

FINIS[®]

**FREESTYLE
SNORKEL**

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FOCUS ON FREESTYLE TECHNIQUE WHILE BUILDING LUNG CAPACITY

Designed for Freestyle

Curved shape promotes proper freestyle head position with eyes down

Adjustable Head Bracket

Can be worn in conjunction with swim cap or goggles

All Four Swim Strokes

Stays in place for all competitive strokes, including flip turns

Safe Design

Eliminates strain on back, neck and shoulder



Center-Mount Design

Relax in the water in order to focus on stroke and improve technique

V02 Max

Increases aerobic capacity

Soft Mouth Piece

comfortable and easy on the jaw

Front Positioning

Swim at all speeds with perfect stability

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Tips on Getting Started

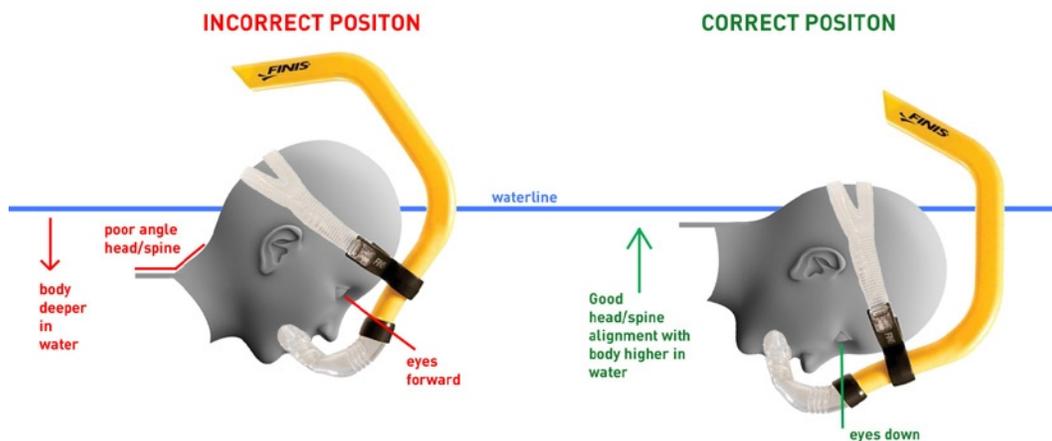
Over time, swimming with the Swimmer's Snorkel is very enjoyable. However, even the most advanced swimmers will need to get used to breathing through a snorkel tube while training. Breathe naturally and learn to inhale and exhale powerfully in order to clear the snorkel when it becomes filled with water (e.g. after a flip turn).

A popular program is to incorporate the snorkel into the warm-up and warm-down sessions of every practice. Before every practice, warm-up for at least 200 yards/meters using the snorkel. This will help you become aware of proper body alignment throughout the entire practice. After every practice, warm-down at least 200 yards/meters using the snorkel. Using the snorkel when

most fatigued will strengthen your muscle memory and improve your technique.

The Swimmer's Snorkel can be worn during somersault flip turns. The snorkel will remain steady if a quick and proper streamline turn is completed. At the end of your turn, when you are near the surface of the water, blow out hard to clear the snorkel. Water will expel from both the top of the tube and the purge valve.

To avoid water going up the nose while using the snorkel, focus on inhaling only through the mouth. If water persists in going up the nose, you may find it helpful to use a nose clip (included with Junior and Youth models).



Freestyle Snorkel Specifications

- Materials: PVC, Silicone
- Snorkel Tube Length: 20.3"