



### ISOKINETIC STRENGTH AND CONDITIONING

Consistent resistance throughout a given range of motion



### SWIM STROKE MECHANICS

Simulates swimming movements and isolates vital muscle groups



### ROTATING HANDLES

Practice hand and forearm positioning without overloading

### DUAL-ATTACHMENT POINTS

Multiple ways to set it up  
– Vertically, horizontally,  
or at a diagonal

### TWO RESISTANCE LEVELS

7mm (yellow) and 9mm (red) (red) or at a diagonal



## PRODUCT DESCRIPTION

The Slide Dryland Trainer is designed to provide swimmers with exercises that mimic the entire swim stroke cycle with consistent resistance. Attach the cord to two different points on a chain-link fence (or similar) to add variety and different angles to your strength and conditioning training. The two rotating handles allow swimmers to practice hand and forearm positioning without cord interference or overloading.

*US Patented: # 10188897*

## COLOR WAYS & SIZING

