FINIS RANGS | SR RANGS | SR

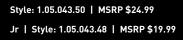
Rangs INDEPENDENT PULL BUOY SYSTEM

Independent Buoyancy Lifts legs and hips naturally while reducing body drag

Body Rotation Flotation panels encourage a strong hip rotation from side to side

Neoprene Construction Soft, non-slip neoprene provides comfort and security

Velcro Closure





Tech Toc AUDIBLE HIP ROTATION TRAINING TOOL

Receive Instant Stroke Feedback and Ensure Proper Hip Rotation

Improve Hip and Body Position Ball bearing within the capsule creates audible feedback when tipped side to side

Compatible with All Four Strokes Hip rotation timing for Freestyle/ Backstroke or fulcrum signaling a strong hip undulation for Breaststroke/Butterfly

Increase Power and Improve Timing Utilizes the strong core muscles to initiate the stroke tempo and maximize efficiency

Belt Length 52 in

Style: 1.05.014 | MSRP \$49.99

Replacement Hip Belt with Buckle Style: 1.05.099 | MSRP \$11.99



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OTATION

TRAINING

Hydro Hip core strengthening tool

Strengthen Hip Rotation and Swim Faster by Using Your Core Muscles

Hip Blades

Creates resistance during body rotation to improve core strength

Multi-Stroke Compatible

Improves freestyle and backstroke hip rotation, and can also be used for breaststroke to prevent dropped elbows

Enhanced Stroke Timing Teaches swimmers to rotate quickly, completely and symmetrically on both sides

Belt Length 52 in

Style: 1.05.007 | MSRP \$29.99

Replacement Hip Belt with Buckle Style: 1.05.099 | MSRP \$11.99

