

TRAINING FINS REFERENCE GUIDE



LONG FLOATING FINS
FLOATING SWIM FINS



Z2 GOLD ZOOMERS®
SHORT BLADE
SWIM FINS



POSITIVE DRIVE FINS
FOUR STROKE
TRAINING FINS



ZOOMERS® GOLD
SHORT BLADE
TRAINING FINS

SWIMMER ABILITY

BEGINNER

The long blade causes more resistance and impact on the down-kick and results in the most forward propulsion.

BEGINNER & INTERMEDIATE

Low-impact fin, easy to push through the water on the down-kick and provides forward propulsion on the up-kick.



DESIGNED IN CALIFORNIA
U.S.A. PATENTED

BEGINNER & INTERMEDIATE

Low-impact fin that generates correct propulsion in all four swim strokes, including breaststroke.



DESIGNED IN CALIFORNIA

INTERMEDIATE

Low-impact fin, easy on the down-kick and provides the least amount of forward propulsion on the up-kick to keep your legs working hard.



DESIGNED IN CALIFORNIA
U.S.A. PATENTED

BEST TO USE FOR...

Focusing on correct body alignment and breathing patterns.



BLADE TYPE

Long-blade fin, made of natural rubber.

Drill sets, cross-training, or rehab.



BLADE TYPE

Short, narrow blade, made of natural rubber.

Individual medley training.



BLADE TYPE

Short, circular blade fin, made of natural rubber.

Longer freestyle, backstroke, and kick sets.



BLADE TYPE

Short-blade fin, made of natural rubber.

BENEFITS

- Correct body position
- Instant forward propulsion
- Buoyancy

Designed to provide buoyancy and elongate swimmers' kicks.

- Forward propulsion
- Correct body position
- Reduces leg fatigue

Designed to be worn during drill sets for added forward propulsion.

- Improves ankle flexibility
- Increases foot speed
- Increases strength in all four strokes

Designed to increase ankle flexibility and foot speed in all four swim strokes.

- Increases leg strength
- Builds cardiovascular conditioning
- Improves ankle flexibility

Designed to promote shorter, faster kicks and build leg muscle.

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EDGE FINS MUSCLE-BUILDING TRAINING FINS



SWIMMER ABILITY

INTERMEDIATE & ADVANCED

It takes power to push these fins through the water in both directions, and they will give your legs the ultimate workout.



DESIGNED IN CALIFORNIA

BEST TO USE FOR...

Sprint sets and muscle activation in longer freestyle sets.



BLADE TYPE

Short, wide blade, made of 100% silicone.

BENEFITS

- Strength and endurance
- Builds cardiovascular conditioning
- Proper kick starting at your hips and not your knees

Designed to improve kicking technique and activate key muscle groups.

