



FINIS[®]
simplify swimming

2016 FALL / WINTER CATALOG

FINISinc.com

Dear Swimmers,

For those of you who know our company well, you know we do not sit still for long and the previous year was no exception. We are selling more product in more countries than ever before; and, although it is exhilarating to march to the quick beat of change, it is equally important to slow down and acknowledge the importance of our roots. This means asking ourselves: What promise have we made as company? Does the world of swimming trust us to deliver on that promise?

THE PROMISE

When Pablo and I started FINIS in 1993, it was our sincere promise to simplify swimming through the highest quality products on the market. Since then, upon the development of every new FINIS product, we make it a point to ask ourselves the tough questions: Does this product deliver on our promise to the market? Is this product a result of our very best effort? Is this the maximum quality we can provide at an affordable price?

I wholeheartedly believe that the Axis buoy (pg. 28) and the Edge fins (pg. 18) are two products that demonstrate our deliverance on the promise to innovate and elevate swimming equipment. Thoughtfully designed, versatile products that continue to inspire new training methods in pools around the world. I could not be more proud to have the simple elegance of the Axis buoy and Edge fins in our product family.

THE TRUST

When it comes to building trust, it is vitally important to deliver on our promise to simplify swimming in the products that we offer, but also in the way that we conduct our business. We strive to earn that trust with employees, customers and business partners with initiatives like So More Can Swim (pg. 47). On April 1, 2016 we celebrated one year of So More Can Swim. During the first year, we donated to over 40 organizations that are making swimming more accessible and we look forward to making an even bigger impact in the year ahead.

ONE LAST THING

We take a lot of pride in offering the products that are on deck, day in and day out, when athletes are putting in the hard yards. With that, we also want to be there when it is time to cash in, when the preparation fuels performance, when the lights go down and the music turns up. Athletes and coaches, we want to be there with you when you MAKE YOUR MOVE.

After the launch of the Vapor in 2014, we saw a clear opportunity and responsibility to produce technical racing suits that take FINIS to race day. With the addition of the Fuse (pg. 68) and Onyx (pg. 64) to our technical swimwear line, we have rounded out a family of racing suits that meet a whole spectrum of athletes' needs. I invite you to learn more about what these suits have to offer – because it is something special!

Make your move – we are!

Sincerely,



John Mix
Founder and CEO



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In the fin of things

U.S. swimmers hoping to make a splash in World Championships

by Keith Peters



Keith Peters

Now that you've won three Olympic gold medals in swimming, Jenny Thompson, where are you going to go? Disneyland, perhaps? How about Dunaujvaros, Hungary? As strange as it may sound, Thompson is going to that small Hungarian city outside of Budapest. The occasion is the eighth annual World Championships of fin swimming, which starts Sunday and runs through Aug. 25.

Morales has his hands in the USA Fin Swimming program these days, even though he's retired from competitive swimming.

"I played water polo in Europe," said Mix, a graduate of Bellarmine Prep and UC Santa Barbara. "I saw a Monofin and tried it. I thought, 'this is so much fun.'"

Morales is so convinced that fin swimming is the wave of the future that he's become a partner with Mix in the FINIS company. Morales also will accompany the American team to the World Championships as a spokesman for the company and the sport. Morales and Mix were schoolmates at Bellarmine.

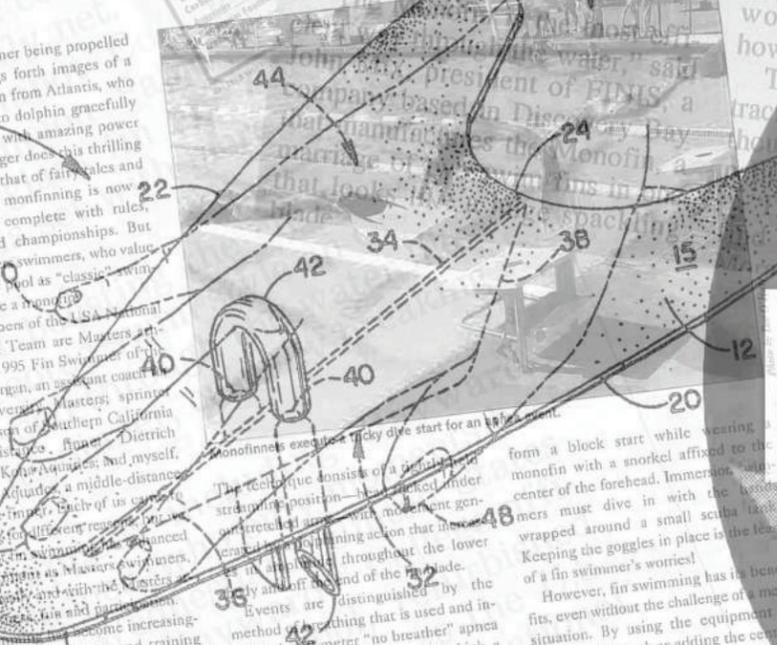
Aside from the enjoyment aspect, the way the fin is designed promotes a strenuous workout for the fitness-minded. For competitive types, the Monofin is like a jet engine on a jalopy—allowing a swimmer to cut through the water at spectacular speeds. The world record for the men's standard 200-meter freestyle is 1:46.69. The world mark using a Monofin, however, is 1:23.06.

