



IMPROVE HIP ROTATION

Engaging your hips and core muscles are key to swimming faster and more efficiently

HIP MOVEMENT AUDIBLE FEEDBACK

Ball bearing within the capsule creates an audible sound when tipped side to side



ESTABLISH RHYTHM

Provides instant feedback on stroke timing

DELAY SETTING

Great for beginner swimmers; delaying the ball bearing forces exaggerated movements



HORIZONTAL POSITION

Compatible for backstroke and freestyle; communicates hip rotation timing

PARALLEL POSITION

Compatible for butterfly and breaststroke; acts as a fulcrum signaling a strong hip undulation



PRODUCT DESCRIPTION

Utilizes a ball bearing and acoustic amplifiers to create sound as the device is tipped from side to side. Provides immediate audio feedback to teach proper timing and hip rotation.



DESIGNED IN CALIFORNIA