



## 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

Style: 1.05.043.50 | MSRP \$24.99

Jr | Style: 1.05.043.48 | MSRP \$19.99



## 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



## 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

ROTATION TRAINING

