

Reveal their Weaknesses... and get them Stronger. Better. Faster.

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SwimErg

The ultimate swim bench for swim-specific power and endurance

- Measure swim-specific training
- Keep injured swimmers fit
- Coach better!



Swim Trainer

Versatile swim-specific + functional dryland

- Build swim-specific strength
- Teach high elbow catch & more
- Gain explosive starts & turns



"Vasa Trainers have been the heart and soul of the dryland training program at Washington and Jefferson College. The machines have played a significant part in the development of stroke mechanics and upper body strength in our swimmers. Obviously, the Presidents are true believers in the Vasa Trainers, with 10 of them. When you have 1 or 2 of any equipment, who uses it, and how often is it used? We do not have this problem at W&J. We are truly grateful for this machine and its magnificent benefits!" ~ MICHAEL ORSTEIN, Washington & Jefferson

Affordable. Fast. Functional...
to get your team **Stronger. Better. Faster.**



SportBench

**Compact, Portable, & Affordable
Swim Bench System**

- Great teaching platform on deck
- Versatile - use with tubing or weights
- Folds up for easy carry & storage



SpaceSaver SwimErg

Space-saving versatility

- Maximize your space
- Keep injured swimmers fit
- Measurable specific training

