



# Hydro Hip

[ enable complete and symmetrical hip rotation ]



[ develop a quick hip snap for sprints ]

*"The HydroHip teaches powerful and symmetrical long axis strokes. Every swimmer should have this valuable tool in their equipment bag."*

- **Clark Campbell,**  
*Men's Intercollegiate  
Athletics, University  
of Kansas*

*"On its own, the Hydro Hip is a phenomenal training tool. Used with the Swimmer's Snorkel, there's no reason not to have the perfect stroke."*

- **Rick Rowland,**  
*Head Swim Coach,  
Cal Baptist University*

## What is the Hydro Hip?

The Hydro Hip provides resistance training to build power for hip rotation. It is an advanced training product consisting of a belt and two small fins that protrude from each hip, intended to be worn around the swimmer's waist for freestyle swimming (or near the chest for swimming breaststroke). A minimum guideline for who should be using the Hydro Hip, includes Junior National level swimmers, triathletes and age group members; 14 and above.

The magic of the Hydro Hip actually happens when you take it off, even after swimming as little as a hundred yards. It is specifically intended for short-distance training and quickly teaches you to drive your swim from the hips, as opposed to pulling with your arms. Ultimately, this will create a "power snap" at the hips. It is estimated that you get close to a 100% return on energy expenditure from your hips, versus only about 20% from your arms. The Hydro Hip is designed specifically to take advantage of this ratio and help you achieve a more technical and powerful stroke.

## Why do I need the Hydro Hip?

Proper body alignment and balanced hip rotation serve to generate power, as well as increased distance-per-stroke and efficiency. A key to improving technique and stroke efficiency is to improve hip rotation.

The strength and rate of an individual's hip rotation determines the power and timing of their stroke. Swimmers that do not have a balanced hip rotation will in turn have an unbalanced stroke, resulting in a waste of energy. Rotation is a fancy way of saying, "swimming side to side," which is highly desirable for increased stroke power and a more hydrodynamic body position in the water.



# Hydro Hip

The Hydro Hip provides increased resistance directly at the hips to improve core strength and stroke efficiency for greater body balance and increased speed. It works the rotational muscles for greater power and distance per stroke. For freestyle and backstroke, the Hydro Hip teaches complete rotation to both sides and proper timing of the hips and body. For breaststroke, the blades can be positioned to prevent the elbows and arms from moving back too far, enforcing quick hands and faster arm recovery.

## How do I get started with the Hydro Hip?

Attach the Hydro Hip to your waist and swim a few laps of freestyle to get comfortable using the product. The belt should be snug and pulled tight. Now, swim 10 x 25s with moderate rest, alternating freestyle with backstroke for each lap. Try to swim two strokes with the right arm, then two strokes with the left. The arm not being used should be at your side. Make sure that your hips rotate so your arms do not hit the blade. This will improve your technique.

For swimming breaststroke, adjust the blades to a 45-degree angle and attach the Hydro Hip near the chest. Swim 10 x 25s with a dolphin kick and breaststroke pull, keeping your head up. This drill focuses on hand and arm tempo, as well as the proper pattern the hands and arms should follow. The Hydro Hip ensures that the arms and hands won't go back too far (they will hit the blade before they do).

Remember, the Hydro Hip is intended for drills short in length, not long distance swimming. Optimum results occur when the Hydro Hip is removed and the force of resistance is eliminated.

## Anchor Snap Drill

Arms extended with steady, moderate kick.

Anchor right hand and snap left hip to side as arm pulls through top end of stroke (approximately even with shoulder). Keep right arm underwater while slowly extending it back to original position.

Anchor left hand and repeat on the opposite side.

## One-Arm Drill

Stroke with left arm and keep right arm remaining at side for one lap.

Anchor left hand and snap right hip to side as arm pulls through for a completed stroke. Try to bring left shoulder out of water during pull through and recovery.

Use the opposite arm for the following lap.

This drill strengthens rotation and establishes correct timing of hip turn. Arm will brush hip fin upon exiting stroke if rotation is not complete or if timing is incorrect.



## Quick Tips:

*Rotate the Hydro Hip's blades 45 degrees for breaststroke training when product is positioned on the chest.*

*Try not to pause or stop your hands when they're underneath your chin*

*Use the Hydro Hip during warm-up sets prior to competition. After removing the Hydro Hip, your body will continue to react to the resistance and improve your performance.*

**\*Submit your favorite or most creative sets to: [swimcoach@finisinc.com](mailto:swimcoach@finisinc.com)**