For advice and to place an order: +49 5357 181 503  info@sport-thieme.com

Aqua Pull Cords

New!

1 New! 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 blue.
  Training effects: strength endurance (stamina) and maximal strength (sprint capacity).
- 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 maximal strength (sprint capacity).

EXPERTS SAY:

“...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!”

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

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

3 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
71 213 0822 Each

Green, resistance 3.6-10.8 kg
71 213 0806 Each

Red, resistance 5.4-14.1 kg
71 213 0819 Each

Blue, resistance 6.3-15.4 kg
71 213 0848 Each