



WHAT TYPE OF FINS DO I NEED FOR TRAINING

Normally the most suitable type of fins for swimming training are the fins which have short front blade, closed feet pocket and usually made of good quality rubber.

The closed heel foot pocket is fitted to efficiently transfer power from foot to fin while the short blade is calibrated to allow for a consistent kick tempo while maintaining proper technique.

PERFECT EXAMPLE OF SUITABLE TRAINING FIN: AQUASPHERE MICROFIN HP

Benefits

1. Designed to exercise the core and upper body
2. Heart Cardio exercise
3. Rigid sole helps prevent cramping
4. Closed foot pocket made of durable TPR polymer material
5. Anti-slip rubber pads grip the wall during flip turns and on wet floor
6. Improves technique while strengthening and toning muscle

