



STRENGTH



SWIM
trainer

vasa



SWIM trainer

designed to get results...



It was born out of necessity. Olympic level cross-country skiers needed a better, more sport-specific way to get stronger. So in 1986, Rob Sleamaker, sports physiologist, coach, and author of the acclaimed book, *Serious Training for Endurance Athletes*, designed and built the original Vasa Trainer for those athletes... and it worked very well.

But when he saw how its benefits could cross over to swimming, he took on a new challenge. He would create the only dry land trainer that would enable swimmers to train using the identical muscle groups and movements that they did in water. It was the Vasa Swim Trainer. And it has since become one of the most versatile and effective swim and fitness trainers available today.

The Vasa Swim Trainer is the only swim bench that effectively combines true sports-specific simulation with versatile functional conditioning; both extremely valued by athletes across a wide array of sports.



...used by the world's most successful coaches, swimmers and sports professionals.



The ultimate training tool for swim specific strength & overall fitness

- Swim faster with increased sport-specific strength
- Make dramatic improvements in your stroke technique
- Increase functional strength for any sport
- Prevent or rehabilitate common injuries
- Versatile and rugged enough for clubs & teams

The Vasa Trainer delivers outstanding results for sports-specific conditioning, cross training, home fitness, weight control, injury prevention and rehabilitation. With over 200 functional exercises to strengthen your upper body, core abdominal, and lower body muscles with natural, multi-plane movements, the Vasa Trainer will help you achieve your fitness goals.

SWIM trainer



COMPONENTS

PRO Model (shown).

1	Frame* (folds for storage)	Rugged tubular steel coated with a durable baked-on epoxy finish. <i>Pro SE features stainless steel.</i>
2	Monorail*	Stainless steel tubing provides rust resistance and smooth seat roller action.
3	Telescoping Stanchion	Stainless steel tube with 15 settings to easily adjust resistance by changing incline of the monorail.
4	Pulley Cable System* [PCS]	Commercial grade pulley & cord system. Provides a wider range of motion and more resistance options.
5	Webbing Straps	Use these to double the resistance at any monorail incline. (Compared to using the PCS.)
6	Modular Handle System	For quick and easy changes between exercise handles, swim paddles or ankle straps (accessory).
7	Pull-up Strap Bar	Ideal for "gravity assisted" pull-ups, chin-ups, ab crunches, and stretches.
8	Seat Roller System	Delrin rollers for durability, fitted with premium quality bearings to ensure a smooth, quiet ride.
9	Padded Bench	Anatomically designed for maximum function, comfort and versatility.
10	Stretch Cords	Tubing provides light resistance plus dynamic return action for the seat system.

