

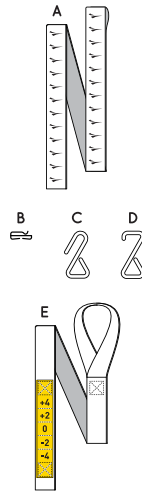
BACKSTROKE START WEDGE

ADJUSTABLE, NON-SLIP STARTING WEDGE



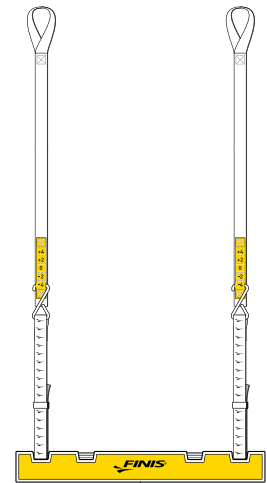
Parts Included

- A. Wedge Strap**
Connects to the Wedge
- B. Keeper**
Secures the excess Wedge Strap
- C. S Hook**
Optional block attachment hook
- D. Z Hook**
Connects the Wedge Strap to Block Strap
Can be placed in 5 different settings on the Block Strap
- E. Block Strap**
Used to loop around the Block Posts or Hand Grips
- F. Wedge**
Where the magic happens!
- G. Inside Adjustment**
Best for securing the Wedge to the Hand Grips of a Block
- H. Outside Adjustment**
Best for securing the Wedge to the Posts of a Block



How To Put Together

1. Backstroke Start Wedge will come with the Wedge Strap (A) connected to the Z Hook (D) and threaded through the Wedge (F).
2. Attach the 2 Block Straps (E) to the Block's Posts or Hand Grips.
3. Secure the Z Hook (D) to the 0 setting on the Block Strap (E).
4. Adjust the length of the Wedge Strap (A) until the top of the Wedge (F) is at water level.
5. Swimmers can now adjust the Z Hook (D) to their desired setting.



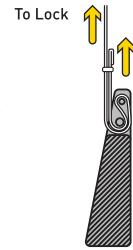
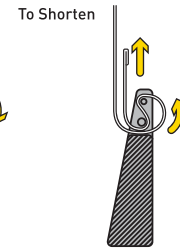
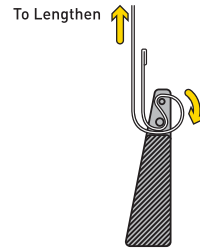
Settings

5 different settings on the Wedge Strap (A) allow swimmers to adjust the Wedge (F) height.

IMPORTANT: Start with the Wedge (F) on the 0 setting and make sure the top is at water level. Swimmers can then adjust from -4 to +4 based on personal preference.



Depending on the block type, you may also need to adjust the Wedge Strap (A).

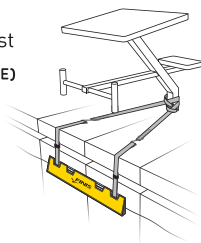


Standard Block Assembly

Here are assembly diagrams for a few standard blocks. Keep in mind that not all blocks are the same and block attachment might be slightly different. If you have any questions, please see additional attachment information at FINISswim.com or contact customer support.

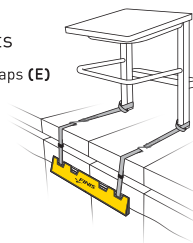
Single-Post Block Attached to the Post

Loop both Block Straps (E) around the single post.



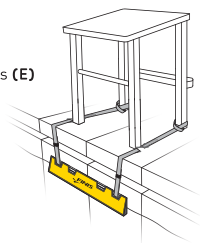
Two-Post Block Attached to the Posts

Loop each of the Block Straps (E) around the two posts.



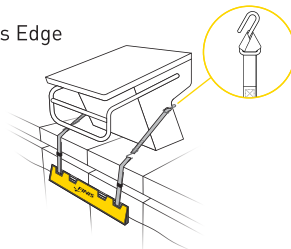
Four-Post Block Attached to the Posts

Loop each of the Block Straps (E) around the back two posts.



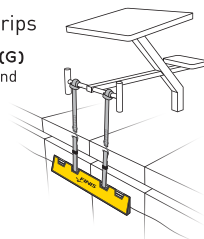
Large-Base Block Attached to the Block's Edge

Use the S Hook (C) to attach to a block's edge.



Hand Grips Attached to Block's Hand Grips

Use the Wedge's Inside Adjustment (G) and loop both Block Straps (E) around the Hand Grips. Works on any block with Hand Grips.



Having trouble setting up your FINIS Backstroke Start Wedge?
We are here to help! Please contact our incredible customer support team for assistance.

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DESIGNED IN CALIFORNIA

FINIS worked in collaboration with Vince Harris at WEDG.ie Swim Start Systems (County Cork, Ireland) to develop the FINIS Backstroke Start Wedge

WEDG.ie