



Which Vasa is Best for Me?

Either the **Vasa Swim Ergometer** or the **Vasa Trainer** will help you become stronger, faster, and a more powerful swimmer. You will accomplish more in less time, thanks to the high quality training they provide.

Use this helpful comparison chart to select the best fit for your training needs.

BENEFIT		
IMPROVED STROKE TECHNIQUE & EFFICIENCY	★★★★★	★★★★★
BUILD SWIM-SPECIFIC ENDURANCE, POWER & SPEED	★★★★★	★★★☆☆
SUPPLEMENTS / REPLACES POOL WORKOUTS	★★★★★	★★★★☆
POWER & SPEED INTERVALS	★★★★★	★★★☆☆
SWIM-SPECIFIC FUNCTIONAL STRENGTH TRAINING	★★★☆☆	★★★★★
INJURY REHAB / PREHAB	★★★★☆	★★★★★
WORKOUT SIMULATION (TO KEEP INJURED SWIMMERS FIT)	★★★★★	★★★☆☆
PERFORMANCE TESTING AND RACE / PACE SWIM SIMULATION	★★★★★	★★★☆☆
POWER METER DATA	★★★★★	N/A

Product specialists available to answer more questions.

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