



**1 INCREASE STRENGTH**  
Build muscle while improving distance-per-stroke

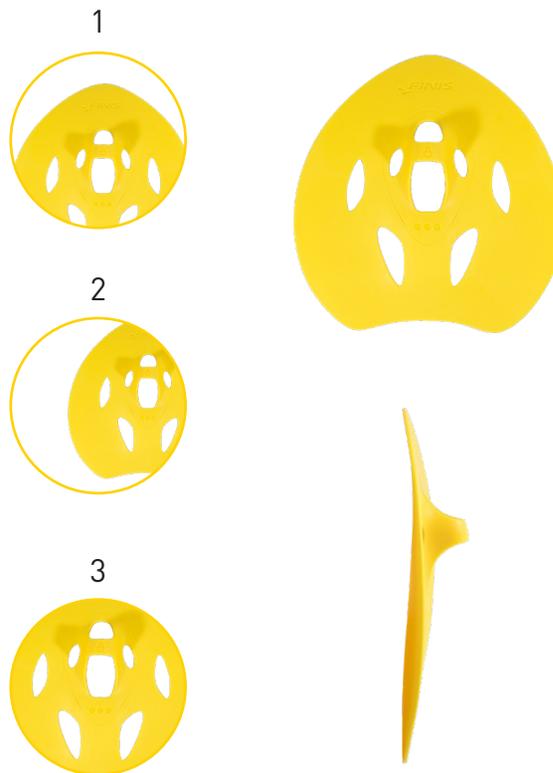
**2 STRAPLESS DESIGN**  
Fits the natural contour of the hand

**3 LOW IMPACT**  
Vent holes allow water to pass through the paddle, letting the swimmer maintain feel for the water



**FOUR FINGER SIZES**  
Every paddle has the same diameter with only the finger holes differing between sizes, providing max power and comfort for all

**FLOATING MATERIAL**  
Lightweight and durable



## PRODUCT DESCRIPTION

The Manta Paddles are designed to increase strength, stroke efficiency, and distance per stroke. Constructed with the same lightweight, durable, floating material as our Agility Paddles, these paddles are comfortable to wear and won't get lost underwater. The strapless design fits the natural contour of your hand and teaches you to apply even pressure throughout your pull. The curve of the paddle allows you to reach full extension while gently forcing your hand into the catch of your stroke. Vent holes allow for water to pass smoothly through the paddle, letting the swimmer maintain a good feel for the water.



DESIGNED IN CALIFORNIA

# MANTA SWIM PADDLE | SIZE CHART

Size chart for Manta Swim Paddle

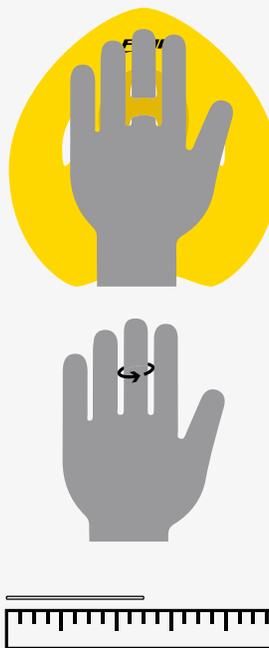
MANTA PADDLES				
SIZE	S ●	M ● ●	L ● ● ●	XL ● ● ● ●
MIDDLE FINGER CIRCUMFERENCE	2 <sup>1</sup> / <sub>16</sub> " or less (53mm or less)	2 <sup>1</sup> / <sub>16</sub> " - 2 <sup>7</sup> / <sub>16</sub> " (53mm-62mm)	2 <sup>7</sup> / <sub>16</sub> " - 2 <sup>11</sup> / <sub>16</sub> " (62mm-69mm)	2 <sup>11</sup> / <sub>16</sub> " - 3 <sup>1</sup> / <sub>16</sub> " (69mm-77mm)

## HOW TO MEASURE

The Manta Paddles are designed to be worn with the swimmer's middle finger comfortably inserted into the finger hole

1. Cut a piece of string to at least 3 inches (7.6cm) long
2. Wrap the string around the knuckle or thickest part of your middle finger. Make sure it's snug and be sure to measure both hands!
3. Using a pen or marker, mark where the ends overlap
4. Lay the string flat and use a ruler to measure the length in inches or centimeters

*\*Every paddle has the same diameter, with only the finger holes differing between sizes.*



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simplify swimming