"He doesn't want to be anything but the best," Mix explained. "I've spent all my life trying to go faster."

Having name swimmers like Morales and Thompson associat-

Working Out

Finning for Masters



FINIS

what we do

OUR MISSION

We simplify swimming through innovation, high-quality products and a commitment to education.

OUR VISION

To help every person in the world enjoy the water.

We simplify swimming...

FOR THE ATHLETE.

Because we understand that improving technique is the secret to swimming faster, our products help athletes of all abilities master the basics as a means to excellence.

FOR THE COACH.

Our products offer coaches a toolkit for instructing and reinforcing the fundamental skills of swimming, both on and off the pool deck.

FOR THE BEGINNERS, BOTH YOUNG AND OLD.

We make learning to swim more comfortable and fun, because we want everyone to have the chance to enjoy swimming.

FOR THE LIFELONG SWIMMERS.

"Swimming until the day I die" is a phrase often heard around the halls of the FINIS Headquarters. Our products allow swimmers to do just that - to live a mentally and physically healthy lifestyle.

who we are

CALIFORNIANS

The storied sense of adventure and draw to the water is in our blood - our products come to life here, we work here and most importantly, we live here. Located in the heart of the Bay Area, we are inspired by the nearby oceans, lunchtime swims and a widespread culture of innovation.

SWIMMERS

We are swimmers, and we get it. Our understanding of swimmers of all abilities comes from within - we represent the full aquatic spectrum, from beginners to Olympians.

COACHES

We are proud of our coaching backgrounds and we share a deep-rooted passion for helping athletes and coaches alike. Many of our products are unique, perhaps even strange at first glance, and require an element of education, which we are happy to provide. Whether it is at a swim meet, clinic, or even over the phone, we seize every chance we have to share our knowledge.

INVENTORS

Call us nerdy, but we are obsessed with the fine details of swimming. Our elite team of industrial designers is dedicated to developing the next big thing - but we are not in this alone! We collaborate with an extended family of swimmers and coaches around the world to stay at the forefront of swimming technology. Have a great idea? We invite you to share your thoughts by emailing ideas@FINISinc.com.

DO-GOODERS

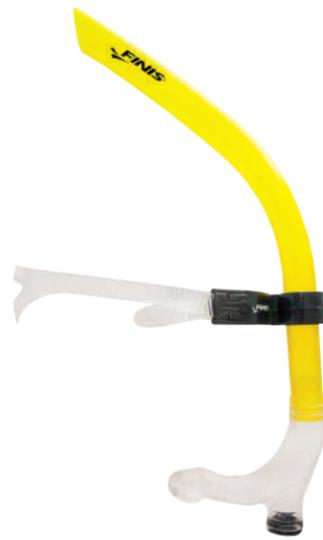
Simply put, we believe that everyone deserves the joy of swimming. We work hard to make water safety and competitive swimming more accessible. With the So More Can Swim initiative, a portion of every FINIS goggle purchase is donated to organizations that make swimming more accessible.

