

ARM & LEG ISOLATION



Alignment Kickboard

STREAMLINE KICKBOARD WITH HAND STRAP

Hydrodynamic Profile

Creates ideal body alignment and keeps swimmers streamlined from fingers to toes

Versatile

Great for standard kicking, one arm drills and side kicking

Stabilizing Hand Strap

Place hand and arms in streamline position to control the board without gripping

Style: 1.05.042 | MSRP \$19.99

U.S.A. Patented



Foam Kickboard

FOAM KICKBOARD

Improve Kicking Technique

Immobilize arms to build leg muscles and give full attention to your kick

Foam Material

Soft material does not chafe or irritate skin

Multiple Sizes

Available in Adult and Jr sizes for ages 12 and under

18.5" x 11.5" | Style: 1.05.035.50 | MSRP \$15.99

Jr: 14" x 10" | Style: 1.05.035.48 | MSRP \$13.99



Foam Pull Buoy

LEG BUOY

Develops Upper Body Strength

Immobilizes legs to maximize the upper body

Adult | Style: 1.05.036.50 | MSRP \$14.99

Jr | Style: 1.05.036.48 | MSRP \$12.99

Jr - For smaller legs or under the age of 12

Pulling Ankle Strap

RUBBER ANKLE STRAP

Eliminates Kicking

Holds ankles together, shifting the focus to build upper body strength



Style: 1.05.052.104 | MSRP \$5.99