

## 1 | Sport-Thieme Aqua Special Pull Cord incl. Abdominal Belt

For training strength and stamina in a group. 5 types for better adaptation to performance level. New improved quality. With hand loops made from durable webbing and plastic fasteners. Includes detailed training instructions (in German). Length of pull cord 4.5 m.

**Type I:** resistance strength approx. 5 kg, suitable for children and beginners. Pull cord yellow.

**Training effects:** development and stamina of the muscles used for swimming.

**Type II:** resistance strength approx. 10 kg, suitable for children and advanced users, stronger beginners. Pull cord red.

**Training effects:** development and stamina of swimming-specific strength.

**Type III:** resistance strength approx. 15 kg, suitable for youths, primarily females at a general training level. Pull cord with red, blue and yellow stripes.

**Training effects:** building up strength for beginners, stamina for advanced users.

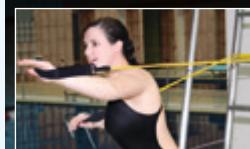
**Type IV:** resistance strength approx. 20 kg, suitable for youths, primarily males at a performance level. Pull cord with blue, red and yellow stripes.

**Training effects:** strength and stamina of the muscles used for swimming, also maximal strength.

**Type V:** resistance strength approx. 25 kg, suitable for well-trained swimmers at a higher level. Pull cord blue.

**Training effects:** strength endurance (stamina) and maximum strength (sprint capacity).

71 281 5002 Type I	Each
71 281 5015 Type II	Each
71 281 5028 Type III	Each
71 281 5031 Type IV	Each
71 281 5044 Type V	Each



**SPORT-THIEME®**

- ✓ New! Improved version now includes abdominal belt
- ✓ With hand loops made from durable webbing



### Our team recommends:

#### Nora Kirchmer

Swimmer for 23 years. Member of the Marketing team, has worked for Sport-Thieme since 2006.



"My personal favourite product for swimming training! The pull cord is small, handy and extremely durable. I've had mine for 16 years and it hasn't let me down yet!"

## 2 | STRECHCORDZ®



2 |

- ✓ Highly elastic with latex pull cord
- ✓ Can be attached anywhere

## 2 | StrechCordz Aqua-Gym Long Belt

Swimming strength training in the water. Targeted training of the muscles needed for swimming! Special 7.5-m latex tube, stretches up to 25 m. Will increase swimming strength. Only intensive strength training in the water! with the Aqua-Gym will increase your swimming strength to a level where you can reach the other side of the pool. Belt with quick-release fastener and high-quality latex tube. All fastening parts are rustproof. Silver, resistance: 1.3–3.6 kg

71 224 6000	Each
Yellow, resistance: 2.2–6.3 kg	
71 224 6013	Each
Green, resistance: 3.6–10.8 kg	
71 224 6026	Each
Red, resistance: 5.4–14.1 kg	
71 224 6039	Each



- ✓ Shorter length
- ✓ Perfect for small pools
- ✓ Ideal for training when pushing off from the side

## 3 | StrechCordz Aqua-Gym Short Belt

With the same characteristics as the StrechCordz Aqua-Gym long belt 2|, but the special latex tube is 1.2 m long, stretching to approx. 4 m. Ideal for kick-off training and stationary swimming training, even in small pools. Green, resistance 3.6–10.8 kg

71 224 6042	Each
Red, resistance: 5.4–14.1 kg	
71 224 6055	Each



## 4 | StrechCordz with Hand Paddles

Pull cord with hand paddles for targeted swimming strength training on land. Highly elastic latex pull cords do not increase the resistance too much when pulled. The progression of force is ideally adapted for swimming. High-quality latex tubes securely attached to the plastic parts. Length 120 cm. Available in four different resistance levels.

Yellow, resistance 2.2–6.3 kg	Each
71 213 0822	Each
Green, resistance 3.6–10.8 kg	Each
71 213 0806	Each
Red, resistance 5.4–14.1 kg	Each
71 213 0819	Each
Blue, resistance 6.3–15.4 kg	Each
71 213 0848	Each



More swimming training products available online at: [sport-thieme.com](http://sport-thieme.com)

Swimming training