



**1 VARIABLE RESISTANCE**  
Advanced Resistance Zip System allows for variable levels of resistance specific to swim stroke and distance

**2 TOWLINE BUOY**  
Maintains proper body alignment without interrupting a natural kick cycle

**3 ADJUSTABLE BELT**  
Wide belt evenly distributes pressure for optimal comfort; one size fits all

## BUILD STRENGTH AND POWER

Increased intensity places more demand on key muscle groups and builds aerobic endurance

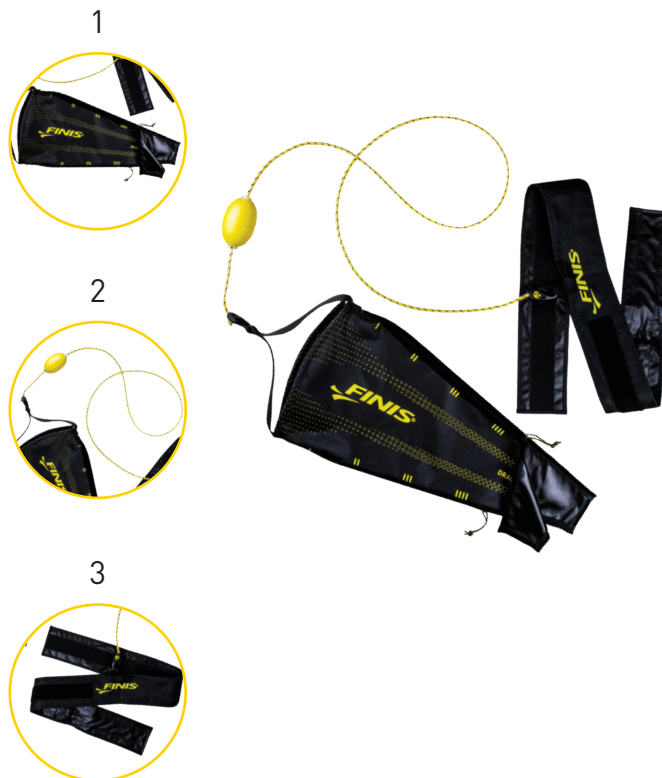
## BOOST SPEED

When resistance is removed, speed and stroke rate can be increased

## Globally Licensed & Patented

US: 9,050,489 B2

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## PRODUCT DESCRIPTION

Sleek, versatile and durable, designed to maximize the power of resistance training for every fitness goal. With the advanced Resistance Zip System, swimmers and coaches can easily adjust the level of intensity to take strength and endurance training to the next level.

