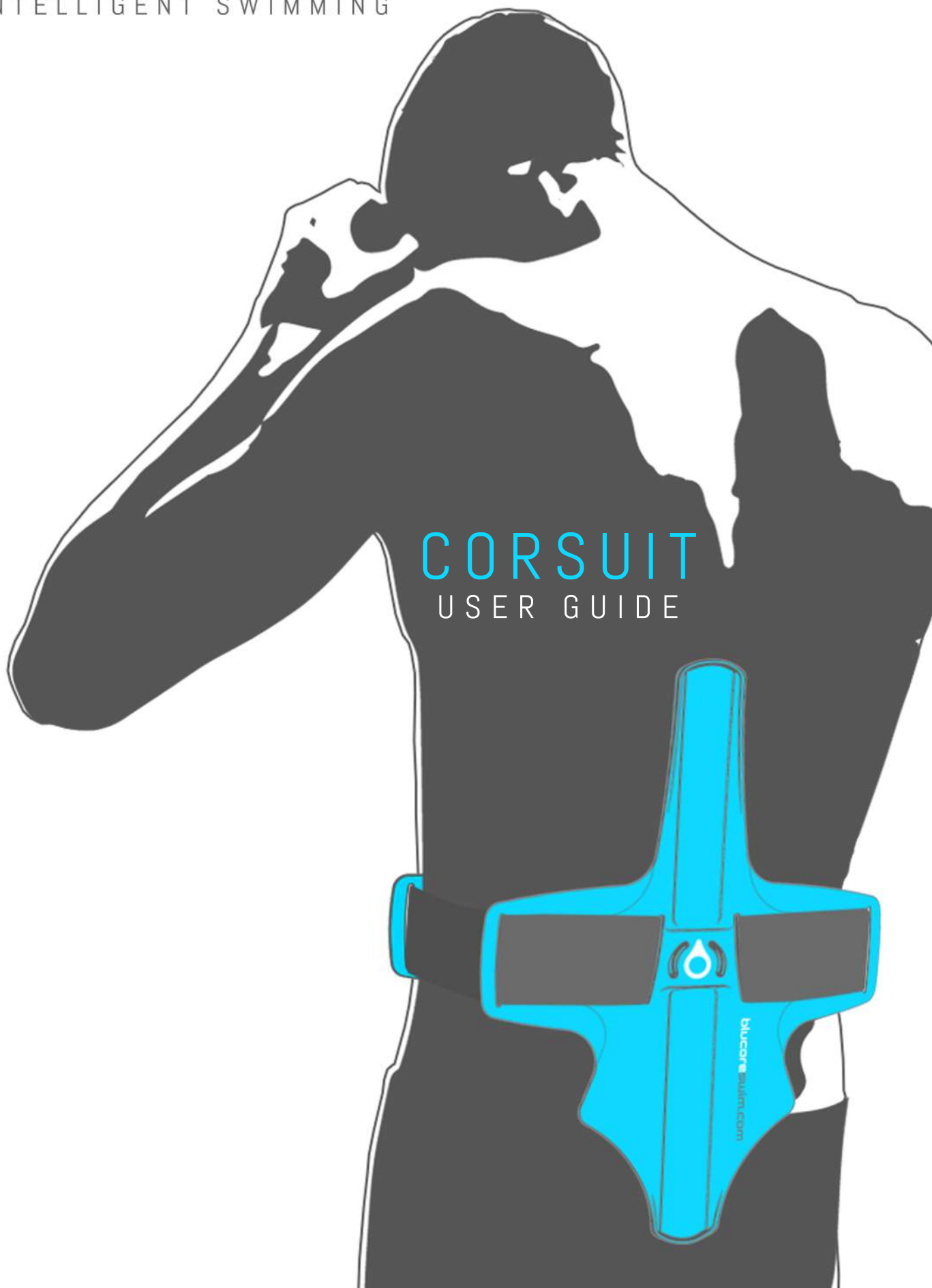


blucore™

INTELLIGENT SWIMMING



CORSUIT
USER GUIDE

CORSUIT

USER GUIDE

ABOUT THIS GUIDE

Posture is the backbone of swimming, and the Corsuit is your personal swimming posture coach.

This guide is intended for use with the instruction of a qualified swimming coach or professional. The exercises described herein are purely examples of the uses for the Corsuit, and these principles can be built upon to create more advanced drills.

The Corsuit is intended to be worn tightly, but should be loosened or removed if experiencing discomfort. Turns and dives should be executed with care while using the Corsuit.

If you have any existing medical concerns, such as heart disease or back pain, your healthcare specialist should be consulted before using the Corsuit.

The Corsuit is suitable for for all swimmers (ages 12+), and for all strokes. It can even be used in swimming-specific cross training and any time when practising good swimming posture.

ABOUT BLUCORE

Blucore's goal is to provide intelligent products for the intelligent swimmer.

Founded in 2013, Blucore launched its flagship product, the Corsuit, which was the result of over three years of research and development both in Australian and international squads and facilities.

There is plenty more to come from Blucore, so stay tuned.