what we do & who we are

DELIOMA GONZÁLEZ HERNÁNDEZ • SEMI-PROFESSIONAL TRIATHLETE, SPAIN



technical



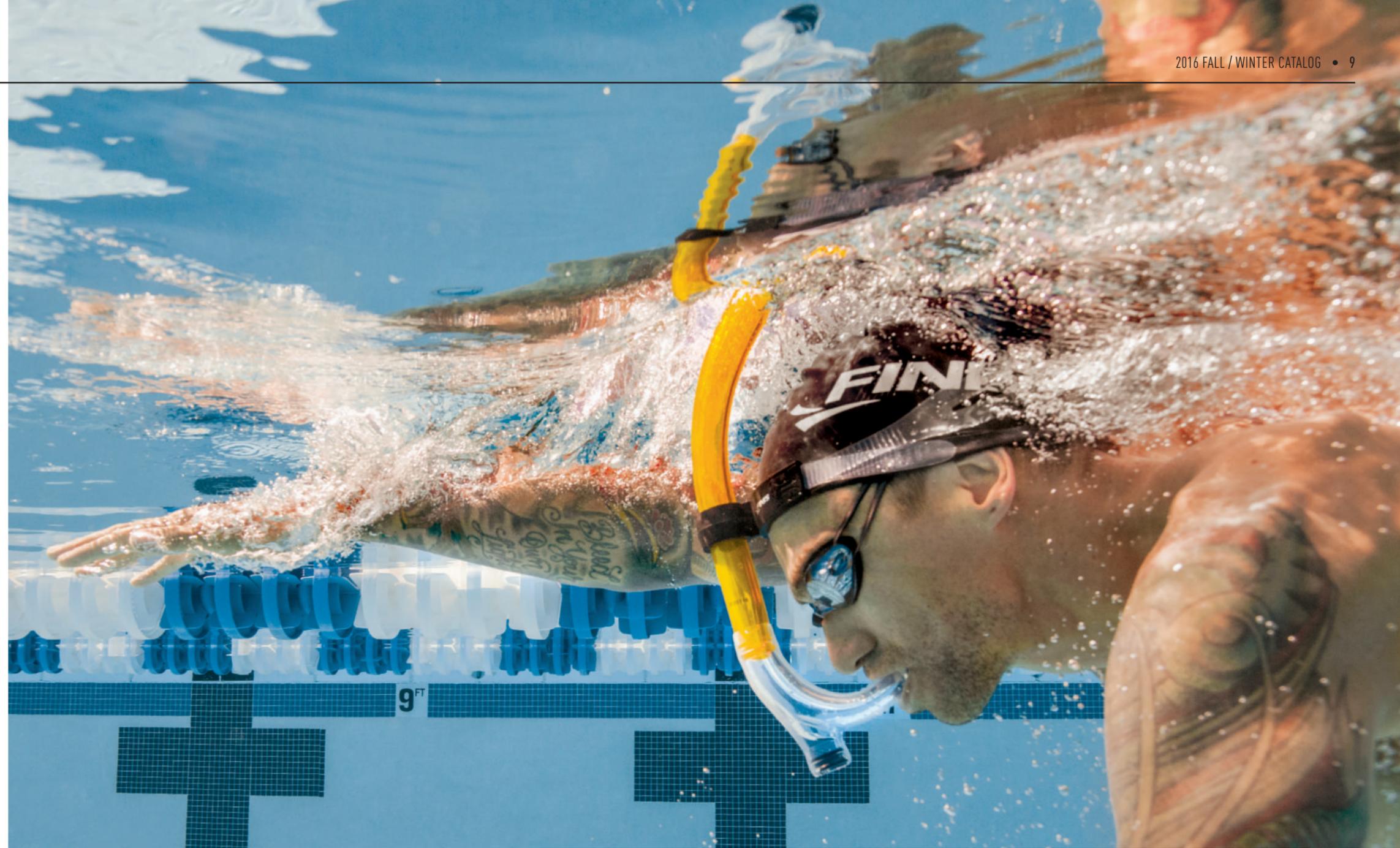
SWIMMER'S SNORKEL TECHNICAL & TRAINING SNORKEL

Allows swimmers to focus on stroke technique without the interruption of turning the head to breathe. The center-mount design accommodates a full range of motion for butterfly, breaststroke and freestyle.

STYLE: 1.05.009

- YELLOW
- PINK (112)

