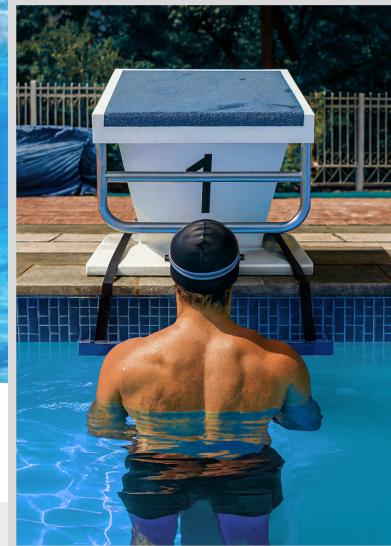




# BACKSTROKE LEDGE KICKSTART

Proudly custom-made in South Africa. Designed to fit majority dive blocks, giving swimmers the explosive kickstart they need. Designed and tested by swimmers, for swimmers



## Designed for Performance Starts

### Why Schools & Swim Clubs Invest In Our Ledge

 Schools  
Encourages correct  
backstroke technique  
from a young age

 Swim Clubs  
Builds confidence  
using race-ready  
equipment

 High Performance  
Prepares athletes for  
provincial, national, and  
international competition



- ✓ Sleek, durable design with high-grip surface**
- ✓ Adjustable strapping for secure, confident starts**
- ✓ World Aquatics (FINA) compliant (FR 2.10)**
- ✓ Fits the majority of standard dive blocks**
- ✓ Built for daily training and competition use**
- ✓ Height: 8 cm. Width: 2 cm. Length: 65 cm**



### PRICING & AVAILABILITY

Limited Stock Available – From **R3199**

Upgrade your backstroke starts today.

**Built tough. Tested poolside.  
Trusted by coaches.**

Our backstroke ledge is designed to withstand daily use while delivering consistent, reliable performance for swimmers at every level.