



# FOIL MONOFIN



## LEARN THE FOIL DOLPHIN BODY MOVEMENT



### Single Blade Design

Locks feet together, encouraging an efficient full body undulation and propulsive dolphin kick

### Technique Channels

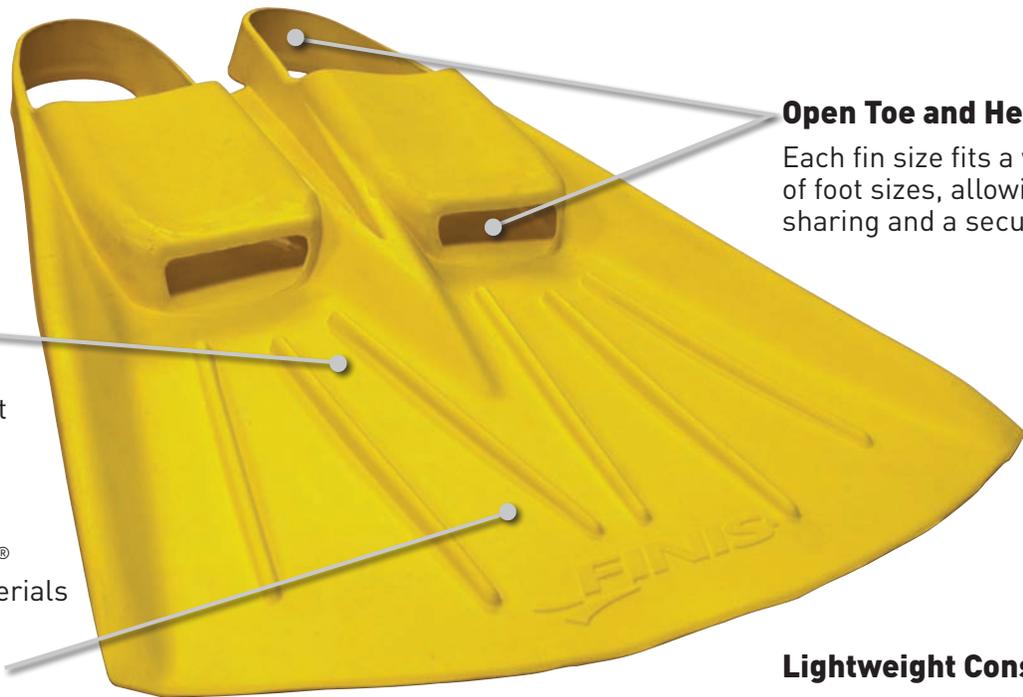
Controls the flex of the fin and encourages correct foil movement

### Zoomers® Technology

Developed using Zoomers® design principles and materials

### Large Fin Surface Area

Works core muscles including abs, lower back, quads and gluteus more than standard fins



### Open Toe and Heel Design

Each fin size fits a wide range of foot sizes, allowing for easy sharing and a secure fit

### Lightweight Construction

Comfortable to wear for all ages and abilities; portable

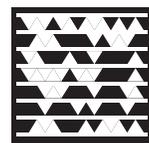
### Rubber Blade

Durable and soft construction allows multiple swimmers to safely swim in a single lane

**Foil Monofin | MSRP \$59.99**



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## Training Tips

While both variables, distance per kick and tempo (speed of movement), must be emphasized from the start in skill development and training, a bias should be directed to more emphasis upon distance per kick.

It is important to incorporate the use of the core body strength into power development in the kicking motion. Keeping the body too rigid, with the kick inside the body alignment, will result in diminished distance per kick. Let the hand, arms and body go for bigger range of motion and more distance per kick. Use exaggerated movements in your training.

Measure you distance per kick by counting kicks over a given distance. Measure tempo by timing a specific number of kick, and determine seconds per kick (example: .45 seconds per kick)

You can also learn and practice kicking on your side (Fish Kicking), rather than on your front (Dolphin Kicking)

FOIL MONOFIN SIZE CHART		
Size	Male	Female
XS	3-5	4-6
S	5-8	6-9
M	8-10	9-11
L	10-12	11-13
XL	12-14	13-15

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