REPLACEMENT PURGE VALVE | STYLE: 1.05.010.101

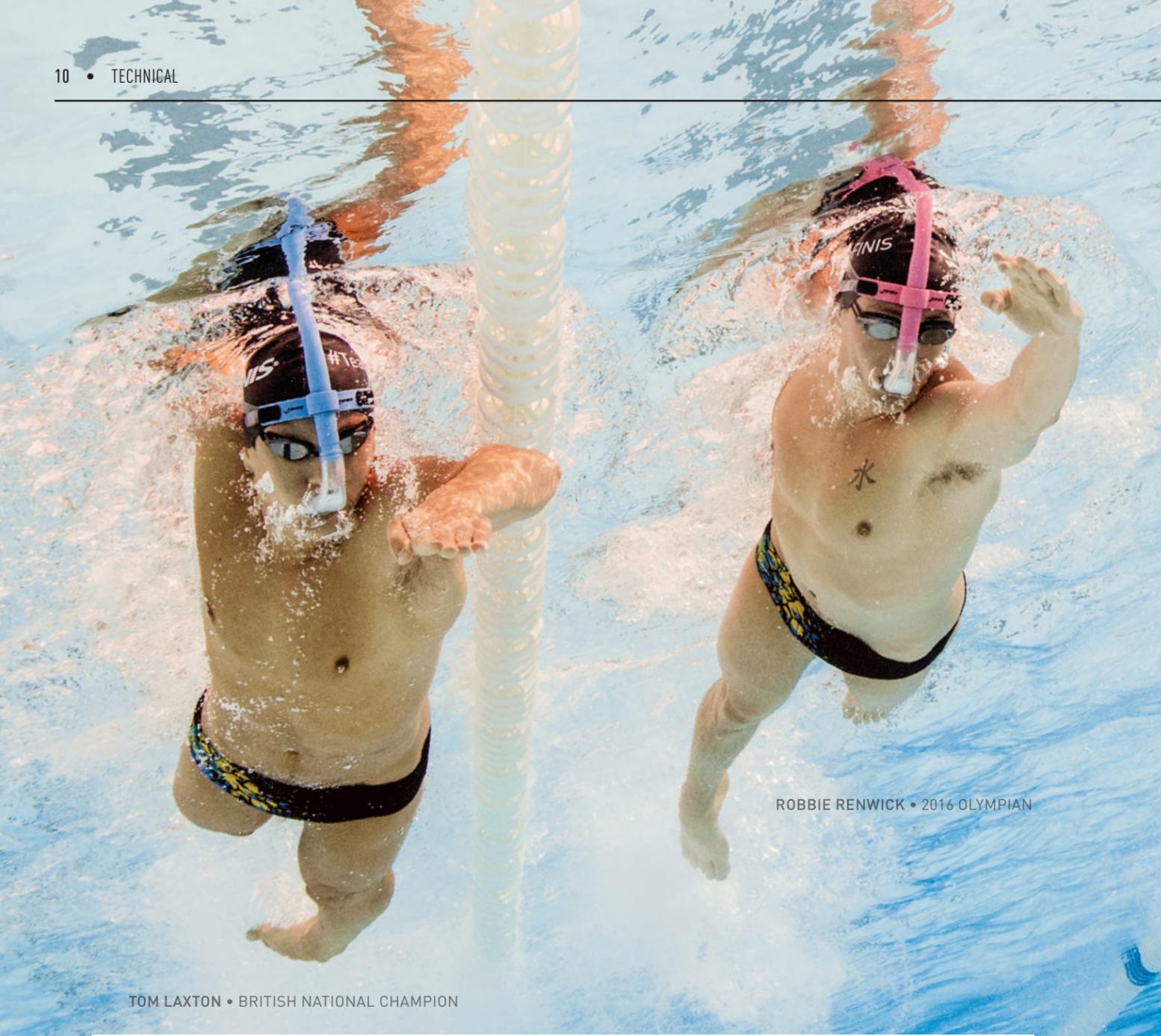


ANTHONY ERVIN • 2000, 2012, 2016 OLYMPIAN

a legacy of innovation

In 1995, John Mix and Pablo Morales developed the first center-mount snorkel specifically designed for competitive swimming. The original idea for the Swimmer's Snorkel emerged in John's garage and received immediate validation from renowned coach and ultimate mentor, Nort Thornton. The very first prototypes of the Swimmer's Snorkel were made of ABS sprinkler tubes and a unique molded head bracket.

- **CENTER-MOUNT DESIGN**
Allows for relaxation in the water in order to focus on stroke and improve technique
- **ONE-WAY PURGE VALVE**
Allows water to flow out of the tube without entering the mouthpiece
- **HYDRODYNAMIC TUBE**
Curves around head to reduce drag and promote proper body position



TOM LAXTON • BRITISH NATIONAL CHAMPION

ROBBIE RENWICK • 2016 OLYMPIAN

snorkel comparison chart

SNORKEL	PURGE VALVE	NOSE CLIP	AGE	STROKE VERSATILITY	TARGET ATHLETE
FREESTYLE			adult		fitness/tri/comp
GLIDE			adult	•	youth/fitness/tri/comp
SWIMMER'S	•		adult	•	tri/comp
SWIMMER'S JR	•	•	8-12	•	youth/fitness



GLIDE
TECHNIQUE & TRAINING SNORKEL

Introductory technique and training snorkel, ideal for fitness and team training. The center-mount design accommodates a full range of motion for butterfly, breaststroke and freestyle. Available in four bright colors.

STYLE: 1.05.002

- OCEAN BLUE (118)
- MINT GREEN (107)
- WATERMELON PINK (112)
- SUNSET ORANGE (115)

REPLACEMENT HEAD BRACKET | STYLE: 1.05.017



FREESTYLE SNORKEL
DESIGNED FOR FREESTYLE

Allows swimmers to focus on freestyle stroke technique without the interruption of turning the head to breathe. The curved design promotes proper head position and body alignment to maximize stroke efficiency. Reinforced stability allows for full range of motion at all speeds, including flip turns.

STYLE: 1.05.001 U.S.A. PATENTED

REPLACEMENT HEAD BRACKET | STYLE: 1.05.017



AGILITY STRAPLESS PADDLES

Ergonomically-advanced design teaches an early vertical forearm position to increase stroke efficiency. The convex shape requires a proper palm positive hand position. Due to the paddles' strapless design, incorrect technique will cause the paddles to fall off.

STYLE: 1.05.145 U.S.A. PATENTED

(Size Chart pg. 111)



reddot design award



ROBBIE RENWICK • 2016 OLYMPIAN

a legacy of innovation

With the development of the Agility paddles in 2012, FINIS introduced the first strapless paddle design to the market. The ergonomically-advanced design teaches swimmers the correct palm positive hand position without the hassle and discomfort of traditional paddles. Shortly after, FINIS introduced the Instinct paddles, a reiteration of the Agility paddles' convex strapless design in a smaller sculling paddle. The remarkably simple design earned FINIS recognition from every corner of the swimming community and a 2013 Red Dot Design Award.

- **PALM POSITIVE**
Paddles will remain in place with proper early vertical forearm position
- **STRAPLESS DESIGN**
Ergonomic shape designed to fit the natural contour of the hand
- **ALL FOUR SWIM STROKES**
Versatile tool for butterfly, backstroke, breaststroke and freestyle



NICK GRAINGER • 2015 WORLD CHAMPION

paddle comparison chart

PADDLE	TECHNIQUE	EVF POSITION	STRENGTH BUILDING	STROKE VERSATILITY	TARGET ATHLETE
AGILITY	•	•		•	youth/fitness/tri/comp
BOLSTER	•	•	•	•	fitness/tri/comp
FREESTYLER	•		•		youth/fitness/tri/comp
INSTINCT	•	•		•	fitness/comp



INSTINCT
STRAPLESS SCULLING PADDLES

The ergonomically-advanced design teaches correct palm positive hand position while sculling. The convex shape isolates stroke movements, bringing attention to small stroke imperfections.

