

FINIS[®]

HYDRO HIP

encomendas em www.aqualoja.net/finis

STRENGTHEN HIP ROTATION BY USING YOUR CORE MUSCLES

Instant Stroke Feedback

Forces an earlier
and more effective
hip rotation

Powerful Hip Rotation

Teaches swimmers the
muscle memory to rotate
completely and quickly

Rotation Resistance

Blades resistance build core
muscles for a more powerful strokee



Stroke Timing

Forces swimmers to
rotate hips at the top
of each stroke

Adjustable Belt

Strong Resistance
Perfect for drill focus
and short distances

Multi-Stroke

Improves freestyle
and backstroke,
and can be used
with breaststroke

aqualoja
www.aqualoja.net

FINIS[®]