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By **Brad Culp** (Triathlete Editor)



Triton Swim Trainer

Yes, it may look like a torture device straight out of *Braveheart*, but we assure you that it isn't quite as painful as having all of your joints pulled out of socket.

While tools like stretch cords are great for developing swim-specific power and endurance, the Triton targets these key muscle groups and also helps you develop proper stroke form. The machine is designed to improve six key aspects of the freestyle stroke: entry, catch, high elbows, stroke range, relaxed recovery and kick. It's the only swim bench on the market with a kicking mechanism, which also doubles as a leg curl to strengthen hamstrings and calves.

Aussie superstar Chris Legh is an avid Triton user and loves the convenience of swimming without actually driving to the pool. "I typically jump on (the Triton) three or four times a week for a quick swim workout," Legh said. "I like the fact that it forces you to find the path of most resistance, instead of letting your stroke suffer and finding the easy way out." About 20 minutes a day, three times a week, is all it takes to develop your swim-specific muscles and work out a few of those kinks in your stroke.

See it in action at tritonfitness.com