



## Bolster Paddles

### EARLY VERTICAL FOREARM PADDLES

#### Promotes an Early Vertical Forearm (EVF) Position

Does not allow wrist to bend; uses the entire forearm and hand to create uniform application of force

#### Easy-to-Adjust Velcro Strap

Improved design comfortably holds wrist in place

#### Creates Muscle Memory

Develop a forearm dominant stroke with a high elbow position to provide more propulsion

Style: 1.05.026 | MSRP \$29.99

U.S.A. Patented



Yellow  
Medium [05]

## Fulcrum Paddles

### SHOULDER-SAFE TRAINING PADDLES

#### Build Strength while Safely Improving

Catch, speed, and efficiency

#### Shoulder-Safe

Patented design reduces stress on shoulder joints



Red  
Small  
[04]

White  
Large  
[06]

Black  
X Large  
[07]

Blue  
XX Large  
[08]

Style: 2.05.001 | MSRP \$15.99

Replacement Paddle Tubing Fulcrum

Small/Medium [04], Large/XL [06]

Style: 2.05.002 | MSRP \$4.99



## Sculling Paddles

### FINGER PADDLES

#### Enhances Feel for the Water During the Catch Phase

Maximizes propulsion by establishing proper hand position

#### Heightens Stroke Technique Awareness

Emphasizes technique imperfections to easily identify and correct the stroke

#### Develops Muscle Memory

Making subtle changes in hand pitch and speed changes propulsion and body position



Jr Paddles

Style: 3.05.001.104.49 | MSRP \$9.99

Jr | Style: 3.05.001.102.51 | MSRP \$9.99



## PT Paddles

### PERFECT TECHNIQUE PADDLES

#### Improves Early Vertical Forearm (EVF)

Enter the catch phase earlier with more strength from arms and hips

#### Muscle Memory

Educates the swimmer to rely on other parts of their body for forward propulsion and improving technique

#### Develops Strength

Strengthen forearm and core muscles, and build shoulder muscles to prevent injuries

Style: 1.05.044 | MSRP \$29.99