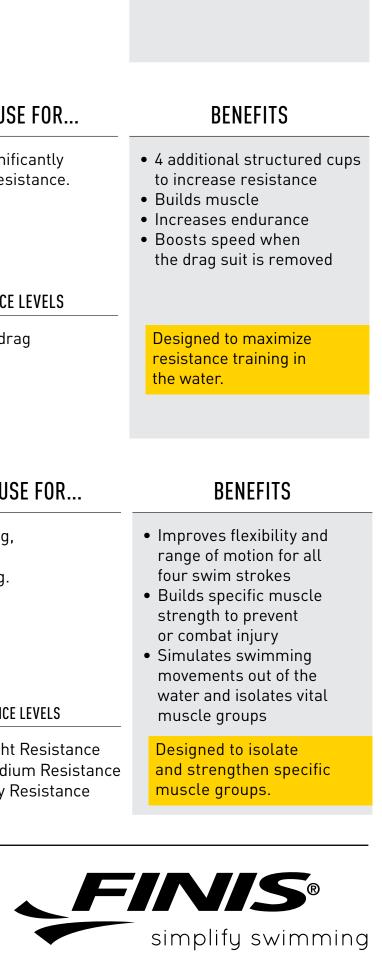
RESISTANCE PRODUCTS REFERENCE GUIDE

<complex-block><complex-block></complex-block></complex-block>	SWIMMER ABILITY INTERMEDIATE & ADVANCED For use by competent wimmers only. Resistance can be customized to fit your training goals.	BEST TO USE FOR Sets with various distances and strokes. RESISTANCE LEVELS Unzips to 5 different levels of resistance.	 Builds strength and power to boost speed Increased intensity places more demand on key muscle groups and builds aerobic endurance Allows for variable levels of resistance specific to swim stroke and distance Designed to maximize the power of resistance training for every fitness goal. 	<section-header><text></text></section-header>	SWIMMER ABILITYINTERMEDIATE & ADVANCEDFor use by competent swimmers only. Offered in 2 different resistance levels.	BEST TO USE FOR Sets that you want the same amount of resistance for. RESISTANCE LEVELS 1. Red – 8 Inches 2. Navy – 12 Inches	BENEFITS Boosts speed when parachute is removed Increases aerobic endurance Designed to provide resistance while swime
<image/>	SWIMMER ABILITY BEGINNER, INTERMEDIATE & ADVANCED Great for swimmers of all levels.	BEST TO USE FOR Training to increase the resistance. RESISTANCE LEVELS Creates drag in the water.	BENEFITS • Builds muscle • Increases endurance • Boosts speed when the drag suit is removed Designed to increase drag while swimming.	<section-header><text></text></section-header>	SWIMMER ABILITYINTERMEDIATE & ADVANCEDFor use by competent swimmers only.	BEST TO USE FOR Training to significantly increase the resistance. RESISTANCE LEVELS Creates extra drag in the water.	BENEFITS • 4 additional structured to increase resistance • Builds muscle • Increases endurance • Boosts speed when the drag suit is remove Designed to maximize resistance training in the water.
<image/>	SWIMMER ABILITY BEGINNER, INTERMEDIATE & ADVANCED Great for swimmers of all abilities.	BEST TO USE FOR Circuit training, rehabilitation and stretching. RESISTANCE LEVELS 1. Yellow – 7 mm 2. Red – 9 mm	 BENEFITS Consistent resistance throughout a given range of motion Simulates swimming movements and isolates vital muscle groups Rotating Handles Dual-Attachment Points Designed to provide swimmers with a dryland exercise that mimics the entire swim stroke cycle with consistent resistance. 	<section-header><section-header></section-header></section-header>	SWIMMER ABILITY BEGINNER, INTERMEDIATE & ADVANCED Great for swimmers of all abilities.	BEST TO USE FOR Circuit training, rehabilitation and stretching. <u>RESISTANCE LEVELS</u> 1. Yellow – Light Resistance 2. Green – Medium Resistance 3. Red – Heavy Resistance	 BENEFITS Improves flexibility and range of motion for all four swim strokes Builds specific muscle strength to prevent or combat injury Simulates swimming movements out of the water and isolates vita muscle groups Designed to isolate and strengthen specific muscle groups.



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