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FRONTGATE

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★★★★★ LSJ4Swim

Best Swimming Training Device

It's an amazing product! Tension against the tether cord causes the body to lift much in the same way it experiences lift by passing through water. The only sensory difference is that because the swimmer is not moving, you feel more resistance, as you pull your arms through the stroke. The effect is similar to the workout you get with webbed gloves used in strength training. The benefit is the same.

The simple design is ideal for travel. The telescoping rod allows the case to fit in the overhead compartment on flights. The quality components ensure durability and long life. I have been using the system for three years, and it still works and looks like new!

Pros: Quality, Durability, Appearance
Yes, I recommend this product.



★★★★★ tuhintraveler

Bowswim is the bomb

When we built our new pool, we were going to put in one of those mechanical water resistance systems. Our builder said that Bowswim was a much better option: works great, looks fine, doesn't make a sound, doesn't break and costs WAY less.

What an understatement. Swimming with Bowswim is the bomb. The harder you swim, the greater the resistance. As soon as you start swimming you forget it's even there.

Pros: Appearance, Durability, Quality, value



★★★★★ Em Mack

Best Resistance Swimming System

Great workout! Excellent addition to my physical therapy routine.

Pros: Quality, Durability, Appearance
Yes, I recommend this product.