Butterfly
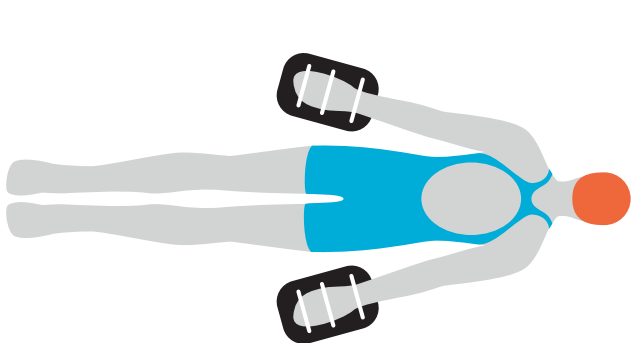
Learning butterfly with Dual Boards allows each hand independent buoyancy and helps the swimmer be relaxed and in a more natural body position.
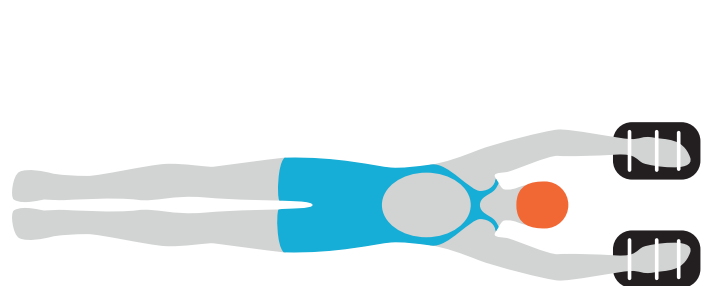
Example

With Dual Boards in place, the swimmer begins the butterfly kick in the Letter "H" position. The swimmer is immediately benefited by having independently buoyant hands, which allows them to determine their shoulder position. In the Letter "M" position the swimmer kicks down, glides, kicks up, then, can pause to study their position in the water. Dual Boards allow the swimmer to have full awareness of the proximity of their legs prior to performing the downward kick. Butterfliers tend to have their own unique methods of hand entry and extension after arm recovery. Dual Boards allow these swimmers to emulate their natural hand entry position as they kick in the Letter "H".

Full Body Power

In the Letter "M", the swimmer can be palms down, knuckles down, or somewhere in between. In the Letter "H" they can be pinkies down, palms down, or thumbs down. As the swimmer puts pressure downward, their body rises, which forces the legs and body to kick in a tight space, allowing a more buoyant and stable pre-catch position. The swimmer's legs are elevated, the core is engaged, and they get the feel of kicking downhill. Full body power is achieved.
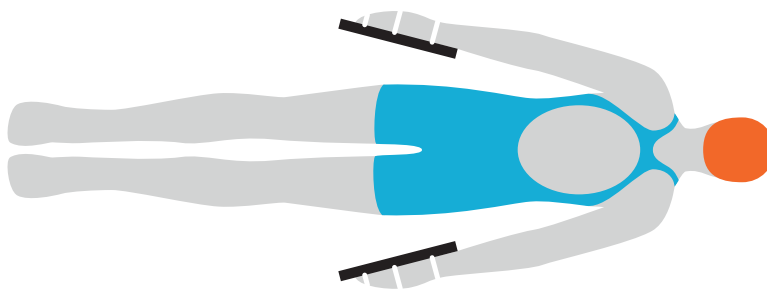

"M" Position Face in Water

"H" Position Face in Water

Comfort, Confidence and Greater Endurance

In the Letter "M", the swimmer is more comfortable, because their hands are by their sides as if in a natural standing position. Boards give the swimmer hand independence, optimal buoyancy, and a correct body position which inspires confidence as the swimmer performs their dolphin kicks. It gives prolonged resistance training in competitive swim positions, where, once the swimmer takes them off, the result is increased power and endurance during the swim.

"M" Advanced Face in Water Position