

FOREARM FULCRUMS

#1.05.028

EARLY VERTICAL FOREARM TOOL

TECHNICAL / PADDLES

FEATURES & BENEFITS

PROMOTES AN EARLY VERTICAL FOREARM POSITION

Connects forearm and hand into a single surface

TEACHES A HIGH ELBOW POSITION

Calls for a high catch by lifting the elbow, ideal for open water and triathlon training

OPEN, FIGURE-EIGHT DESIGN

Develops correct stroke muscle memory and prevents shoulder stress without losing the feel for the water against forearm and palm of the hand

TECHNIQUE DEVELOPMENT

Specifically designed for stroke refinement and technique focus

IMPROVES EFFICIENCY

Maintains a strong, uninterrupted pull

ALL FOUR SWIM STROKES

Versatile tool for butterfly, backstroke, breaststroke and freestyle



Adult Yellow (50)
Junior Blue (48)



PRODUCT DESCRIPTION



The Forearm Fulcrums develop an early vertical forearm (EVF) position and increase stroke efficiency. An EVF position utilizes the entire forearm during the pull, from fingertips to elbow. The Forearm Fulcrums promote muscle memory of proper hand, wrist and forearm position. The Forearm Fulcrums improve efficiency and maintain a strong, uninterrupted pull from the beginning to the end of the stroke. The Forearm Fulcrums are a versatile tool for all four competitive strokes.

FINIS, Inc.

FINISinc.com

USA 925.454.0111 | EU +359 2 936 86 36

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simplify swimming