

# BUOYS & KICKBOARDS REFERENCE GUIDE



**ANKLE BUOY**  
HYDRODYNAMIC  
ANKLE BUOY

## SWIMMER ABILITY

BEGINNER, INTERMEDIATE  
& ADVANCED

Improves hip rotation  
and elevates body position  
by lifting the legs.

## BEST TO USE FOR...

Engage your core, build  
upper body strength, and  
improve your body position.

## SIZES

One size fits most.

## BENEFITS

- Comfortably fit around ankles, locking legs in position
- Streamlined design allows water to easily flow over the buoy
- Builds strength
- Lightweight eva foam

Designed to correct body position and improve hip rotation. Can also be used as a kickboard.



**ALIGNMENT KICKBOARD**  
STREAMLINE  
KICKBOARD

## SWIMMER ABILITY

BEGINNER, INTERMEDIATE  
& ADVANCED

Low-impact design puts  
less pressure on shoulders  
than a standard kickboard.



DESIGNED IN CALIFORNIA

## BEST TO USE FOR...

Standard kicking, single arm  
drills and side kicking in all  
four swim strokes.

## SIZES

One size fits all.

## BENEFITS

- Promotes a streamlined body position from fingertips to toes
- Creates an ideal body alignment when used just below the waterline
- Reduces pressure on shoulders

Designed to go below the water surface to improve body position and decrease strain on low back and shoulders.



**FOAM PULL BUOY**  
LEG BUOY

## SWIMMER ABILITY

BEGINNER, INTERMEDIATE  
& ADVANCED

Provides buoyancy and lifts  
your legs.

## BEST TO USE FOR...

Building upper body strength  
during pull sets. Pair with  
the FINIS Agility Paddles  
to really work your arms!

## SIZES

Available in youth and adult.

## BENEFITS

- Lifts hips and legs for proper technique
- Builds upper body strength
- Improves body position

Designed to provide swimmers with a durable, buoyant traditional pull buoy.



**PULLING ANKLE STRAP**

## SWIMMER ABILITY

INTERMEDIATE  
& ADVANCED

Great for any swimmer  
who is comfortable with  
the water and able to easily  
swim on their own.



DESIGNED IN CALIFORNIA

## BEST TO USE FOR...

Pulling sets. Pair with the  
FINIS Foam Pull Buoy to lift  
your legs to the surface.

## SIZES

One size fits most.

## BENEFITS

- Completely immobilizes your legs
- Builds upper body strength
- Allows you to focus on your pull and body rotation

Designed to allow swimmers to focus on body position and upper body strength and technique.



**FOAM KICKBOARD**  
STANDARD  
KICKBOARD

## SWIMMER ABILITY

BEGINNER, INTERMEDIATE  
& ADVANCED

Great for any swimmer  
who is comfortable with  
the water and able to easily  
swim on their own.

## BEST TO USE FOR...

Building leg strength and  
endurance during kick sets.  
Pair with the FINIS Edge  
fins for cardiovascular  
conditioning.

## SIZES

Available in youth and adult.

## BENEFITS

- Calls for full attention to kicking technique
- Builds leg strength
- Engages hips and glutes

Designed to teach you the motion of kicking and build leg strength.