



# BOLSTER PADDLES



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## IMPROVE EVF TECHNIQUE AND UPPER BODY STRENGTH

Promotes an Early Vertical Forearm (EVF) Position

Use the entire forearm and hand to create uniform application of force

Improves Efficiency

Maintain a strong, uninterrupted pull from the beginning to the end of the stroke

Easy-to-Adjust Velcro Strap

Improved design comfortably holds wrist into place



Strength and Resistance Training

Builds upper body strength

Creates Muscle Memory

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

All Four Swim Strokes

Promotes EVF Technique with all four competitive strokes