



# Comparison Chart

Please see here below a comparison chart of SwimFast functionality and features Vs: other products in the market place.

<b>SWIM BENCHES</b>	<b>SWIMFAST</b>	<b>VASA TRAINER</b>	<b>VASA ERGO</b>	<b>HALO</b>
Portable	yes, rolls and stores 2x2 ft Vertical	Yes	Yes, limited	yes; folds flat
Custom Mirrors	Yes – Contact SwimFast	no	no	no
Whip Kick	Yes, uses foot cuff, extensions, and adjustable width function	no	no	no
Adjustable Width for all four strokes	yes, adjustable front arms for width and height	no	no	yes/ place tubing as wide or narrow as desired
Rotation for freestyle and backstroke	Yes, uses rear leg hold and spring loaded front pad	no	no	no
Computer ergometer	yes	no	yes	no
Ant integration	yes	no	yes	no
External computer interface	yes	no	no	no

Price	2325.00 + Shipping			
Resistance	Airbrake adjustable flywheel and also Tubing	gravity/incline	wind/iso	Tubing
Stainless	yes	yes	yes	yes
Adjustable length bench	yes; the bench and the leg hold both have adjustments	no	no	no
Front head pad	Yes, adjustable	no	yes?	yes
holder for halo evf template	yes	no	yes	yes
Adapts for back brush for backsweep feedback	yes	no	yes?	yes
Adjustable height arms for other exercises and taller swimmers	yes, height can be changed by pulling the spring adjuster and lifting up or down	no	no	no
Isokinetic (adjusts to the swimmer for each movement and rep automatically)	yes	no	yes	no
Power cords for stronger swimmers	yes	yes	no	yes
Adjustable ergometer so swimmer can look down for feedback	yes	no	no	no
Bench moves while swimmer's hand stays stationary	yes	yes	no	no
Extra handles and straps available	Yes – Contact SwimFast	yes	yes	yes
DVD available	Yes – Contact SwimFast	?	?	yes
Support by an active swim coach	Yes – Contact SwimFast			
Full hand paddles	Yes			
Online workouts and drills	Yes. User can watch learn and copy drills and strokes as he works out on			

	the bench using a phone or Pad place below his head			
Flutter Kick on narrow adjustment	Yes with Whip Kick straps	no	no	no



Official Supplier of Ergometers to the Olympic Games