

TRAINING FINS REFERENCE GUIDE



SWIMMER ABILITY
BEGINNER

The long blade provides more resistance and impact on the down-kick and results in the most forward propulsion.

BEST TO USE FOR...
Focusing on correct body alignment and breathing patterns.

BLADE TYPE
Long-blade fin, made of natural rubber.

BENEFITS

- Correct body position
- Instant forward propulsion
- Buoyancy

Designed to provide buoyancy and elongate swimmers' kicks.



SWIMMER ABILITY
BEGINNER & INTERMEDIATE

Low-impact fin, easy to push through the water on the down-kick and provides forward propulsion on the up-kick.

DESIGNED IN CALIFORNIA
U.S.A. PATENTED

BEST TO USE FOR...
Drill sets, cross-training, or rehab.

BLADE TYPE
Short, narrow blade, made of natural rubber.

BENEFITS

- Forward propulsion
- Correct body position
- Reduces leg fatigue

Designed to be worn during drill sets for added forward propulsion.



SWIMMER ABILITY
BEGINNER & INTERMEDIATE

Low-impact fin that generates correct propulsion in all four swim strokes, including breaststroke.

DESIGNED IN CALIFORNIA

BEST TO USE FOR...
Individual medley training.

BLADE TYPE
Short, circular blade fin, made of natural rubber.

BENEFITS

- Improves ankle flexibility
- Increases foot speed
- Increases strength in all four strokes

Designed to increase ankle flexibility and foot speed in all four swim strokes.



SWIMMER ABILITY
INTERMEDIATE

Low-impact fin, easy on the down-kick and provides the least amount of forward propulsion on the up-kick to keep your legs working hard.

DESIGNED IN CALIFORNIA
U.S.A. PATENTED

BEST TO USE FOR...
Longer freestyle, backstroke, and kick sets.

BLADE TYPE
Short-blade fin, made of natural rubber.

BENEFITS

- Increases leg strength
- Builds cardiovascular conditioning
- Improves ankle flexibility

Designed to promote shorter, faster kicks and build leg muscle.



SWIMMER ABILITY
BEGINNER & INTERMEDIATE

It takes power to push these fins through the water in both directions, and they will give your legs the ultimate workout.

DESIGNED IN CALIFORNIA

BEST TO USE FOR...
Sprint sets and muscle activation in longer freestyle sets.

BLADE TYPE
Short, wide blade, made of 100% silicone.

BENEFITS

- Strength and endurance
- Builds cardiovascular conditioning
- Proper kick starting at your hips and not your knees

Designed to improve kicking technique and activate key muscle groups.



BUTTERFLY



BACKSTROKE



BREASTSTROKE



FREESTYLE