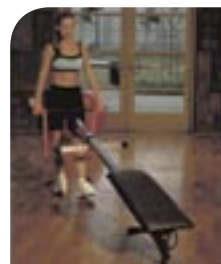
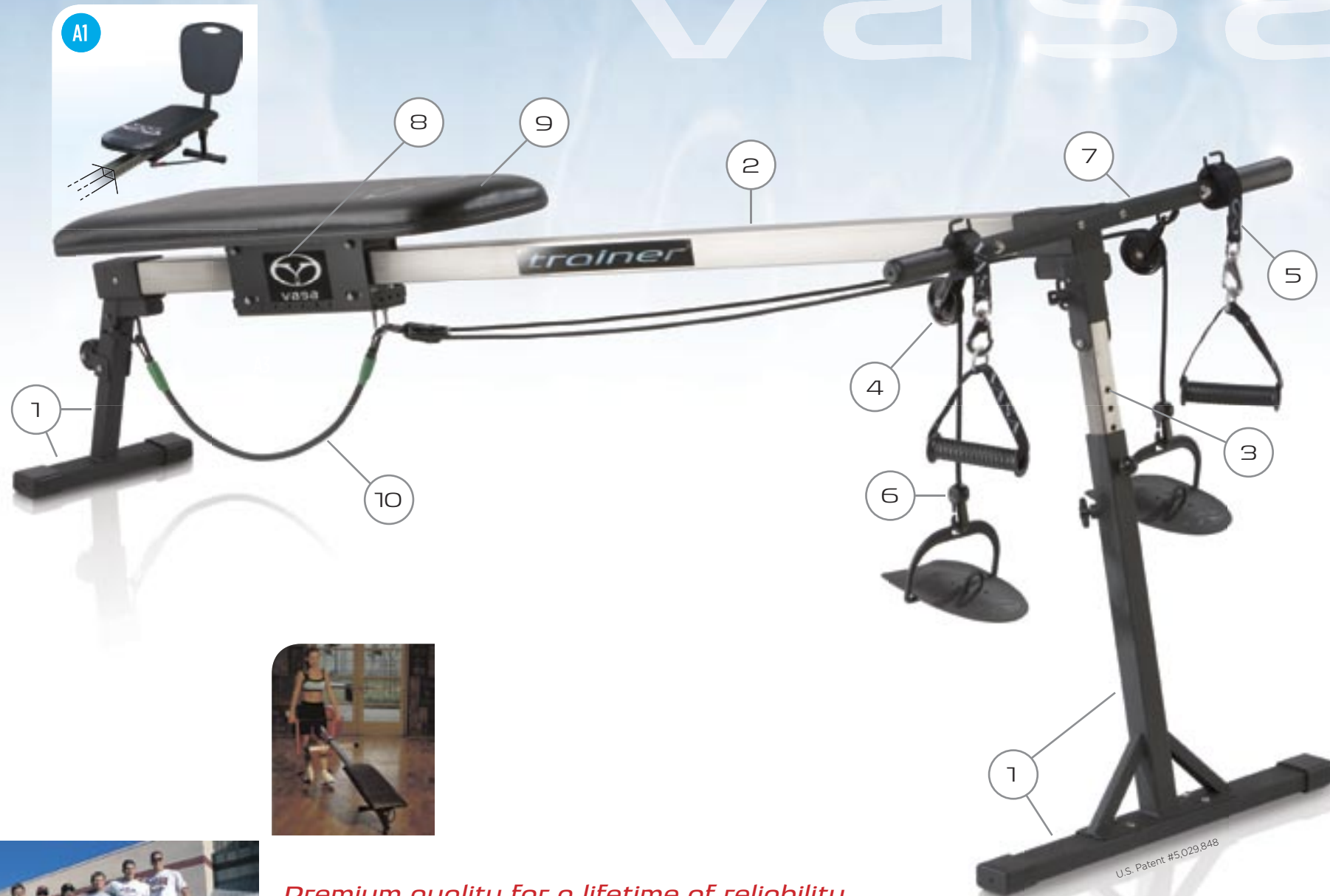
ACCESSORIES

Increase the functionality and versatility of your Swim Trainer

A1	Foot Platform	Provides a variety of exercises for increasing leg and core strength or for progressive rehabilitation.
A2	Power Cords	Tubing in 4 thicknesses to increase your resistance options. Especially useful for leg exercises.
A3	Weight Bracket	Add weight plates to the seat mounted bracket to increase the resistance load.
A4	Ankle Straps	Perform a variety of leg exercises while sitting on or standing off the Vasa Trainer.

See order form for details on all accessories

*Component fabrications for other models may vary.



Premium quality for a lifetime of reliability

We designed the Vasa Trainer to provide a lifetime of reliable service. It requires little maintenance so you can spend your time training with confidence. Every Vasa Trainer is "team tested tough," made to withstand the constant use of the largest swim teams and the busiest health clubs, studios and clinics. Our lifetime guarantee is our promise.

U.S. Patent #5,029,848



strength. stamina. success.

train smarter

- Increase swim-specific strength for more force per stroke
- More core strength delivers more forward propulsion
- Develop leg strength for powerful, explosive starts and turns
- Specific improvements in stroke technique delivers biomechanical efficiency
- "Built in" functional strength delivers total body conditioning to improve overall athleticism and prevent swimming injuries

get stronger

SWIM trainer

swim faster

Lenny Krayzelburg - Olympic gold medalist and World Record holder

Freestyle



Butterfly



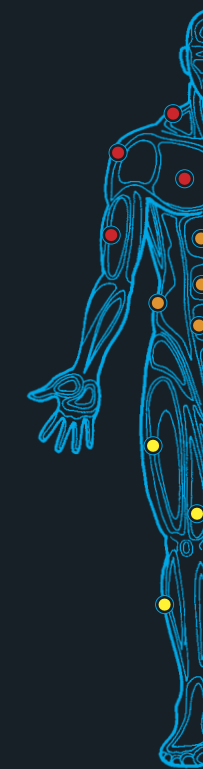
Starts & Turns



Unlike free weights and circuit machines, the Vasa Swim Trainer is totally swim-specific. It exercises all the right swimming muscles, so you can make major gains fast. You'll be amazed at how quickly you gain strength and speed while perfecting stroke technique.

