



**1 EASY-TO-ADJUST  
VELCRO STRAP**

Improved design comfortably holds wrist into place



**TEACHES A HIGH ELBOW POSITION**

Calls for a high catch by lifting the elbow, ideal for open water and triathlon training

**PROMOTES AN EARLY VERTICAL FOREARM (EVF) POSITION**

Connects forearm and hand into a single surface

**TECHNIQUE DEVELOPMENT**

Specifically designed for stroke refinement and technique focus

**ALL FOUR SWIM STROKES**

Promotes EVF technique in butterfly, backstroke, breaststroke and freestyle

**IMPROVES EFFICIENCY**

Maintains a strong, uninterrupted pull



## PRODUCT DESCRIPTION

Encourages high-elbow technique that leads to a more efficient stroke. The wide paddle design secures wrist and offers resistance through the pull. Improves catch and recovery technique in all four swim strokes.



DESIGNED IN CALIFORNIA