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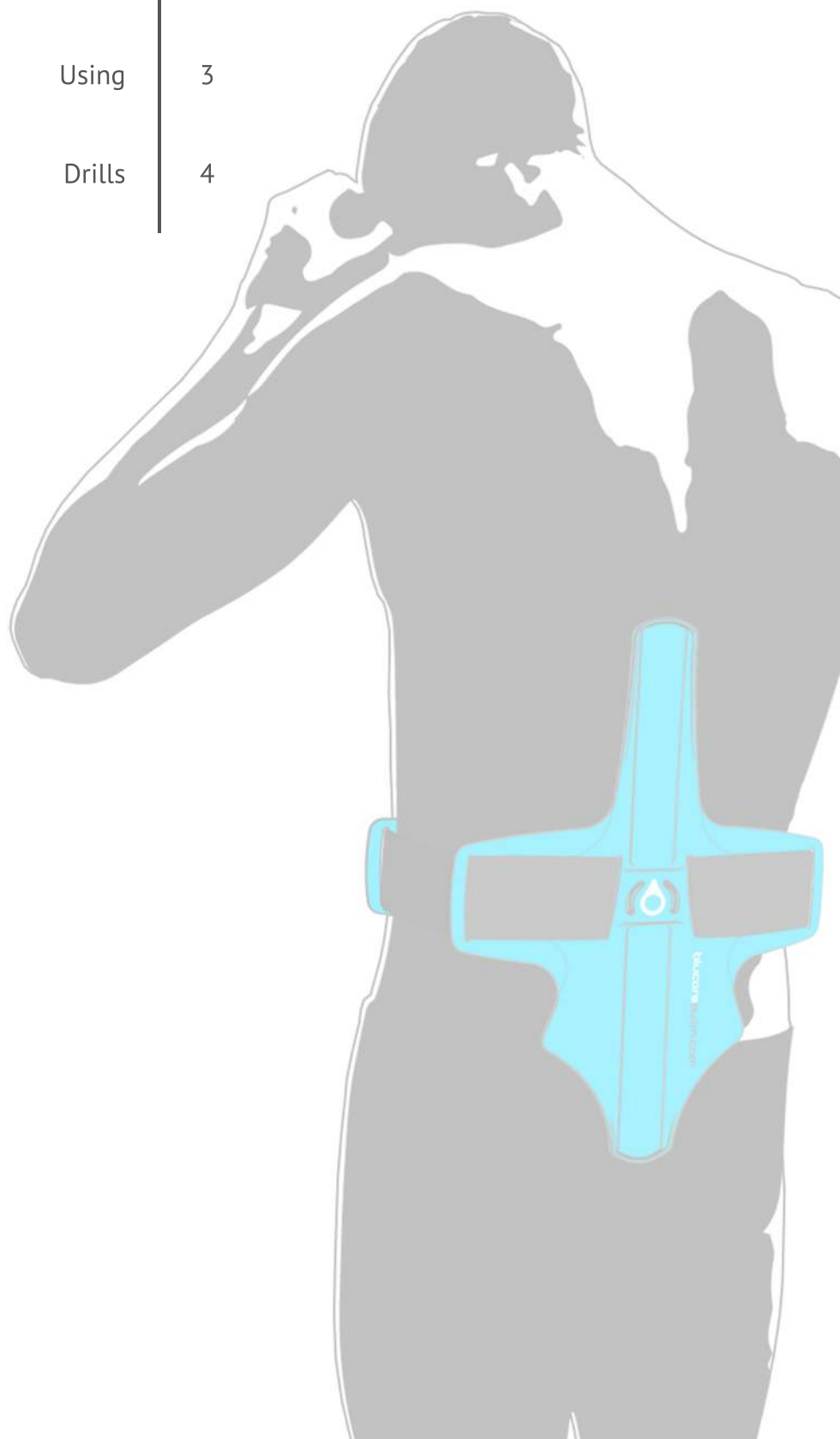
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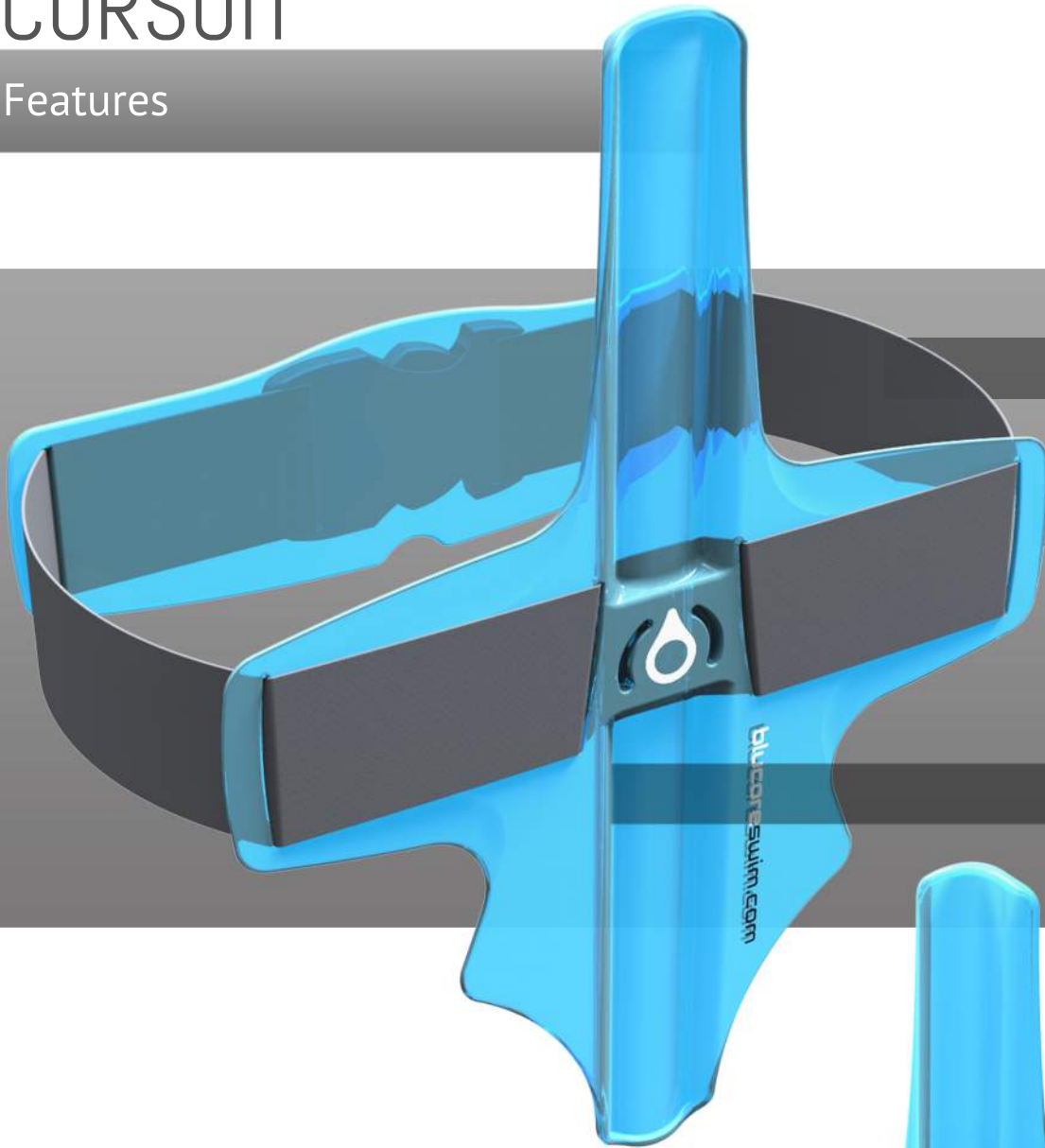
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Using	3
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CORSUIT

