

# POSTURE TRAINER | HEAD ALIGNMENT TRAINING TOOL

#1.05.045

Designed to provide swimmers with tactile feedback for incorrect head position.

TECHNICAL / ACCESSORIES



## ERGONOMIC CONTOURS

Fits securely on the head with minimal water resistance

## INSTANT FEEDBACK

Provides tactile cues to inform swimmers of incorrect head position

## STROKE EFFICIENCY

Improves body alignment to decrease drag and increase kick propulsion

## CORRECT BREATHING MOTION

Reinforces proper breathing technique for butterfly, breaststroke, and freestyle

## TURN TECHNIQUE

Prevents a lifted head position prior to flip turns or open turns

## VERSATILE FIT

Can be worn with or without goggles; one size fits all



## PRODUCT DESCRIPTION

Promotes correct head and spine alignment. When secured to back center of head, device should be undetectable until the swimmer exceeds recommended posture range. Improves alignment for all four swim strokes.

FINIS, Inc.

FINISswim.com

USA 925.454.0111 | EU +359 2 936 86 36

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