

TRAINER 1

#1.35.005

SWIM TRAINING MONOFIN

TECHNICAL / MONOFINS

FEATURES & BENEFITS

STRONG KICK

Develops a powerful, hip-generated dolphin kick

STRENGTH TRAINING

Builds core muscles including abs, lower back, quads and gluteus

FLEXIBILITY

Increases range of motion in the feet and ankles



MADE FOR

ADVANCED SWIMMERS

Designed for more experienced swimmers and triathletes

LONG FIBERGLASS BLADE

Aids in lengthening stroke and improves body balance

PRODUCT DESCRIPTION



With a long, flexible fiberglass blade, the Trainer 1 is designed for advanced swimmers. The Trainer 1 monofin improves body balance and kick tempo. Promotes a smooth, regulated dolphin kick motion to build strength and improve technique. The Trainer 1 is a useful tool for instructing a hip-generated dolphin kick and proper butterfly timing.

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simplify swimming