STYLE: 3.05.002 U.S.A. PATENTED

[Size Chart pg. 111]



FREESTYLER
FREESTYLE TRAINING PADDLES

Specifically designed for freestyle training, the long fin shape and surf-skeg design planes the hand forward through the water, improving distance-per-stroke. Promotes a strong pull-through and better hip rotation. The narrow profile prevents shoulder strain.

STYLE: 1.05.020.50

REPLACEMENT TUBING | STYLE: 1.05.029



BOLSTER
EARLY VERTICAL FOREARM PADDLES

Encourages high elbow technique that leads to a more efficient stroke. The wide paddle design secures wrist and offers resistance through the pull. Improves catch and recovery technique in all four swim strokes.

STYLE: 1.05.026

REPLACEMENT TUBING | STYLE: 1.05.029



FOREARM FULCRUMS
EARLY VERTICAL FOREARM TOOL

Develops early vertical forearm (EVF) and increases stroke efficiency. An EVF position utilizes the forearm through the pull, from fingertips to elbow. Promotes stroke refinement through muscle memory of the proper hand, wrist and forearm position.

STYLE: 1.05.028.50 U.S.A. PATENTED



ARIANNA VANDERPOOL-WALLACE • 2008, 2012, 2016 OLYMPIAN



new!

EDGE

COMFORTABLE, HIGH-VELOCITY SWIM FINS

Ultimate speed training fins, engineered to do it all. Designed to optimize training without interrupting a natural kick cycle or compromising on comfort. 100% silicone and trademarked Smart Fin™ Technology reinforces a proper kick at high speeds, builds cardiovascular endurance and activates key muscle groups for a propulsive up-kick.

STYLE: 2.35.050

[Size Chart pg. 111]

ROY BURCH • 2008, 2012 OLYMPIAN



a legacy of innovation

With the development of the Edge fins, John Mix partnered up with Industrial Designer, David Beittel and long-time friend of FINIS, Marty Hull. They set out to make the world's fastest fin that promotes a natural kick cycle and does not compromise on comfort. After months of designing, prototyping, testing and more designing, FINIS now has a fin that is engineered to do it all.

- **SMART FIN™ TECHNOLOGY**
Proprietary combination of blade angle and hydrodynamic vents for a natural kick cycle with instant forward propulsion
- **TECHNICALLY ADVANCED SPEED**
Increased surface area and reinforced side rails for a proper kick at high speeds
- **INDUSTRY-LEADING COMFORT**
Ergonomic contours maintain constant connection with the top of the foot to prevent skin irritation and tension



LONG FLOATING FINS
FLOATING SWIM FINS

Long, hydrodynamic blade lifts legs for a more propulsive kick. Added buoyancy reduces drag and builds leg strength. The closed heel design provides protection against hyperflexion of ankles and increases comfort. An ideal training fin for all ages and abilities.

STYLE: 1.05.037

(Size Chart pg. 111)



Z2 GOLD ZOOMERS®
SHORT BLADE SWIM FINS

The comfort of natural rubber creates a secure fit and inhibits hyperflexion. The fluid separator on top of the fin helps reduce fatigue. The flex box on the bottom of the fin catches water on the up-kick to build muscle. An ideal training fin for drill progression.

STYLE: 2.35.004

U.S.A. PATENTED

(Size Chart pg. 111)



POSITIVE DRIVE FINS
FOUR STROKE TRAINING FINS

Ellipsoidal blade generates correct propulsion in all four swim strokes, including breaststroke. The short, wide blade design promotes an inward supination kick style to improve foot speed and ankle flexibility. An ideal training fin for the individual medley.

STYLE: 2.35.100

POSITIVE DRIVE FIN REPLACEMENT STRAP | STYLE: 2.35.102.06

(Size Chart pg. 111)



ZOOMERS® GOLD
SHORT BLADE TRAINING FINS

Short blade encourages shorter, faster kicks for added propulsion through the water. Natural rubber provides a secure and comfortable fit. An ideal training fin for cardiovascular conditioning and speed training.

STYLE: 2.35.003

U.S.A. PATENTED

(Size Chart pg. 111)

training fin comparison chart

FIN	TECHNIQUE	FAT BURNING	STRENGTH BUILDING	SMART FIN™ TECHNOLOGY	TARGET ATHLETE
EDGE	•	•	•	•	fitness/tri/comp
LONG FLOATING FINS			•		youth/fitness
POSITIVE DRIVE FINS	•				fitness/comp
Z2 GOLD ZOOMERS®	•	•	•	•	youth/fitness/tri/comp
ZOOMERS® GOLD	•	•	•		fitness/tri/comp

