

RESISTANCE PRODUCTS REFERENCE GUIDE



DRAG+FLY™
ADJUSTABLE
SWIM CHUTE

SWIMMER ABILITY

**INTERMEDIATE
& ADVANCED**

For use by competent swimmers 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.

BENEFITS

- 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.



SWIM PARACHUTE
RESISTANCE
PARACHUTE

SWIMMER ABILITY

**INTERMEDIATE
& ADVANCED**

For 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

- Builds strength
- Boosts speed when parachute is removed
- Increases aerobic endurance

Designed to provide resistance while swimming.



REVERSIBLE DRAG SUIT
REVERSIBLE
RESISTANCE TRAINING

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.



ULTIMATE DRAG SUIT
HIGH RESISTANCE
TRAINING

SWIMMER ABILITY

**INTERMEDIATE
& ADVANCED**

For 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 cups to increase resistance
- Builds muscle
- Increases endurance
- Boosts speed when the drag suit is removed

Designed to maximize resistance training in the water.



SLIDE DRYLAND TRAINER
FULL RANGE OF
MOTION DRYLAND

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.



DRYLAND CORD
RESISTANCE STRETCH
CORD

SWIMMER ABILITY

**BEGINNER, INTERMEDIATE
& ADVANCED**

Great for swimmers of all abilities.

BEST TO USE FOR...

Circuit training, rehabilitation and stretching.

RESISTANCE LEVELS

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 vital muscle groups

Designed to isolate and strengthen specific muscle groups.