

FREESTYLE FREESTYLE **FREESTYLE SNORKEL**

- **THE FIRST SNORKEL DESIGNED JUST FOR FREESTYLE SWIMMERS**
- **PROMOTES A LOWER HEAD POSITION FOR FASTER TIMES**
- **IDEAL TRAINING TOOL FOR TRIATHLETES, SPRINTERS AND LONG DISTANCE FREESTYLERS**

The Freestyle Snorkel is the latest evolution to the original Swimmer's Snorkel and is the first snorkel designed specifically for freestyle swimmers. The advanced shape of the snorkel fits closer to the face and does not rotate at the mouthpiece for a more streamlined fit with less resistance and increased stability. The new design allows the swimmer to achieve a lower head position during freestyle and therefore further optimize body position. You'll feel it immediately and without the adverse effects of turbulence – even at top training speeds.



FREESTYLE SNORKEL BENEFITS INCLUDE:

- Promotion of a lower head position for optimum freestyle form
- Ability to maintain a natural, rhythmic breathing pattern due to easy achievement of proper body position
- A streamlined fit with less resistance and increased stability during freestyle stroke
- Use of centrifugal force generated during flip turns to greatly restrict water from entering the tube
- Increased CO₂ tolerance and V_{O₂} max from regular use
- 40% increase in conditioning and workload to the lungs when used with the cardio-cap (additional accessory), providing benefits equivalent to those associated with altitude training



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