in all four swim strokes, including breaststroke.



BEST TO USE FOR...

Individual medley training.







BLADE TYPE

Short, circular blade fin, made of natural rubber.

BENEFITS

- Improves ankle flexibility
- Increases foot speed
- Increases strength in all four strokes

Designed to increase ankle flexibility and foot speed

in all four swim strokes.



SWIMMER ABILITY

INTERMEDIATE

Low-impact fin, easy on the down-kick and provides the least amount of forward propulsion on the up-kick to keep your legs working hard.



BEST TO USE FOR...

Longer freestyle, backstroke, and kick sets.



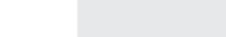




BLADE TYPE

Short-blade fin, made of

natural rubber.



Designed to promote shorter, faster kicks and build leg muscle.



BEGINNER & INTERMEDIATE

It takes power to push these fins through the water in ultimate workout.



BEST TO USE FOR...

Sprint sets and muscle activation in longer freestyle sets.









BLADE TYPE

Short, wide blade, made of 100% silicone.

• Strength and endurance

Designed to improve kicking technique and

SWIMMER ABILITY

both directions, and they will give your legs the



BENEFITS

- Builds cardiovascular conditioning
- Proper kick starting at your hips and not your knees

activate key muscle groups.













