


BAD
for the hair


GREEN



GOOD
for the environment

TRI SWIM

"GOOD FOR THE BODY, GOOD FOR THE SOUL"



CHLORINE-OUT | SKIN LUBRICANT
ANTI-FOG CLEANSING WIPES

SBR SPORTS INC.

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Selection

CHECKING IN

AQX AQUATIC TRAINING SHOE \$79.95

Looking to get in a run without impacting your joints? Check out the AQX Aquatic Training Shoe. With strategically placed hydrodynamic fins on each side, the shoes add 20 percent to 30 percent more resistance to any aquatic exercise. A 100-percent sticky outsole prevents slips and the bungee lacing system insures a secure and snug fit. Drainage ports allow for quick drying while arch support helps stability. Use it to build core strength, speed and quickness. Aqxsports.com



SUPERSWIMPRO WITH STAIN-LESS STEEL IN DECK BASE \$199.99

Install the stainless steel deck base of the Superswimpro into the concrete surrounding your pool and get ready for an endless pool experience. Simply put on the adjustable belt, enter the water and begin to swim. As you stroke, the Superswim will pull back, creating resistance as you swim naturally. The harder you swim, the more resistance you feel, cutting your workout time by at least one third compared to working out in a regular lap pool. Increase endurance, build strength and tone your body while not leaving the house. Superswimpro.com



THE ESSENTIAL TRIATHLON SWIMMING DVD \$37 OR \$57 WITH COMPLETE GUIDE TO TRIATHLON SWIMMING

If you're frustrated with your swim, master swim coach Kevin Koskella says not to give up yet. Check out the Essential Triathlon Swimming DVD in which Koskella helps swimmers ranging from beginners to advanced swimmers learn to enjoy the swim. Guiding you through technique drills, workouts and open-water race strategies, this DVD gives you the tools you need to be successful. Above- and underwater footage, animations and footage from various races are included in the demonstrations throughout the DVD. If you want to finish the swim strong with energy to spare for the bike and run, check out this DVD. Triswimcoach.com



SPORTCOUNT CHRONO 100 \$39.95

For the serious athlete, coach and racer, the Chrono 100 is the best product you can find for recording multiple lap times, whether you're swimming or running. With a 100 individual lap recall, lap number and split-time display, and hands-free operation, the Chrono is the perfect tool to use in the pool. Recall your fastest, slowest, average and total lap times while being able to pause time without throwing your stats off. Water-resistant to 50 meters and accurate to one hundredth of a second, you can count on the SportCount Chrono to give you all the information you need to track and improve your swim times. Sportcount.com