Photo courtesy of TYR Sports Inc.

vasa



UPPER BODY

Strengthen the primary muscles to propel yourself through the water faster and the support muscles to prevent shoulder injury.

CORE

Transform your abdominal & back muscles into a strong, functional "spring" that will deliver powerful hip rotation and core stabilization.

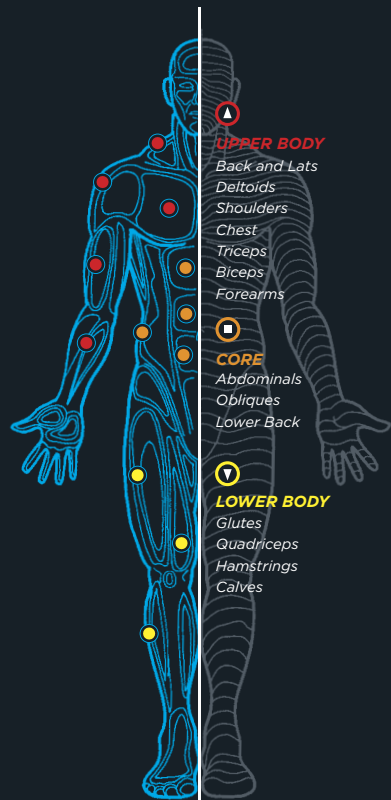
LOWER BODY

Build dynamic strength in the legs for explosive starts, turns and vertical leap.

Built-in strength for swimming

Specific, functional strength training with the Vasa Swim Trainer develops stronger, leaner, more flexible muscles. It requires the muscles to accurately simulate the actual motions for every stroke segment, hip roll, start and turn. Functional strength gained on a Vasa Trainer will improve overall strength, balance, coordination and the ability to swim better and faster.



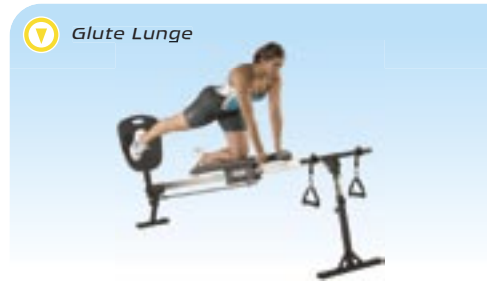


Built-in strength for sports

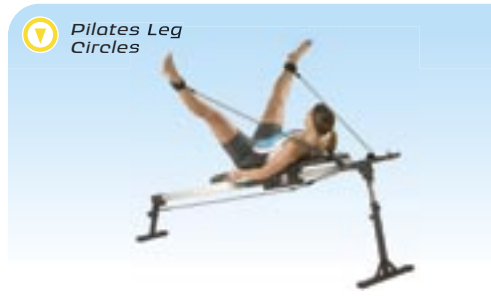
There are many exercises on the Vasa Trainer that are specific to other sports, including surfing, cycling, cross country skiing, volleyball, track, golf and tennis. Paddle longer, run stronger, ride faster, jump higher, swing better... no matter what your sport, you will find Vasa Trainer exercises that will help you perform better.



