

# STROKEMAKERS™

## SWIM TECHNIQUE PADDLES

Strokemakers were designed to improve stroke technique, build swimming specific muscles and reduce stress on the shoulders. Available in 7 sizes.

**Strokemakers will improve your swimming by:**

- \*increasing distance per stroke by preventing early recovery
- \*improving feel for the water (flow through design prevents "dead hand" feel)
- \*exaggerating both correct and incorrect hand motions, helping swimmers and coaches identify and correct stroke faults



**MADE IN USA**

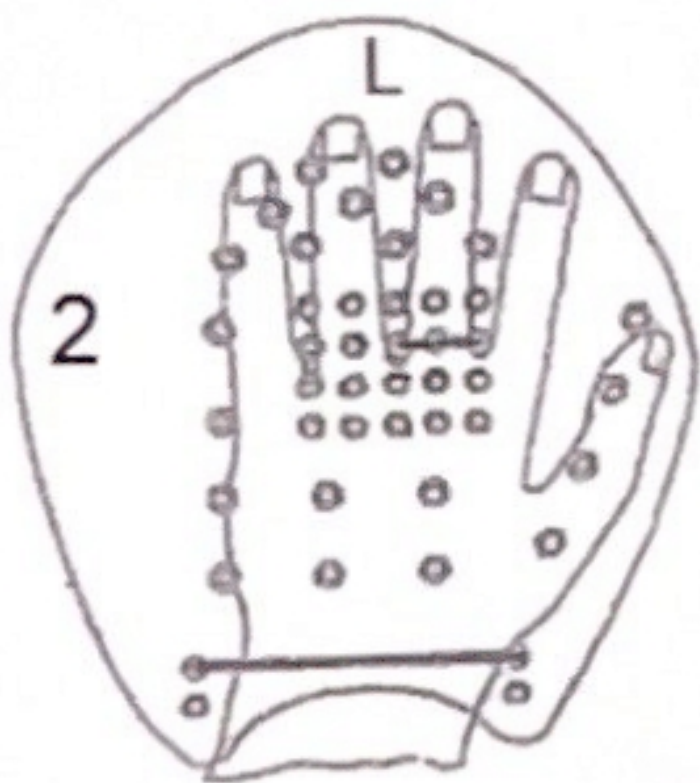
[www.strokemakers.com](http://www.strokemakers.com)  
[strokemakers@cox.net](mailto:strokemakers@cox.net)

@strokemakersbyspeedshop  
Phone 480-657-0048

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## Assembly:

Your new Strokemakers come with a complete set of tubing. To cut two wrist and two finger tubes from the supplied piece of tubing, simply fold in thirds and cut on a diagonal to make pointy ends that easily slide into the holes. Then cut one of the resulting 3 pieces in half, also on the diagonal. Trim uncut ends into points as well. You should have 4 pieces of tubing—two about 4-6 in. and two about 10-12 in. Place your hand on the paddle (R is for right hand, L is for left) with thumb and index finger close to the edge (see diagram) and thread the tubing through the holes over the wrist and middle finger, and back through the hole on the other side to hold the hand in this position. Adjust for comfort. You can trim the ends (on diagonal) that hang through the back side, but leave at least an inch or they will fall out. You shouldn't need to tie knots—the holes will pinch and hold the tube in place which also allows you to adjust the tubing as needed when training.



Strokemakers are designed first and foremost to improve technique and to build swimming specific strength. **PLEASE DO NOT ELIMINATE THE WRIST TUBE!** The paddles are designed so that your hand remains open and relaxed and the tubing keeps your hand in position on the paddle. Removing the wrist tube causes the hand to cup in an attempt to "hang on" to the paddle during some phases of the pull in various strokes as well as causing the hand to shift position which changes the shape of the paddle in relation to the hand. Questions? Doubts? Give us a call at 480-657-0048 or send an e-mail to [strokemakers@cox.net](mailto:strokemakers@cox.net)!!

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