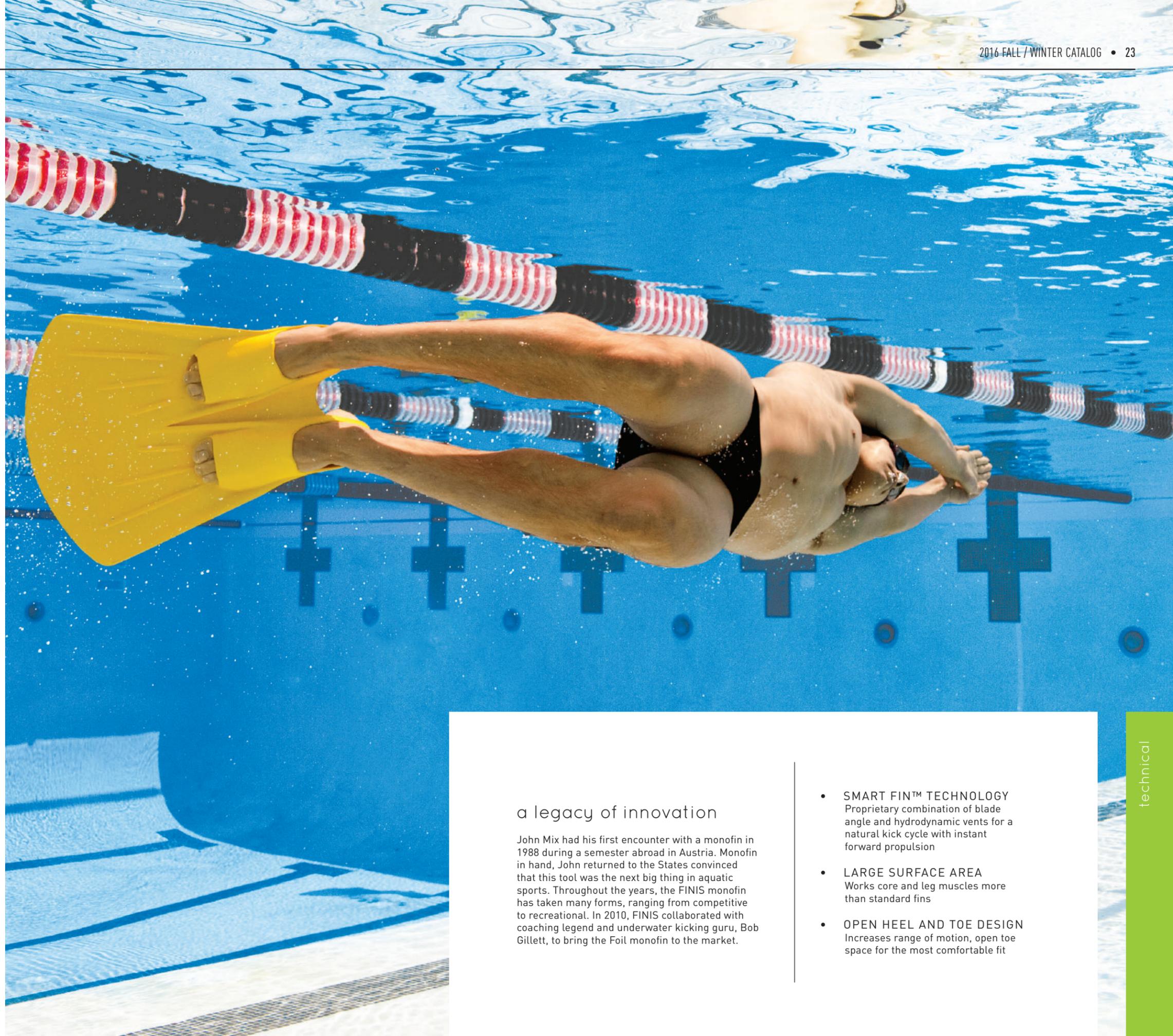


FOIL TECHNIQUE MONOFIN

Teaches the foil body motion developed and made popular by Coach Bob Gillett. Promotes an equal use of up and down kicks for propulsion throughout the entire dolphin kick, increasing core and leg strength. Natural rubber provides a secure and comfortable fit.

STYLE: 1.35.012

(Size Chart pg. 111)



a legacy of innovation

John Mix had his first encounter with a monofin in 1988 during a semester abroad in Austria. Monofin in hand, John returned to the States convinced that this tool was the next big thing in aquatic sports. Throughout the years, the FINIS monofin has taken many forms, ranging from competitive to recreational. In 2010, FINIS collaborated with coaching legend and underwater kicking guru, Bob Gillett, to bring the Foil monofin to the market.

- **SMART FIN™ TECHNOLOGY**
Proprietary combination of blade angle and hydrodynamic vents for a natural kick cycle with instant forward propulsion
- **LARGE SURFACE AREA**
Works core and leg muscles more than standard fins
- **OPEN HEEL AND TOE DESIGN**
Increases range of motion, open toe space for the most comfortable fit



TRAINER 1
SWIM TRAINING MONOFIN

Long flexible fiberglass blade is ideal for competitive swimmers who want to improve body balance and stroke timing, while strengthening core muscles. Corrects dolphin kick technique by generating kick from hips and chest instead of knees.

STYLE: 1.35.005

(Size Chart pg. 111)



SHOOTER
SHORT BLADE MONOFIN

Short fiberglass blade is ideal for competitive swimmers who want to develop a quick, powerful dolphin kick while improving flexibility in feet and ankles. Allows for high speed training that targets core and leg muscles.

