

# Strokemakers™ Assembly Instructions and Care Guide

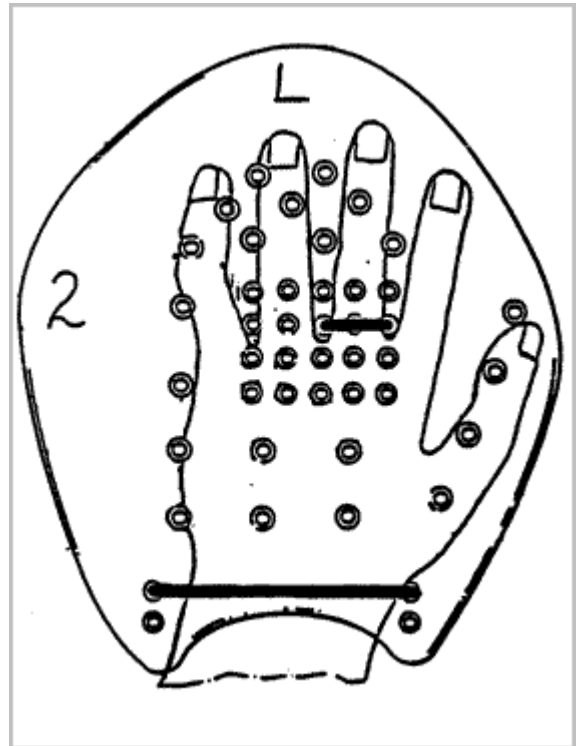
## Why Strokemakers

Strokemakers were designed to improve your swimming stroke while limiting shoulder stress!

They increase distance per stroke by disallowing early recovery; strengthen swimming specific muscles and muscles used in water propulsion; improve feel for the water due to the flow-through holes and flexible design; and exaggerate both correct and incorrect movements to aid swimmer and coach to make corrections (the bright colors make seeing the hands in the water easier for the coach as well).

## Assembly

Place your hand on one paddle (L is left, R is right) with the thumb and index finger very close to the edge leaving a solid water foil on the pinky side (see drawing). Place the short tube in the grid over 1-3 of your fingers for comfort, and the long tube in the wrist holes at the bottom of the paddle. The placement of the tubes is **essential** for maximum benefit and minimum shoulder stress--**DO NOT ELIMINATE THE WRIST TUBE**--the paddle was designed to allow and encourage finishing your stroke with this tube in place.



## When and How to use your new paddles

Strokemakers™ can be used in all four competitive strokes for drills, pulling sets, and sprint-assisted swimming (really fun and fast with fins!). When swimming fly, do not circle in a single lane to avoid hitting your teammates! When switching from freestyle to fly and back, try dropping down one size or two during taper and at the beginning of the season. Strokemakers™ are also useful for synchro swimmers, water aerobics and some typical medical rehab because they increase strength and sculling skills. They are also great for body surfing!

## Care of your Strokemakers™

Strokemakers™ are made from flexible plastics which are sensitive to extreme temperatures so don't leave them in the trunk of your car and don't throw or hit your paddles on something hard as they may break.