surfers



triathletes



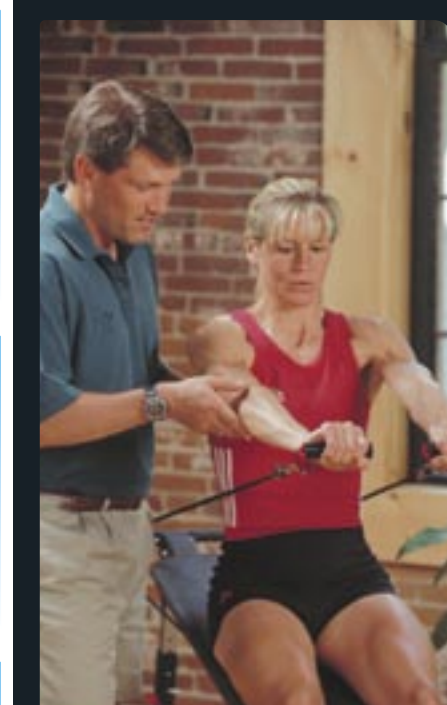
group fitness



The Vasa Trainer is the complete athlete's gym. With over 200 high quality functional exercises that simulate movements performed in athletics, the Vasa Trainer will increase your strength, endurance, vertical leap, explosive power, speed, balance and stability. Train hard. Play harder.

all athletes

Find more exercises for your sport online at:
www.vasatrainer.com



Built-in prevention and rehab

The Vasa Trainer...
...is designed to challenge and improve range of motion and functional, total body strength and flexibility.
...can easily move patients from one exercise to the next with little or no adjustments.
...offers non-compressive, low impact exercises, providing the therapist with safe exercise options at any stage of the rehabilitation process.
...is designed to produce a superior feeling of stretch, control and measurable, progressive resistance throughout the desired range of motion.

physical therapy

SWIM trainer

frequently asked questions



Q: How do I change resistance?

A: There are 6 ways to adjust resistance on the Vasa Trainer (see chart below). These allow a wide range of resistances from which to choose, ranging from “near zero” resistance for rehabilitation up to maximally challenging for building strength and power.

RESISTANCE OPTIONS

MIN> • • • RESISTANCE LEVELS • • • <MAX



1. Monorail Incline

There are **15 settings** on the front telescoping tube, so you can select the right resistance for the exercise you wish to do. It's quick and easy to adjust.

LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
ANGLE*	9.1°	10°	11°	12°	12.5°	13°	13.5°	14°	14.5°	15°	15.5°	16°	17°	17.5°	18°	
RESISTANCE EQUIVALENT IN POUNDS																
USER BODY WEIGHT	130 lbs.	+24	+26	+29	+31	+33	+34	+35	+36	+38	+39	+40	+41	+44	+45	+46
	180 lbs.	+32	+35	+38	+42	+43	+45	+47	+48	+50	+52	+53	+55	+59	+60	+62
	250 lbs.	+43	+47	+52	+56	+58	+61	+63	+65	+68	+70	+72	+74	+79	+81	+83



2. Pulley Cable System (PCS)

The PCS is best for exercises requiring low to medium resistances. Sport-specific aerobic exercises are typically done with the PCS. It's ideal for physical therapy and rehabilitation exercises, with the patient seated on or standing off the Vasa Trainer bench.

MIN> • • •



3. Webbing Straps

The webbing straps are ideal for muscle-building strength exercises that require significantly more resistance. **Double** the resistance at any incline setting compared to the PCS.

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4. Stretch Cords

The stretch cord is light resistance, rubber tubing that connects between the rear stanchion and the seat carriage for added resistance and for dampening the forward motion of the seat. The cord provides more resistance as the seat rolls further up the monorail.

MIN> •



Power Cords (accessory)

4 resistances that are designed to engage sooner than the stretch cords, providing greater resistance for a longer range of motion. Their best uses are for developing power in your stroke, for leg exercises (including leg plyometrics) and for added resistance while doing freestyle with the PCS.

• • • <MAX

RESISTANCE EQUIVALENT IN POUNDS FOR STRETCH CORD AND POWER CORDS THROUGH ELONGATION

STRETCH CORD	SUPERLITE POWER CORD (green)	LITE POWER CORD (red)	MEDIUM POWER CORD (blue)	HARD POWER CORD (black)
5-10 lbs.	6-16 lbs.	7-23 lbs.	9-28 lbs.	12-38 lbs.



5. Weight Bracket* (accessory)

The weight bracket accessory mounts to the underside of the seat carriage. You can add up to **50 lbs.** of weight to increase the resistance load, making the exercise harder. Uses only weight plates with 1" center hole diameter.

MIN> • • • • • <MAX

Includes:

- Stainless Steel Barbell
- Spring clip collars
- All hardware for attachment

* Weight plates not included.