STYLE: 1.35.004 U.S.A. PATENTED

(Size Chart pg. 111)



ROY BURCH • 2008, 2012 OLYMPIAN

monofin comparison chart

MONOFIN	TECHNIQUE	BLADE TYPE	STRENGTH BUILDING	QUICK-RELEASE FOOT STRAP	TARGET ATHLETE
COMPETITOR		hand-tapered fiberglass	●		comp/professional
FOIL	●	natural rubber	●		fitness/comp
RAPID		flexible, EVA & TPR	●	●	fitness
SHOOTER	●	short fiberglass	●		fitness/comp
TRAINER 1	●	long fiberglass	●		fitness/comp
WAVE		flexible, EVA & TPR	●	●	youth/fitness



DELIOMA GONZÁLEZ HERNÁNDEZ • SEMI-PROFESSIONAL TRIATHLETE, SPAIN



RAPID
RECREATIONAL ADULT MONOFIN

Teaches teens and adults proper undulation in the water and builds core and leg muscles. The blade flexibility provides speed without causing added strain on ankles. Built-in stability ridge provides proper flexion, and an adjustable heel strap offers a customizable fit.

STYLE: 1.35.003 U.S.A. PATENTED

RAPID REPLACEMENT STRAP | STYLE: 1.35.009



WAVE
RECREATIONAL YOUTH MONOFIN

Teaches younger swimmers the undulation needed for a proper dolphin kick while building leg strength and water confidence. The quick-release foot straps provide safety in the water.

STYLE: 1.35.001 U.S.A. PATENTED

WAVE REPLACEMENT STRAP | STYLE: 1.35.008



COMPETITOR
PROFESSIONAL FREEDIVE MONOFIN

Hand-tapered fiberglass blade and durable rubber foot pocket create a whip-like action at the end of each kick and supply compounded resistance for maximum propulsion. Ideal for freedivers, fin swimmers and water sport enthusiasts.

STYLE: 1.35.007

[Size Chart pg. 111]

ARIANNA VANDERPOOL-WALLACE • 2008, 2012, 2016 OLYMPIAN



AXIS DUAL-FUNCTION PULL BUOY

Dual-function design improves body position and builds upper body and core strength. The ergonomically designed keyholes allow swimmers to easily move the buoy from ankles to legs. The EVA foam provides durability and prevents skin irritation. Available in small and medium.

S | STYLE: 1.05.041.04

M | STYLE: 1.05.041.05



a legacy of innovation

Not satisfied with the limitations of the traditional pull buoy, John Mix tasked the product development team to design an ankle float that maintained the functionality of a leg buoy. With the 2015 launch of the Axis buoy, FINIS offers all swimmers the ability to isolate the core muscle group and improve body rotation.

- **ERGONOMIC KEYHOLES**
Easy to transfer between ankles and legs
- **IMPROVES HIP ROTATION**
Calls for focus on hips while pulling to build core strength
- **PROMOTES ELEVATED BODY POSITION**
Lifts hips and legs for proper technique



FOAM PULL BUOY
LEG BUOY

Immobilizes legs and provides lift to build upper body strength and increase focus on proper hip rotation. The EVA foam provides durability and prevents skin irritation.

STYLE: 1.05.036.50



ALIGNMENT KICKBOARD
STREAMLINE KICKBOARD

Hydrodynamic design and stabilizing hand strap allows control over the board without gripping, creating perfect alignment from fingertips to toes. When paired with a snorkel, it encourages proper head alignment and improves overall technique. The EVA foam provides durability and prevents skin irritation.

STYLE: 1.05.042 U.S.A. PATENTED



FOAM KICKBOARD
STANDARD KICKBOARD

Builds leg strength by immobilizing arms. The EVA foam provides durability and prevents skin irritation.

STYLE: 1.05.035.50



ROBBIE RENWICK • 2016 OLYMPIAN



PEDRO OLIVEIRA • 2008, 2012 OLYMPIAN



HYDRO HIP
CORE STRENGTHENING TOOL

Bilateral blade promotes proper timing of hips, arms and body. Adds resistance to improve core strength and builds muscle groups that aid in full body rotation. Ideal for drills or technique-focused training sessions.

STYLE: 1.05.007



TECH TOC
AUDIBLE HIP ROTATION TRAINING TOOL

Utilizes a ball bearing and acoustic amplifiers to create sound as the device is tipped from side to side. Provides immediate audio feedback to teach proper timing and hip rotation.

STYLE: 1.05.014



KICK PRO
KICK EFFICIENCY TRAINING TOOL

Worn above knees, below knees or around ankles to promote proper kick technique. Limits the distance between legs to activate outer leg muscles and engage core, promoting a fast and efficient kick.

STYLE: 1.05.023



POSTURE TRAINER
HEAD ALIGNMENT TRAINING TOOL

Promotes correct head and spine alignment. When secured to back center of head, device should be undetectable until the swimmer exceeds recommended posture range. Improves alignment for all four swim strokes.

STYLE: 1.05.045





new! DRAG+FLY™
ADJUSTABLE SWIM CHUTE

Sleek, versatile and durable, designed to maximize the power of resistance training for every fitness goal. With the advanced Resistance Zip System, swimmers and coaches can easily adjust the level of intensity to take strength and endurance training to the next level.

