

# FOREARM FULCRUM | EARLY VERTICAL FOREARM TOOL

Jr.: 1.05.028.48

Sr.: 1.05.028.50

Designed to correct a dropped elbow during the pull phase of a stroke.

TECHNICAL / PADDLES



## 1 PROMOTES AN EARLY VERTICAL FOREARM (EVF)

Connects forearm and hand into a single surface

## 2 TEACHES A HIGH ELBOW POSITION

Calls for a high catch by lifting the elbow, ideal for open water and triathlon training

## 3 FIGURE EIGHT DESIGNS

Develops correct stroke muscle memory and prevents shoulder stress without losing the feel for the water against forearm and palm of the hand

### TECHNIQUE DEVELOPMENT

Specifically designed for stroke refinement and technique focus

### IMPROVES EFFICIENCY

Maintains a strong, uninterrupted pull

### ALL FOUR SWIM STROKES

Versatile tool for butterfly, backstroke, breaststroke and freestyle



## PRODUCT DESCRIPTION

Develops early vertical forearm (EVF) and increases stroke efficiency. An EVF position utilizes the forearm through the pull, from fingertips to elbow. Promotes stroke refinement through muscle memory of the proper hand, wrist and forearm position.



DESIGNED IN CALIFORNIA

## SIZING



[JR]

FINIS, Inc.

FINISswim.com

USA 925.454.0111 | EU +359 2 936 86 36

**FINIS**<sup>®</sup>  
simplify swimming