



WHAT TYPE OF PADDLES DO I NEED TO USE FOR SWIMMING TRAINING

There are basically two types of aid tools to strengthen the hands of the swimmer

(1) Paddles

Made of plastic, ergonomic design usually and comfortable to wear and use.
Designed to mimic the hand bone structure for better pulling motion
High performance tool – ideal for professional swimmer athletes.



(2) Gloves

Made of flexible neoprene; will increase resistance and build up strength. Ideal for fitness swimming and aqua aerobics.