STYLE: 1.05.103 U.S.A. & AUSTRALIA PATENTED



 **TECHNIQUE TRAINING BELT**
TECHNIQUE-FOCUSED ARM CORDS & BELT

Constructed of two rubber cords, one for each arm, attached to a nylon hip belt. Worn in the water, the added resistance encourages acceleration through the pull phase for proper stroke recovery. Completely adjustable to fit swimmers of all ages and abilities.

STYLE: 1.05.125



SWIM PARACHUTE
RESISTANCE PARACHUTE

A comfortable, adjustable nylon belt connected to a durable parachute creates resistance during workout. The added resistance builds muscle and endurance. Compatible with all four swim strokes and does not interfere with kicking or flip turns.

STYLE: 1.05.110

- RED 8" (102)
- NAVY 12" (106)



DRYLAND CORD
RESISTANCE STRETCH CORD

Durable rubber tubing and comfortable handles designed to simulate swimming movements to build strength and improve range of motion. Available in three different resistances for swimmers of all ages and abilities.

STYLE: 1.05.113

- YELLOW (104) - LIGHT RESISTANCE
- GREEN (105) - MEDIUM RESISTANCE
- RED (102) - HEAVY RESISTANCE



MALLORY WEGGEMANN • 2012, 2016 PARALYMPIAN

electronics

DELIOMA GONZÁLEZ HERNÁNDEZ • SEMI-PROFESSIONAL TRIATHLETE, SPAIN



DUO™
UNDERWATER MP3 PLAYER

Waterproof MP3 player featuring a sleek, two-piece design and Bone Conduction audio transmission to deliver crystal clear audio through cheekbones to the inner ear. Integrated control buttons and goggle brackets make swimming to music easier than ever before.

STYLE: 1.30.058 INTL. PATENTED

- DARK GRAY / MINT (121)
- BLACK / ACID GREEN (244)

REPLACEMENT CHARGER | STYLE: 1.30.074
 USB EXTENSION CABLE | STYLE: 1.30.023
 UNIVERSAL WALL CHARGER | STYLE: 1.30.009



DIANA NYAD • FIRST PERSON TO SWIM THE 111 MILES FROM CUBA TO FLORIDA

a legacy of innovation

FINIS introduced the SwiMP3 in 2005 with the first use of patented bone conduction technology to transmit high-quality music underwater. The SwiMP3 was a remarkable achievement in swimming technology and revered by Time magazine as a top sporting goods item in 2005. Using the same bone conduction technology as the SwiMP3, the Duo™ was developed to help more people experience the joy of swimming to music. While maintaining many of the same elements found in the original three-piece Neptune, the new compact design of the Duo™ adds comfort and security.

- **BONE CONDUCTION AUDIO TRANSMISSION**
Crystal clear sound underwater without the use of ear buds
- **SUPPORTS MP3 & WMA AUDIO FORMATS**
Compatible with iTunes®; listen to music, audiobooks, podcasts and more
- **4GB OF STORAGE**
Stores approximately up to 1000 songs or 60 hours of playback



new! **SWIMSENSE™ LIVE**
BLUETOOTH® SWIM WATCH

The ideal training tool for any swimmer looking to build motivation, promote healthy habits and make the most of every swim. Designed using proprietary algorithms to record the most accurate swim workout data, the Swimsense™ Live helps all swimmers optimize time spent in the water. Using the FINIS Live™ application, users can view and share data from multiple devices.

STYLE: 1.30.054

new! **FINIS LIVE™**
SWIM FITNESS APPLICATION

Free fitness mobile application designed to make the most of every swim. Whether it is tracking laps, stroke-specific data or calories burned, FINIS Live™ allows users to view, store and share key swim statistics.





3 X 100M STOPWATCH
100 SPLIT MEMORY STOPWATCH

Allows user to take 100 splits and review both cumulative and lap splits on a three-line LCD display. Easy-to-read running times, current lap time and cumulative splits.

STYLE: 1.30.032



3 X 300M STOPWATCH
300 SPLIT MEMORY STOPWATCH

Allows user to take 300 splits and review both cumulative and lap splits on a three-line LCD display. Easy-to-read running times, current lap time and cumulative splits.

STYLE: 1.30.040



TEMPO TRAINER PRO
UNDERWATER METRONOME

The small, waterproof device easily secures beneath a swim cap and transmits an audible tempo beep. Three different modes allow for customizable pace training, adjustable by 1/100th of a second. Includes a clip for dryland exercise.

STYLE: 1.05.120 U.S.A. PATENTED

REPLACEMENT CLIP | STYLE: 1.05.016



a legacy of innovation

FINIS designed the Tempo Trainer in 2001 with the intent to help swimmers manipulate and regulate the two performance-related variables: stroke rate and distance-per-stroke. This underwater metronome has since evolved into the Tempo Trainer Pro, with three different modes for use in and out of the water.

- **AUDIBLE BEEP**
Loud enough to hear in and out of the water
- **PERFECT FOR PACING**
Consistent stroke tempo eliminates lulls in races or workouts
- **MULTIPLE SPORTS**
Applicable for swimming, biking, running and more