## TRAINING FINS REFERENCE GUIDE



#### **SWIMMER ABILITY**

The long blade provides more resistance and impact

results in the most forward

on the down-kick and

propulsion.

#### BEGINNER

Focusing on correct body alignment and breathing patterns.

BEST TO USE FOR...





#### **BLADE TYPE**

Long-blade fin, made of natural rubber.

#### **BENEFITS**

- Correct body position
- Instant forward propulsion Buoyancy

Designed to provide buoyancy and elongate swimmers' kicks.



#### **SWIMMER ABILITY**

#### BEGINNER & INTERMEDIATE

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



#### BEST TO USE FOR...

Drill sets, cross-training, or rehab.







#### **BLADE TYPE**

Short, narrow blade, made of natural rubber.

#### **BENEFITS**

- Forward propulsion
- Correct body position • Reduces leg fatigue

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

# POSITIVE DRIVE FINS FOUR STROKE TRAINING FINS

#### **SWIMMER ABILITY**

#### BEGINNER & INTERMEDIATE

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



#### BEST TO USE FOR...

Individual medley training.











Short, circular blade fin, made of natural rubber.

**BLADE TYPE** 

#### **BENEFITS**

- 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.



#### **SWIMMER ABILITY**

#### 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.



#### BEST TO USE FOR...

Longer freestyle, backstroke, and kick sets.







#### **BLADE TYPE**

Short-blade fin, made of natural rubber.

#### **BENEFITS**

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

#### Designed to promote shorter, faster kicks



#### **SWIMMER ABILITY**

#### BEGINNER & INTERMEDIATE

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



#### BEST TO USE FOR...

Sprint sets and muscle activation in longer freestyle sets.







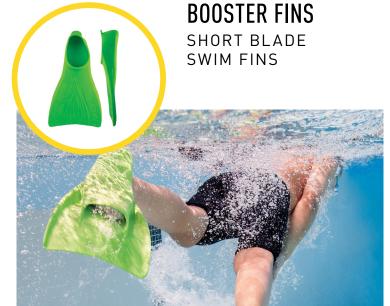


Short, wide blade, made of 100% silicone.

#### **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.



#### SWIMMER ABILITY

#### BEGINNER

Booster swim fins are ideal for swimmers learning to swim.



### BEST TO USE FOR...

Feedback from Booster fins teaches swimmers how kicking generates forward movement through the water.





#### BLADE TYPE

Short-blade fin, made of natural rubber.

#### **BENEFITS**

and build leg muscle.

- Open-toe design on the fins' underside prevents chafing and ensures a comfortable fit
- Promotes extension of legs to develop proper body position
- Heel tab adds durability and makes fins easy to put on and take off

Designed to accommodate young swimmers as they transition out of FINIS Fishtail 2 swim fins.

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# TRAINING FINS REFERENCE GUIDE



#### SWIMMER ABILITY

BEGINNER

can train to swim at the

same time

DESIGNED IN CALIFORNIA

#### BEST TO USE FOR...

Rewards even the smallest kicks with forward movement to accelerate Flippers are designed to be learning and build worn as soon as a child can confidence in the water. walk (9 months & up) so they





**BLADE TYPE** 

Short-blade fin, made of natural rubber.

 Adjustable foot strap ensures a snug fit that can accommodate children as they grow

**BENEFITS** 

• Open heel and toe design increases range of motion for the most comfortable fit while swimming

Designed to be worn as soon as a child is able to walk

