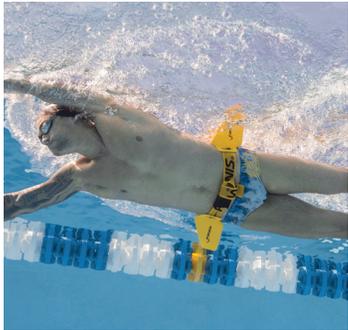


HYDRO HIP | CORE STRENGTHENING TOOL

#1.05.007

Designed to add resistance while swimming to increase core and hip strength.

TECHNICAL / HIP ROTATION



1 HIP BLADES
Creates resistance during rotation, which builds the core muscles for a more powerful stroke

2 ADJUSTABLE BELT
Nylon belt fits all sizes and can be worn on the hips or waist



INSTANT STROKE FEEDBACK
Feedback forces an earlier and more effective hip rotation; if stroke timing is incorrect the swimmer's arm will hit the hip blades

STROKE TIMING
Forces hip rotation at the top of each stroke



POWERFUL HIP ROTATION
Teaches swimmers the muscle memory to rotate completely and quickly

MULTIPLE STROKES
Improves backstroke and freestyle hip rotation, and can be placed toward the chest for breaststroke to prevent dropped elbows and develop a more efficient arm stroke



PRODUCT DESCRIPTION

Bilateral blade promotes proper timing of hips, arms and body. Adds resistance to improve core strength and builds muscle groups that aid in full body rotation. Ideal for drills or technique-focused training sessions.



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simplify swimming