



AGILITY PADDLES

STRAPLESS PADDLES

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LEARN TO STAY PALM POSITIVE

Palm Positive

Paddle will remain in place if swimmer maintains early vertical forearm position

Strapless Design

Ergonomic shape is designed to fit the natural contour of the hand

Comfortable Thumb Hole

Creates proper hand placement with thumb and fingers in ideal position

Promotes Early Catch

Convex design encourages paddle to have increased traction with the water

All Four Swim Strokes

Versatile paddle works for freestyle, backstroke, breaststroke and butterfly

Available in Small, Medium and Large

Lateral Side Contours

Accommodates most hand sizes, including narrow hands

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AGILITY PADDLES

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Maximizes My Efficiency



"The agility paddles really help me focus on perfecting my arm catch during the stroke cycle. Due to the strapless nature of the paddles it's necessary to maintain positive

pressure to keep the paddle from moving off my hand. This ensures that my stroke is creating forward motion at all times during my catch phase and maximizes efficiency. Unlike other less technical paddles these are molded perfectly to fit the hand. They allow me to maintain an natural feel, meaning I can better practice the mechanics of my stroke."

JASON DUNFORD

Current African Record Holder
2008 Olympic Finalist

Sample Workout Utilizing the Agility Paddles

Maintaining proper hand placement is fundamental for all four strokes. The Agility Paddles convex design teaches proper palm positive hand position thus creating more propulsion, maximizing your efficiency.

- 400 Freestyle + 200 Choice kick
Nice and smooth to warm-up
- 12 x 50 IM order
With Agility Paddles @ 60 sec intervals
- 4 x 100 IM
Swim @ 1:50 min intervals
- 3x (4 x 100 Freestyle + 2 x 50 Freestyle)
All 100's @ 1:30 min intervals at a strong pace
& 50's @ 50 sec intervals with Agility Paddles
- 300 Easy your choice Relaxed warm-down

Total Distance: 3,400m

AGILITY PADDLESIZE CHART

Size	Hand Circumference		Vertical Length of Paddle	
Small	7" or Less	17.5cm or Less	6.5"	160mm
Medium	7"- 8"	17.5 - 20cm	7.25"	185mm
Large	8" or More	20cm or More	8"	205mm

Black dots on lower half of paddles show size; Small (•), Medium (••), & Large (•••)

FINIS, inc

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