6. The “NO BODY” Resistance

Perform exercises standing or sitting **OFF** the machine. Using the pulley cable system to pull the bench along the monorail with any of the previous resistance systems **MINUS** your body weight will give you the lightest resistance range possible. This is especially useful for Physical Therapy and rehabilitation when less weight is preferred.

MIN> • • •



Q: I'm not a swimmer. How will the Vasa Trainer benefit me?

A: There are over 200 functional exercises and a wide range of resistance options which, when combined, create one of the most versatile functional training tools available today. Most athletes find many specific exercises that will improve their performance in their sports. Plus, every member of the family will find a Vasa Trainer routine that will help build the strength and conditioning needed for sports and recreation interests.

Q: Which model is right for me – Vasa Trainer or Ergometer?

A: It depends partly on your goals and your needs. Both the Vasa Trainer and the Vasa Ergometer allow you to work on stroke technique and rehabilitation, and both help build overall endurance. The Vasa Trainer is best for building sport-specific strength and total body strength. The Vasa Ergometer is best for building swim-specific endurance and for increasing sustainable power with high intensity intervals and race simulations. It will also improve stroke technique and efficiency, and its electronic monitor will measure your progress. For more information on which model is best for you, see the enclosed “comparison sheet,” visit our website (www.vasatrainer.com), or call us at: 1.800.488.VASA.

Q: Where can I get training advice on using the Vasa Trainer for my sport?

A: Every Vasa Trainer comes with an extensive Instruction Manual complete with illustrated exercises and training routines. The instructional DVD includes professional advice and instruction on technique and form. The Vasa website hosts a wide range of training tips, workouts, as well as a user's training forum. Go to: www.vasatrainer.com



“What we like about it is that you can gradually increase the resistance and gradually increase the angle so the swimmer's power and strength increases throughout the season. We have a well-planned out program of repetitions and increases in resistance as the season goes on.”

Mark Schubert: Coach
Univ. of Southern California & 4 U.S. Olympic Teams



“The Vasa Trainer gives you both flexibility and strength in your muscles. It is very close to what you are doing in the pool, it's almost the same thing...It is very important to have flexibility in your muscles, to have long, lean muscles, especially for long course. Vasa really helps you develop that flexibility.”

Lenny Krayzelburg: Swimmer
2000 and 2004 Olympic Gold Medalist, 3-Time World Record Holder



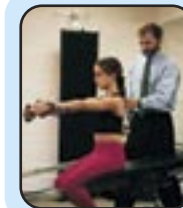
“I've tried all types of machines and devices, including others claiming to duplicate swimming. Nothing even comes close to the Vasa Trainer's effectiveness and value. The Vasa Trainer is absolutely essential for all triathletes and swimmers who want to swim faster. It is the best swim bench available.”

Dave Scott: Legendary Triathlete & Coach
6-Time winner of Hawaii Ironman World Championships & Contributing writer for Triathlete Magazine



“The great thing about the Vasa Trainer is that the motion is just like paddling a surfboard...Entry, sweep and recovery are almost always identical to paddling through the water—it not only helps build muscle, but develops good form as well. ...After more than two months out of the water—not only did I not feel like I'd missed a day, I actually felt that I was paddling stronger than before.”

Sam George: Passionate Surfer
Editor Surfer Magazine



“The Vasa Trainer is the only piece of equipment I've found that allows the person to move with their upper extremities in relationship to the machine, rather than the machine moving in relationship to them. This seems to bring about a facilitation of the trunk muscles...and the back extensors which all hold the trunk in the most bio-mechanically efficient fashion during movements of the upper extremities.”

Dr. Jim Harrison: Physical Therapist
DPT, Western Physical Therapy



“As a Personal Trainer, I want to give my clients the best service I can...The Vasa Trainer has given me the opportunity to bring my Personal Training business to a whole new level. The versatility training options are endless. The increase in muscular strength and endurance in my clients has been one of the high points of using the Vasa Trainer on a regular basis. If you are a personal trainer and you have limited space, or if you are looking for a versatile piece of equipment to add to your personal training program, the Vasa Trainer is a must.”

Carol Bennett: Personal Trainer & Operations Manager of
Fitness Options Personal Training Studio & co-developer of Vasa Flow Fitness Classes



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Cover photo courtesy of TYR Sport, Inc.