POWER STROKE CORD

Boost your swimming fitness, endurance and power with the ultimate swimming training aid!

The Power Stroke Cord comes with two fully removable cords and two hooks, two handles, two hook spacers, a kidney support and a free instructional DVD.

Developed with convenience in mind the Power Stroke Cord is completely portable and can be used for general fitness or to specifically target the muscles used for swimming.

ONE CORD

One cord will give you light resistance, perfect if you are new to exercise or swimming, or if you're a developing junior.

TWO CORDS

Two cords will give you a medium to strong resistance. If you are a regular swimmer then this should be the right resistance for you.

Fully portable, the Power Stroke Cord can be attached to door handles, posts or any fixture that is not going to move during exercise. A double loop can be used to fix the cords around a fixing such as a door handle to prevent them from slipping during use. Similarly the kidney support can be used with larger/broader supports.

View it on YouTube: http://www.youtube.com/watch?v=VZP5fIAndMY.

Order your Power Stroke Cord here, for £29.50!

10% of all sales, including website goes to Templemore ASC. If you want to try the Power Cord or swimsuits/goggles, please let me know and I will come during training sessions.