

# TRAINING FINS REFERENCE GUIDE



**LONG FLOATING FINS**  
FLOATING SWIM FINS



**Z2 GOLD ZOOMERS®**  
SHORT BLADE  
SWIM FINS



**POSITIVE DRIVE FINS**  
FOUR STROKE  
TRAINING FINS



**ZOOMERS® GOLD**  
SHORT BLADE  
TRAINING FINS

## SWIMMER ABILITY

### BEGINNER

The long blade causes more resistance and impact on the down-kick and results in the most forward propulsion.

### BEGINNER & INTERMEDIATE

Low-impact fin, easy to push through the water on the down-kick and provides forward propulsion on the up-kick.



DESIGNED IN CALIFORNIA  
U.S.A. PATENTED

### BEGINNER & INTERMEDIATE

Low-impact fin that generates correct propulsion in all four swim strokes, including breaststroke.



DESIGNED IN CALIFORNIA

### INTERMEDIATE

Low-impact fin, easy on the down-kick and provides the least amount of forward propulsion on the up-kick to keep your legs working hard.



DESIGNED IN CALIFORNIA  
U.S.A. PATENTED

## BEST TO USE FOR...

Focusing on correct body alignment and breathing patterns.



### BLADE TYPE

Long-blade fin, made of natural rubber.

Drill sets, cross-training, or rehab.



### BLADE TYPE

Short, narrow blade, made of natural rubber.

Individual medley training.



### BLADE TYPE

Short, circular blade fin, made of natural rubber.

Longer freestyle, backstroke, and kick sets.



### BLADE TYPE

Short-blade fin, made of natural rubber.

## BENEFITS

- Correct body position
- Instant forward propulsion
- Buoyancy

Designed to provide buoyancy and elongate swimmers' kicks.

- Forward propulsion
- Correct body position
- Reduces leg fatigue

Designed to be worn during drill sets for added forward propulsion.

- Improves ankle flexibility
- Increases foot speed
- Increases strength in all four strokes

Designed to increase ankle flexibility and foot speed in all four swim strokes.

- Increases leg strength
- Builds cardiovascular conditioning
- Improves ankle flexibility

Designed to promote shorter, faster kicks and build leg muscle.



BUTTERFLY



BACKSTROKE



BREASTSTROKE



FREESTYLE

# TRAINING FINS REFERENCE GUIDE



## EDGE FINS MUSCLE-BUILDING TRAINING FINS



### SWIMMER ABILITY

#### INTERMEDIATE & ADVANCED

It takes power to push these fins through the water in both directions, and they will give your legs the ultimate workout.



DESIGNED IN CALIFORNIA

### BEST TO USE FOR...

Sprint sets and muscle activation in longer freestyle sets.



### BLADE TYPE

Short, wide blade, made of 100% silicone.

### BENEFITS

- Strength and endurance
- Builds cardiovascular conditioning
- Proper kick starting at your hips and not your knees

Designed to improve kicking technique and activate key muscle groups.

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BUTTERFLY



BACKSTROKE



BREASTSTROKE



FREESTYLE

**FINIS**<sup>®</sup>  
simplify swimming