



The New Revolution in Bodyweight Training
www.fitnessconcept.com.sg

Dry-Land and In-Water swim training products are designed to improve stroke, endurance and strength. Fitness Concept products provide the highest quality swim training tools on the market. Used by athletes such as the U.S. Olympic Swim Team and many high ranking collegiate and high school swim teams.

Swim Training Products



Original Resistance Cord with Handles

The original dry-land training device used for curls, triceps extensions, flies and lat pulls. Includes two, 4-foot (1.2m) dedicated tubes with handles and combination mounting loop.



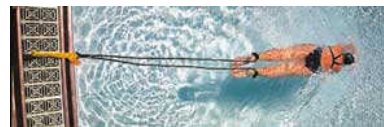
Original Resistance Cord with Paddles

The unique paddle design emulates a swimming pull. Includes two, 4-foot (1.2m) dedicated tubes with paddles and combination mounting loop.



Original Resistance Cord with Leg Straps

A comfortable 2" (5cm) wide leg strap provides resistance for leg adduction, abduction, leg extension and leg curls. Includes two, 4-foot (1.2m) dedicated tubes with leg straps and combination mounting loop. For both dry-land and in-water use.



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Original Resistance Cord Modular Set

A complete modular set for dry-land training. This set includes interchangeable handles, paddles, leg straps and a pair of 4-foot (1.2m) modular tubing with mounting straps, in a convenient carry bag.



Original Resistance Cord Mini Modular Set

A modular set consisting of a pair of interchangeable handles, padded leg straps and 3-foot (90cm) modular tubing with mounting straps, in a convenient carry bag.



Breaststroke Instrument

A unique device used for both outward and inward sweep in breaststroke pull.
(Please specify resistance level by color when ordering)



Original Resistance Cord Short Belt

A 2" (5cm) waist belt and buckle attached to a 4-foot (1.2m) length of heavy tubing used for push-off and stationary swimming in small backyard or hotel pools. Choose from two resistances.

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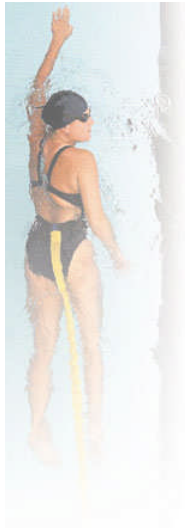
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Improved for Safety and Comfort!
Original Resistance Cord Long Belt Slider

A 2" (5cm) waist belt, padded for comfort, and sliding attachment connected to a 20-foot (6m) length of latex tubing for resisted swim out and speed assisted swim back.

The sliding attachment moves freely around the belt for unrestricted movement.

Running the entire length of the tube is our new Safety Cord; made of strong, lightweight and abrasion resistant Safety Cord, which adds safety and security in the event of breakage. Can be used in both 25 yard and 25 meter pool.

3 resistance level

NEW! Padded neoprene for comfort



Sliding attachment moves right or left

Kevlar® Safety Cord



Original Resistance Cord Grudge Belt

Two belts connected by a 7-foot (2.1m) length of heavy latex tubing for swimming tug-of-war, barge pulls or many other exercises. One resistance tubing. Black = 20-45 lbs. (9.1-20.4 kg) of pull.



Original Resistance Cord Drag Belt / Tow Tether

Unique design provides resistance with drag chute (provided), or with bucket (not included). Designed for resistance training for long swims. Drag chute is compatible with flip turns. Drag chute is available in two sizes: 8" (20cm) or 12" (30cm) chute.

Please specify size when ordering.



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Original Resistance Cord Stationary Swim Trainer

Designed for swim teams for in-place resistance swim training while using lane lines. Specifically used for training proper hip rotation; critical to stroke efficiency. Can also be used in home swimming spas where the jets are not powerful enough or do not exist for stationary swimming. One resistance: Green = 8-24 lbs (3.6-10.8kg) of pul



Original Resistance Cord Kick Trainer

Adds resistance to legs during kick sets. Assists ankle recovery from breaststroke kick as well as adding resistance to abdominal muscles during dolphin kick. Choose from three resistance levels

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