POSTURE TRAINER
HEAD ALIGNMENT TRAINING TOOL

FEATURES & BENEFITS

PROPER ALIGNMENT
Virtually undetectable until swimmer exceeds ideal head position

INSTANT FEEDBACK
Provides tactile cues to inform swimmers of incorrect head position

STROKE EFFICIENCY
Improves body alignment to decrease drag and increase kick propulsion

VERSATILE FIT
Can be worn with or without goggles; one size fits all

TURN TECHNIQUE
Prevents a lifted head position prior to flip turns or open turns

ERGONOMIC CONTOURS
Fits securely to head with minimal water resistance

CORRECT BREATHING MOTION
Reinforces proper breathing technique for butterfly, breaststroke and freestyle

ALL FOUR SWIM STROKES
Assists with technique for butterfly, backstroke, breaststroke and freestyle

PRODUCT DESCRIPTION

The Posture Trainer promotes correct head and spine alignment, which is key to an efficient swim stroke. When secured to the back center of the head, the device should be undetectable until the swimmer exceeds the recommended posture range. Keeping the head in the proper position throughout the entire swimming motion corrects spinal alignment, which elevates the hips, leading to a decrease in drag and an increase in kick propulsion. The Posture Trainer’s versatility allows for use in all four swim strokes and fits comfortably with or without goggles.

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