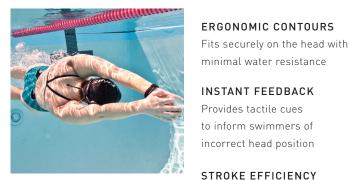
## **POSTURE TRAINER |** HEAD ALIGNMENT TRAINING TOOL

## Designed to provide swimmers with tactile feedback for incorrect head position.

## #1.05.045 **TECHNICAL / ACCESSORIES**





minimal water resistance INSTANT FEEDBACK

Provides tactile cues to inform swimmers of incorrect head position

STROKE EFFICIENCY Improves body alignment to decrease drag and increase kick propulsion

CORRECT BREATHING MOTION Reinforces proper breathing technique for butterfly, breaststroke, and freestyle

TURN TECHNIQUE Prevents a lifted head position prior to flip turns or open turns

VERSATILE FIT Can be worn with or without goggles; one size fits all



## PRODUCT DESCRIPTION

Promotes correct head and spine alignment. When secured to back center of head, device should be undetectable until the swimmer exceeds recommended posture range. Improves alignment for all four swim strokes.





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