Designed to provide resistance while swimming.

TECHNICAL / RESISTANCE TRAINING



INCREASED RESISTANCE

Provides additional drag during everyday training



Wide, comfortable belt is one-size fits all



MULTIPLE SIZES

Red = 8 Inches Navy = 12 Inches



Builds muscle, increases endurance and boosts speed



Compatible with kicking and flip turns



Versatile tool for butterfly, backstroke, breaststroke and freestyle



PRODUCT DESCRIPTION

A comfortable, adjustable nylon belt connected to a durable parachute creates resistance during workout. The added resistance builds muscle and endurance. Compatible with all four swim strokes and does not interfere with kicking or flip turns.

COLOR WAYS & SIZING







