

BUOYS & KICKBOARDS REFERENCE GUIDE



SWIMMER ABILITY
BEGINNER, INTERMEDIATE & ADVANCED

Improves hip rotation and elevates body position by lifting the legs.

BEST TO USE FOR...
Engage your core, build upper body strength, and improve your body position.

SIZES
One size fits most.

BENEFITS

- Comfortably fit around ankles, locking legs in position
- Streamlined design allows water to easily flow over the buoy
- Builds strength
- Lightweight eva foam

Designed to correct body position and improve hip rotation. Can also be used as a kickboard.



SWIMMER ABILITY
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Low-impact design puts less pressure on shoulders than a standard kickboard.

DESIGNED IN CALIFORNIA

BEST TO USE FOR...
Standard kicking, single arm drills and side kicking in all four swim strokes.

SIZES
One size fits all.

BENEFITS

- Promotes a streamlined body position from fingertips to toes
- Creates an ideal body alignment when used just below the waterline
- Reduces pressure on shoulders

Designed to go below the water surface to improve body position and decrease strain on low back and shoulders.



SWIMMER ABILITY
BEGINNER, INTERMEDIATE & ADVANCED

Provides buoyancy and lifts your legs.

BEST TO USE FOR...
Building upper body strength during pull sets. Pair with the FINIS Agility Paddles to really work your arms!

SIZES
Available in youth and adult.

BENEFITS

- Lifts hips and legs for proper technique
- Builds upper body strength
- Improves body position

Designed to provide swimmers with a durable, buoyant traditional pull buoy.



SWIMMER ABILITY
INTERMEDIATE & ADVANCED

Great for any swimmer who is comfortable with the water and able to easily swim on their own.

DESIGNED IN CALIFORNIA

BEST TO USE FOR...
Pulling sets. Pair with the FINIS Foam Pull Buoy to lift your legs to the surface.

SIZES
One size fits most.

BENEFITS

- Completely immobilizes your legs
- Builds upper body strength
- Allows you to focus on your pull and body rotation

Designed to allow swimmers to focus on body position and upper body strength and technique.



SWIMMER ABILITY
BEGINNER, INTERMEDIATE & ADVANCED

Great for any swimmer who is comfortable with the water and able to easily swim on their own.

BEST TO USE FOR...
Building leg strength and endurance during kick sets. Pair with the FINIS Edge fins for cardiovascular conditioning.

SIZES
Available in youth and adult.

BENEFITS

- Calls for full attention to kicking technique
- Builds leg strength
- Engages hips and glutes

Designed to teach you the motion of kicking and build leg strength.