

Uimaräpylä - kelluva



Color	Size	Male Shoe Size	Female Shoe Size	Europe Shoe Size
Blue/Lime Green	XXXS	Jr 8-11	Jr 8-11	26/29
Blue/Orange	XXS	Jr 11-1	Jr 11-1	30/33
Blue/Yellow	XS	1-3	2-4	34/35
Red/Black	S	3-5	4-6	36/37
Red/Blue	M	5-7	6-8	38/39
Red/Grey	L	7-9	8-9	40/41
Black/Red	XL	9-11	10-12	42/43
Black/Navy	XXL	11-13	12-14	44/45
Black/Dark Green	XXXL	13-14	14-15	46/47

Uimaräpylä - lasten



- * Helps promote proper body position in the water
- * Soft polyvinyl material for comfort and flexibility
- * Adjustable heel strap

Sizing

- * Toddler's: Yellow, adjustable to fit size 6-10
- * Children's: Blue, adjustable to fit size 11-2

Uimaräpylä - Toddler



- * Helps promote proper body position in the water
- * Soft polyvinyl material for comfort and flexibility
- * Adjustable heel strap

Sizing

- * Toddler's: Yellow, adjustable to fit size 6-10
- * Children's: Blue, adjustable to fit size 11-2

Monouimaräpylä



Learn to dolphin kick with the Foil Body Motion developed and popular by Coach Bob Gillett. Using the Foil Body Motion a swimmer can use his or her entire body to create a powerful and undulating dolphin kick through the water. The Foil Monofin promotes an equal use of "down" and "up" kicks for propulsion throughout the entire dolphin kick movement by teaching the Foil technique and increasing the swimmer's core and leg strength. For best results while learning the Foil Body Motion, try kicking on your side while using the Foil Monofin.

Sizing Chart

FOIL MONOFIN SIZE CHART		
Size	Male	Female
XS	3-5	4-6
S	5-8	6-9
M	8-10	9-11
L	10-12	11-13
XL	12-14	13-15

Monouimaräpylä - Shooter



With a short and stiff fiberglass blade, the Shooter Monofin is ideal for competitive swimmers who want to develop a quick and powerful butterfly kick, while improving flexibility in the feet and ankles. Swimmers can simulate race-pace kicking and tempo, while working the abs, lower back, quads, and glutes. The monofin can also be used for long-distance butterfly training, breaststroke drills and backstroke underwater work.

Sizing Chart

Shoes Size	Monofin Size	Monofin Pocket Color
6.5-8	Medium	Blue
8.5-10	Large	Green
10.5-12	XLarge	Orange
12.5-16	XXLarge	Black

Monouimaräpylä - Wave



The Wave is a youth size recreational monofin that teaches younger swimmers the undulation needed for a proper dolphin kick. Safe to use in a pool, lake or ocean, the Wave will build a child's leg strength and make them a more confident swimmer. The Wave has a built in stability ridge for proper flexion and comes with an adjustable heel strap that can be fitted to men's US shoe sizes 1 to 7 or women's 2-8, making it a great product for beginning competitive swimmers. The Wave comes with quick-release foot straps for added safety and easy adjusting. Plastic protection inserts are included in order to keep the shape of the foot pocket during storage. The Wave is a great swim toy and comes with a signature of approval from Olympic gold medalist and FINIS founder, Pablo Morales.

Fits men's US shoe size 1-7 or women's 2-8

Monouimaräpylä - Rapid



The Rapid is a recreational monofin designed for teenagers and adults. Using a large single-blade, swimmers will learn a proper undulation in the water and obtain a great core and leg workout. The Rapid's flexible blade makes swimming more enjoyable as users can swim at greater speeds and depths. A versatile monofin, the Rapid can be used in a pool, lake or ocean and comes with an adjustable heel straps that can be fitted to men's US shoe sizes 8 to 12 or women's 9-13. The Rapid also comes with quick release foot straps that provide added safety in the water. A great product for swimmers looking for fun or a healthy workout, the Rapid comes with a signature of approval from Olympic gold medalist, Pablo Morales.

Fits men's US shoe size 8-12 or women's 9-13

Monouimaräpylä - Trainer



The Trainer I Monofin is made with a long, flexible fiberglass blade that is designed for more serious swimmers and triathletes. The Trainer I Monofin improves body balance, strengthens the core muscles and is a vital drill tool. Monofins are great strength training tools to develop a smooth and powerful butterfly kick that is generated from the hips, not the knees. Monofins work the abs, lower back, quads and gluteus, while improving flexibility of the feet and ankles.

Sizing Chart

Shoes Size	Monofin Size	Monofin Pocket Color
6.5-8	Medium	Blue
8.5-10	Large	Green
10.5-12	XLarge	Orange
12.5-16	XXLarge	Black