



DRYLAND TRAINING

Simulates swimming movements out of the water and isolates vital muscle groups

REHABILITATION

Builds specific muscle strength to prevent or combat injury

FOAM-COATED HANDLES

Provides comfort and safety

THREE RESISTANCE LEVELS

Yellow Webbing - Light Resistance
Green Webbing - Medium Resistance
Red Webbing - Heavy Resistance

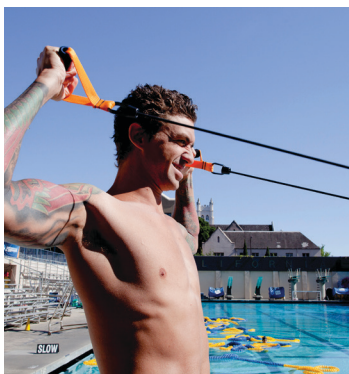


RANGE OF MOTION

Improves flexibility and range of motion for all four swim strokes

RESISTANCE TRAINING

Builds muscle, increases endurance and boosts speed



PRODUCT DESCRIPTION

Durable rubber tubing and comfortable handles designed to simulate swimming movements to build strength and improve range of motion. Available in three different resistances for swimmers of all ages and abilities.

COLOR WAYS & SIZING [STYLES]

