

RESISTANCE PRODUCTS REFERENCE GUIDE

new!

DRAG+FLY™
ADJUSTABLE SWIM CHUTE



SWIMMER ABILITY

INTERMEDIATE & ADVANCED

For use by competent swimmers only. Resistance can be customized to fit your training goals.

BEST TO USE FOR...

Sets with various distances and strokes.

RESISTANCE LEVELS

Unzips to 5 different levels of resistance.

BENEFITS

- Builds strength and power to boost speed
- Increased intensity places more demand on key muscle groups and builds aerobic endurance
- Allows for variable levels of resistance specific to swim stroke and distance

Designed to maximize the power of resistance training for every fitness goal.

SWIM PARACHUTE
RESISTANCE PARACHUTE



INTERMEDIATE & ADVANCED

For use by competent swimmers only. Offered in 2 different resistance levels.

Sets that you want the same amount of resistance for.

RESISTANCE LEVELS

1. Red – 8 Inches
2. Navy – 12 Inches

- Builds strength
- Boosts speed when parachute is removed
- Increases aerobic endurance

Designed to provide resistance while swimming.

REVERSIBLE DRAG SUIT
REVERSIBLE RESISTANCE TRAINING



BEGINNER, INTERMEDIATE & ADVANCED

Great for swimmers of all levels.

Training to increase the resistance.

RESISTANCE LEVELS

Creates drag in the water.

- Builds muscle
- Increases endurance
- Boosts speed when the drag suit is removed

Designed to increase drag while swimming.

ULTIMATE DRAG SUIT
HIGH RESISTANCE TRAINING



INTERMEDIATE & ADVANCED

For use by competent swimmers only.

Training to significantly increase the resistance.

RESISTANCE LEVELS

Creates extra drag in the water.

- 4 additional structured cups to increase resistance
- Builds muscle
- Increases endurance
- Boosts speed when the drag suit is removed

Designed to maximize resistance training in the water.

RESISTANCE PRODUCTS REFERENCE GUIDE



**DRYLAND CORD
RESISTANCE
STRETCH CORD**



SWIMMER ABILITY

BEGINNER, INTERMEDIATE
& ADVANCED

Great for
swimmers of
all abilities.

BEST TO USE FOR...

Circuit training, rehabilitation
and stretching.

RESISTANCE LEVELS

1. Yellow – Light Resistance
2. Green – Medium Resistance
3. Red – Heavy Resistance

BENEFITS

- Improves flexibility and range of motion for all four swim strokes
- Builds specific muscle strength to prevent or combat injury
- Simulates swimming movements out of the water and isolates vital muscle groups

Designed to isolate and strengthen specific muscle groups.