



## USING THE SWIMFAST ERGOMETER

- 1** Before climbing onto the SwimFast ensure the footrest supports are adjusted to both the correct length and that the double feet supports are close enough so as to offer support and stability. A fitting test maybe advisable in order to determine best fit and familiarization.
- 2** **On the SwimFast Pro Version Only** - Adjust the front catch arm width to the preferred width and length. Remember the closer strokes [Freestyle] will benefit from a narrower with, whereas say Butterfly will benefit from a wider grab width. After selecting the appropriate location of the arms ensure all fixing bolts are secured. Note: The higher the catch arms - the great the “catch” resistance at the beginning of the stroke.
- 3** Set the resistance of the flywheel to the appropriate resistance by moving the resistance lever between No.1 – 9. No. 9 is greater resistance and 1 lower. There will not be a dramatic variation feel in resistance but it is there – bear in mind the effect of the resistance adjustment is accumulative. You may also consider one of our other resistance options – like the standard / high dual resistance catch roller (available separately). This allows you to train at higher or standard resistance at the flick of the rope.
- 4** If the expendable forehead support is required then this should also be set up for length [supporting the forehead] prior to mounting the SwimFast
- 5** Rotational Bench. We recommend that until familiar with the SwimFast Ergometer - the bench used in the flat and fixed position. The rotational front bench feature be used only after exercising with the SwimFast for a period of time. The rotational bench feature should be used with Caution – and only with the rear footrest in place to offer additional support to the legs. Start to rotate with the bench, slowly at first until familiar.
- 6** Insert the hands into the SwimFast handles making sure they are both comfortable and secure and then mount the bench in order to start the workout. If the function of the on-board console is required set this up too prior to mounting the bench. Please refer to separate manual for console set up and operation.

As technique tends to be a personal element or expression, you may want to consult your coach for their input. SwimFast will allow you to strengthen the key elements of your stroke in a sports specific action.

### ! WARNING !

- Injuries to Health may result from incorrect or excessive training.
- The SwimFast ergometer must be assembled on a stable and level base.
- Warning! Heart Rate monitoring systems may be inaccurate.
- Over exercising may result in serious injury or death.
- If you feel faint stop exercising immediately.

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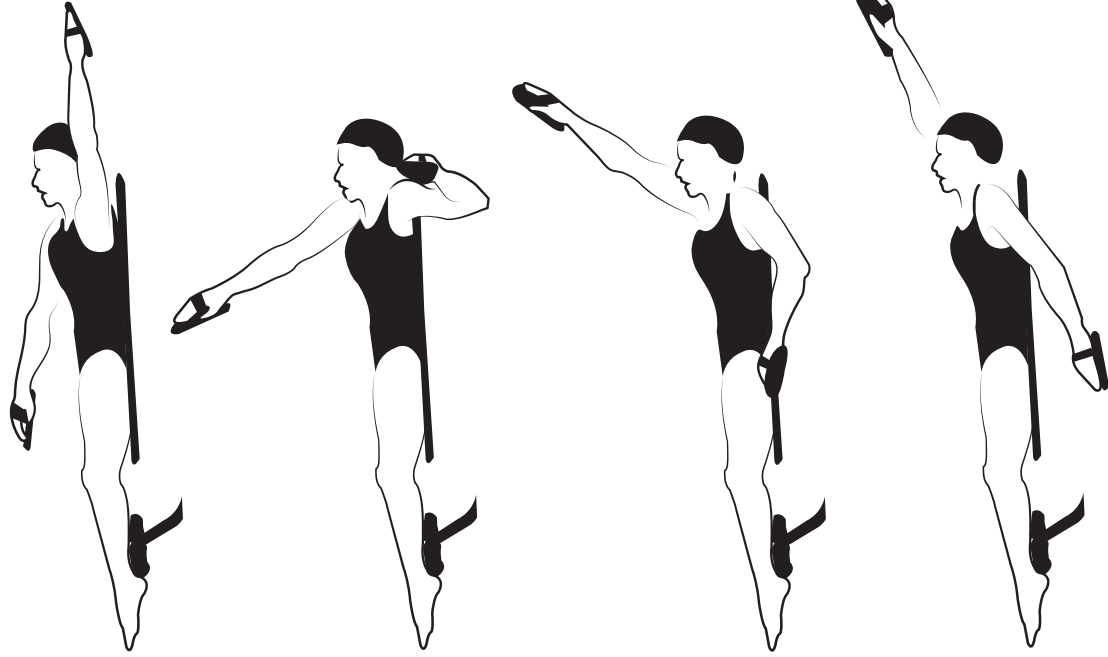
SUPPLIER OF ERGOMETERS TO NASA  
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OFFICIAL SUPPLIER OF ERGOMETERS  
TO THE OLYMPIC GAMES



