



1 **TECHNIQUE-FOCUSED SIDE RAILS**
Side rails activate your hips and quadriceps – enforcing a proper kick that starts at your hips and not your knees

2 **PROPRIETARY BLADE ANGLE**
Designed to feel like a natural extension of the foot

3 **INDUSTRY-LEADING COMFORT**
Ergonomic foot pocket embraces natural contours of the foot

ALL-PURPOSE CARDIO TRAINING

Designed to be worn during aerobic and anaerobic training to increase your endurance and speed

ENGAGES KEY MUSCLE GROUPS

Designed to catch water on the up-kick, activating hamstrings and glutes

FORM-FITTING SILICONE

Constructed from a flexible, durable silicone – starts conforming to your feet after a few wears

ALL SKILL LEVELS

Teaching tool for swimmers of all levels to support and improve their kick



PRODUCT DESCRIPTION

The Edge fins are designed to improve technique and give your legs a real workout. It takes power to push these fins through the water, which results in building strength and endurance. The side rails on the fin activate your hips and quadriceps – enforcing a proper kick that starts at your hips and not your knees. This motion is great for glute and hamstring development. Made of 100% silicone, Edge fins will mold to your feet over time, like breaking in a new pair of shoes.



DESIGNED IN CALIFORNIA



EDGE FINS SIZE GUIDE

3 TIPS TO HELP YOU FIND THE RIGHT SIZE

- 1 FINIS fins are designed with a slightly narrow foot pocket to ensure a secure, comfortable fit for optimal performance.
- 2 We recommend sizing up if you are between sizes or have a wide foot.
- 3 The fins will mold to your feet over time, like breaking in a new pair of shoes.

SIZE	S	M	ML	L	LL	XL	XXL
US MALE	5-6	7-8	8-9	9-10	10-11	11-12	13-15
US FEMALE	6-7	8-9	9-10	10-11	11-12	12-13	14-16
EURO	37.5-39	40-41	41-42.5	42.5-44	44-45	45-46.5	46.5-50