



**1 HEIGHTENS STROKE AWARENESS**  
Convex design brings awareness to sweep tendencies prior to catch

**2 STRAPLESS DESIGN**  
Ergonomic shape designed to fit the natural contour of the hand

**3 SELF-CORRECT TECHNIQUE**  
Increases the 'feel for the water' and allows swimmers to make adjustments to improve stroke technique



**PALM POSITIVE**  
Paddles will remain in place with proper stroke technique

**OUTSIDE ISOLATION**  
Using the edge on the outside (grey on left, yellow on right) allows swimmers to isolate and engage the triceps and trapezius muscles

**INSIDE ISOLATION**  
Using the edge on the inside (yellow on left, grey on right) allows swimmers to isolate and engage the pectoral, bicep and deltoid muscles



## PRODUCT DESCRIPTION

Iso paddles are strapless paddles designed to isolate specific muscle groups, develop proper hand position and heighten stroke awareness. Iso paddles are uniquely designed to create an imbalance in the catch phase of a stroke, which forces swimmers to apply more pressure on either side of the paddle in order to maintain a proper stroke.



DESIGNED IN CALIFORNIA

	ISO	
SIZE	S	M
HAND CIRCUMFERENCE	7" (17.5 cm)	7"-8" (17.5 cm-20 cm)
VERTICAL LENGTH OF PADDLE	6" (152 mm)	6.8" (172 mm)

\*Black dots on lower half of paddles show size:  
S [●], M [●●]