## BACKSTROKE SIMPLIFIED TECHNIQUE



### OVERVIEW

In backstroke, you float on your back in the water. Your body is almost horizontal, with a slight tilt toward the feet. This slight tilt allows you to flutter kick without your legs breaking the water surface. The body position will be the same in on the SwimFast.

### ONCE ON THE SWIMFAST BENCH

Your head is in a neutral position, in line with your spine.

Your legs should remain still with no movement

Your arms execute alternating movements:

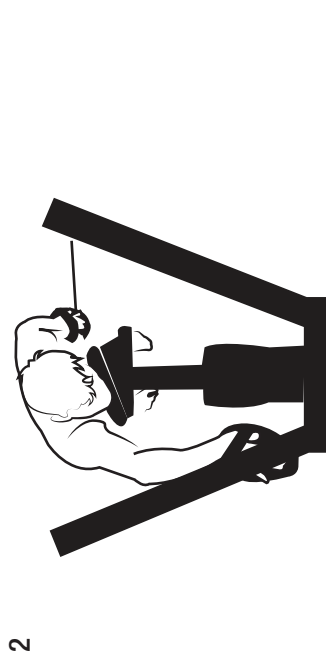
- One arm recovers if in the water from the hip to the overhead position in a semicircular movement. The arms are kept straight during the recovery...
- Meanwhile, the other arm sweeps alongside the bench from the overhead position backward to the hip, providing propulsion if in the water. The hand follows an S-like pattern during this sweep, alongside the bench.
- The recovering arm becomes the sweeping arm once it moves in front of the swimmer, and the sweeping arm becomes the recovering arm when it exits the alongside the bench at the hip.
- Keep your head still

## FREESTYLE SIMPLIFIED TECHNIQUE

### FROM LYING POSITION

When improving your Freestyle technique on the Swim Fast aim to keep your body position as flat as you can on the bench:

- ♦ Try to keep your stomach flat and level to support your lower back.
- ♦ With eyes looking forward and down, your head should be in line with the body, support your chin or forehead on the roller provided.
- ♦ Try to keep your head and spine as still and relaxed as possible.



### ARM ACTION ON THE SWIMFAST

- 1 Keep your elbow slightly bent as you reach your hand in front of you, fully supported in the hand paddle provided, then in the same way you would in the water, press down wards allowing the forearm to then also bend, known as EVF in the water, Early Vertical Form. Look for around 180 degrees of movement within the elbow.
- 2 Forward extension with the hands should be between the center line of the head and the shoulder line and the hand should be directed with the palm of hand paddle facing down.
- 3 Don't start pulling back as soon as your hand is in front of you should give yourself room to reach forward under the water before you start to bring your hand back to the body.
- 4 With your elbow slightly bent, sweep forward, then back towards the center of the body, [imagine pushing the water behind you as you move forward] then out towards the thighs to recover.
- 5 Maximize the efficiency of your stroke by completing the whole arm action and not bringing your arm out from alongside the bench before it reaches your hips.

### ADDITIONAL RECOMMENDATIONS

- + Aim for High Elbows during all arm movements.
- + "Press" downwards at the extended stroke.
- + Build slow and controlled movements to start for better developments.
- + Do not over extend the pull too far back; be sure to exit the hands early.