# PADDLES REFERENCE GUIDE



#### **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.



## PADDLE TYPE

BEST TO USE FOR...

Designed to enforce a

swim strokes.

powerful pull in all four

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.



#### **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...

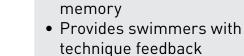
Strength training and basic stroke correction.





PADDLE TYPE





Designed to provide Strapless, circular-shaped instant stroke feedback for design. Made in a floating

**BENEFITS** 

• Builds upper body strength

• Promotes a proper catch

position and muscle

# 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.



#### **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 elow during the pull phase.



#### BEST TO USE FOR...

#### Progressive freestyle drills, to create muscle memory.

material.

Pair with FINIS Zoomer® fins to aid in body position.



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

#### **BENEFITS**

technqiue imperfections.

- 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.



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### **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

#### **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



### **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.

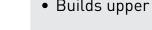




Wide paddle design

with extention to wrist.





Designed to heighten awareness of the wrist and

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## **BENEFITS**

#### • Promotes an early vertical forearm (EVF) position (connects arm to hand)

- Teaches a high-elbow to improve stroke efficiency
- Builds upper body strength

the pull phase of your stroke.



