

# RESISTANCE PRODUCTS REFERENCE GUIDE



**REVERSIBLE DRAG SUIT**  
REVERSIBLE  
RESISTANCE TRAINING

SWIMMER ABILITY	BEST TO USE FOR...	BENEFITS
BEGINNER, INTERMEDIATE & ADVANCED	Training to increase the resistance.	<ul style="list-style-type: none"><li>Builds muscle</li><li>Increases endurance</li><li>Boosts speed when the drag suit is removed</li></ul>
Great for swimmers of all levels.		
RESISTANCE LEVELS		
Creates drag in the water.		
Designed to increase drag while swimming.		



**ULTIMATE DRAG SUIT**  
HIGH RESISTANCE  
TRAINING

SWIMMER ABILITY	BEST TO USE FOR...	BENEFITS
INTERMEDIATE & ADVANCED	Training to significantly increase the resistance.	<ul style="list-style-type: none"><li>4 additional structured cups to increase resistance</li><li>Builds muscle</li><li>Increases endurance</li><li>Boosts speed when the drag suit is removed</li></ul>
For use by competent swimmers only.		
RESISTANCE LEVELS		
Creates extra drag in the water.		
Designed to maximize resistance training in the water.		



**SLIDE DRYLAND TRAINER**  
FULL RANGE OF  
MOTION DRYLAND

SWIMMER ABILITY	BEST TO USE FOR...	BENEFITS
BEGINNER, INTERMEDIATE & ADVANCED	Circuit training, rehabilitation and stretching.	<ul style="list-style-type: none"><li>Consistent resistance throughout a given range of motion</li><li>Simulates swimming movements and isolates vital muscle groups</li><li>Rotating Handles</li><li>Dual-Attachment Points</li></ul>
Great for swimmers of all abilities.		
RESISTANCE LEVELS		
1. Yellow – 7 mm 2. Red – 9 mm		
Designed to provide swimmers with a dryland exercise that mimics the entire swim stroke cycle with consistent resistance.		



**DRYLAND CORD**  
RESISTANCE STRETCH  
CORD

SWIMMER ABILITY	BEST TO USE FOR...	BENEFITS
BEGINNER, INTERMEDIATE & ADVANCED	Circuit training, rehabilitation and stretching.	<ul style="list-style-type: none"><li>Improves flexibility and range of motion for all four swim strokes</li><li>Builds specific muscle strength to prevent or combat injury</li><li>Simulates swimming movements out of the water and isolates vital muscle groups</li></ul>
Great for swimmers of all abilities.		
RESISTANCE LEVELS		
1. Yellow – Light Resistance 2. Green – Medium Resistance 3. Red – Heavy Resistance		
Designed to isolate and strengthen specific muscle groups.		



**SWIM PARACHUTE**  
RESISTANCE  
PARACHUTE

SWIMMER ABILITY	BEST TO USE FOR...	BENEFITS
INTERMEDIATE & ADVANCED	Sets that you want the same amount of resistance for.	<ul style="list-style-type: none"><li>Builds strength</li><li>Boosts speed when parachute is removed</li><li>Increases aerobic endurance</li></ul>
For use by competent swimmers only. Offered in 2 different resistance levels.		
RESISTANCE LEVELS		
1. Red – 8 Inches 2. Navy – 12 Inches		
Designed to provide resistance while swimming.		