

MONOFINS REFERENCE GUIDE



EVO
QUICK-TEMPO
MONOFIN

SWIMMER ABILITY
BEGINNER, INTERMEDIATE & ADVANCED

Teaching tool for swimmers of all levels to support and improve their dolphin kick.

DESIGNED IN CALIFORNIA

BEST TO USE FOR...
Sprint underwater dolphin kick sets and long-distance full stroke butterfly sets.

BLADE TYPE
Rubber short blade, designed to feel like a natural extension of the feet.

BENEFITS

- Teaches an efficient, quick tempo dolphin kick
- Increases stroke rate during full-stroke butterfly
- Builds endurance, enhances core strength and develops muscle memory

Designed to teach swimmers an efficient dolphin kick, build muscle memory, and create perfect body position.



FOIL
TECHNIQUE
MONOFIN

SWIMMER ABILITY
BEGINNER, INTERMEDIATE & ADVANCED

Teaching tool for swimmers of all levels to support and improve their dolphin kick.

DESIGNED IN CALIFORNIA

BEST TO USE FOR...
Underwater dolphin kick, butterfly and breaststroke drills.

BLADE TYPE
Rubber short blade, designed to feel like a natural extension of the feet.

BENEFITS

- Utilizes the entire body to create a powerful and undulating dolphin kick
- Corrects technique and perfects body position
- Works abdominal muscles, lower back, quadriceps and gluteus

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



WAVE & RAPID
RECREATIONAL
MONOFIN

SWIMMER ABILITY
BEGINNER & INTERMEDIATE

Quick-release strap allows feet to be quickly removed from fin for safety.

DESIGNED IN CALIFORNIA

BEST TO USE FOR...
Pool, lake or ocean fun!

BLADE TYPE
Long polypropylene (flexible plastic) blade.

BENEFITS

- Teaches swimmers the undulation needed for a proper dolphin kick
- Builds leg strength and increases water confidence
- Increases range of motion in feet and ankles

Designed for teenagers and adults to swim at a greater speed and depth.



SHOOTER
SHORT BLADE
MONOFIN

SWIMMER ABILITY
BEGINNER & INTERMEDIATE

Fiberglass blade is best to use in a lane by yourself to prevent injuries.

DESIGNED IN CALIFORNIA

BEST TO USE FOR...
Race-pace tempo and underwater drills, breaststroke technique and butterfly conditioning.

BLADE TYPE
Short and stiff fiberglass blade.

BENEFITS

- High speeds allow important streamlining adjustments
- Improves flexibility in ankles and feet
- Works abdominal muscles, lower back, quadriceps and gluteus

Designed to build a quick and powerful butterfly kick, while improving flexibility in feet and ankles.



TRAINER 1
LONG BLADE
MONOFIN

SWIMMER ABILITY
ADVANCED

Fiberglass blade is best to use in a lane by yourself to prevent injuries.

DESIGNED IN CALIFORNIA

BEST TO USE FOR...
Creating a long and smooth dolphin kick.

BLADE TYPE
Long and flexible fiberglass blade.

BENEFITS

- Lengthens stroke and improves body balance
- Develops a powerful, hip-generated dolphin kick
- Increases range of motion in feet and ankles

Designed to promote a smooth, regulated dolphin kick to build strength and improve technique.



COMPETITOR
PROFESSIONAL
FREE DIVE
MONOFIN

SWIMMER ABILITY
ADVANCED

Large fiberglass blade is best left to the professionals!

DESIGNED IN CALIFORNIA

BEST TO USE FOR...
Free-diving and other water sports.

BLADE TYPE
Long and wide hand-tapered fiberglass blade.

BENEFITS

- Provides maximum speeds in the water, up to 3.3 meters/second
- Generates maximum propulsion
- Creates a whip-like action at the end of the kick

Designed for free divers, fin swimmers and water sports enthusiasts.