

PADDLES REFERENCE GUIDE

new! **MANTA SWIM PADDLE**
STRAPLESS STRENGTH & TECHNIQUE PADDLES



SWIMMER ABILITY

BEGINNER, INTERMEDIATE & ADVANCED

The curve of the paddle allows you to reach full extension while gently forcing your hand into the catch of your stroke.



BEST TO USE FOR...

Designed to enforce a powerful pull in all four swim strokes.



PADDLE TYPE

Strapless design that fits the natural contour of the hand. Floating material - lightweight and durable

BENEFITS

- Build muscle while improving distance-per-stroke
- Vent holes allow water to pass through the paddle, letting the swimmer maintain feel for the water

Designed to increase strength, stroke efficiency, and distance per stroke.

AGILITY PADDLES (FLOATING)
STRAPLESS FEEDBACK PADDLES



SWIMMER ABILITY

BEGINNER, INTERMEDIATE & ADVANCED

Requires swimmers to anchor their hand and keep consistent pressure with a high-elbow throughout the pull phase or the paddles will fall off.



BEST TO USE FOR...

Strength training and basic stroke correction.



PADDLE TYPE

Strapless, circular-shaped design. Made in a floating material.

BENEFITS

- Builds upper body strength
- Promotes a proper catch position and muscle memory
- Provides swimmers with technique feedback

Designed to provide instant stroke feedback for technique imperfections.

ISO PADDLES
STRAPLESS ISOLATION PADDLES



SWIMMER ABILITY

INTERMEDIATE & ADVANCED

Creates an imbalance in the catch phase of your stroke, which forces you to apply more pressure on either side of the paddle in order to maintain a proper stroke.



BEST TO USE FOR...

Bringing awareness to bad habits and isolate/strengthen specific muscle groups.



PADDLE TYPE

Strapless design. Can be worn two different ways to isolate both the outside and inside muscle groups.

BENEFITS

- Heightens stroke awareness
- Allows swimmers to self correct technique
- Increases swimmers' 'feel for the water'

Designed to isolate specific muscles to improve stroke technique and break old habits.

FOREARM FULCRUMS
EARLY VERTICAL FOREARM TOOL



SWIMMER ABILITY

BEGINNER, INTERMEDIATE & ADVANCED

The infinity-shaped design locks your wrist and elbow into correct position to ensure that you don't drop your elbow during the pull phase.



BEST TO USE FOR...

Progressive freestyle drills, to create muscle memory. Pair with FINIS Zoomer® fins to aid in body position.



PADDLE TYPE

Infinity-shaped design. EVF connects hand, wrist & elbow.

BENEFITS

- Promotes an early vertical forearm (EVF) position
- Teaches a high-elbow to improve stroke efficiency
- Prevents shoulder stress

Designed to correct a dropped elbow during the pull phase of your stroke.

FREESTYLER PADDLES
FREESTYLE TRAINING PADDLES



SWIMMER ABILITY

BEGINNER & INTERMEDIATE

The strap keeps your hand secured to the paddle and allows you to focus on a consistent catch and pull during freestyle.



BEST TO USE FOR...

Freestyle sets to improve the catch phase of your stroke and eliminate cross-over.



PADDLE TYPE

Skeg-shaped design with a strap over your middle finger (resembles a surf board).

BENEFITS

- Streamlines hand entry and eliminate a cross-over stroke
- Gives feedback on the position and angle of your hand
- Builds upper body strength and distance-per-stroke

Designed to streamline hand entry and improve distance-per-stroke.

BOLSTER PADDLES
EARLY VERTICAL FOREARM PADDLES



SWIMMER ABILITY

BEGINNER & INTERMEDIATE

Locks you into position to utilize the entire forearm during the pull, from your fingertips to elbow.

BEST TO USE FOR...

Drills in all four swim strokes for stroke refinement and technique focus.



PADDLE TYPE

Wide paddle design with extension to wrist.

BENEFITS

- Promotes an early vertical forearm (EVF) position (connects arm to hand)
- Teaches a high-elbow to improve stroke efficiency
- Builds upper body strength

Designed to heighten awareness of the wrist and forearm connection during the pull phase of your stroke.



BUTTERFLY



BACKSTROKE



BREASTSTROKE



FREESTYLE