

FOIL MONOFIN | TECHNIQUE MONOFIN

1.35.012

Designed to promote underwater dolphin kick and engage core and leg muscles.

TECHNICAL / MONOFINS



1 SINGLE BLADE DESIGN
Promotes development of the undulating Foil Body Motion and propulsive dolphin kick

2 TECHNIQUE CHANNELS
Controls the flex of the fin and encourages correct foil movement

3 OPEN HEEL AND TOE DESIGN
Increases range of motion, open toe space for the most comfortable fit

LIGHTWEIGHT CONSTRUCTION
Comfortable to wear for all ages and abilities

LARGE SURFACE AREA
Works core and leg muscles more than standard fins

LIGHTWEIGHT BLADE
Allows multiple swimmers to safely swim in a single lane



PRODUCT DESCRIPTION

Teaches the foil body motion developed and made popular by Coach Bob Gillett. Promotes an equal use of up and down kicks for propulsion throughout the entire dolphin kick, increasing core and leg strength. Natural rubber provides a secure and comfortable fit.



DESIGNED IN CALIFORNIA



	FOIL *				
SIZE (CODE)	XS (03)	S (04)	M (05)	L (06)	XL (07)
US MALE	3-5	5.5-8	8.5-10	10.5-13	13.5-15
US FEMALE	4-6	6.5-9	9.5-11	11.5-14	14.5-16
EURO	35-37	38-40	41-43	44-46	47-49

*If you are in between sizes, users with a wider foot should size up. Otherwise we recommend sizing down for a tighter fit.