Features



Belt

Leaf

Spine guide



Wing

Buckle

Position guide

CORSUIT

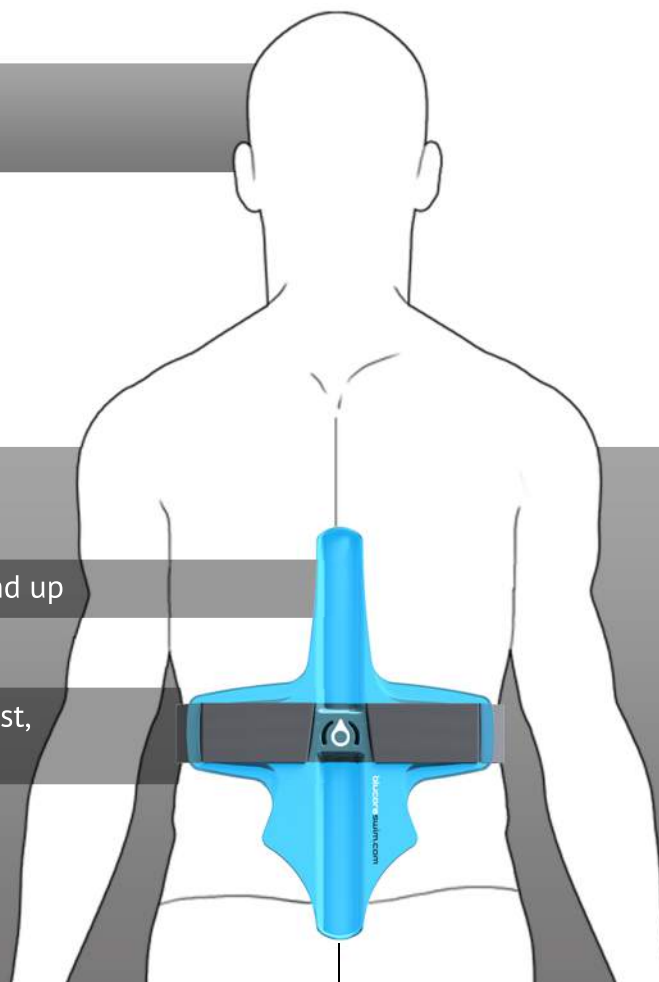
Fitting

BACK

Narrow end up

Belt sits around waist,
just above hips

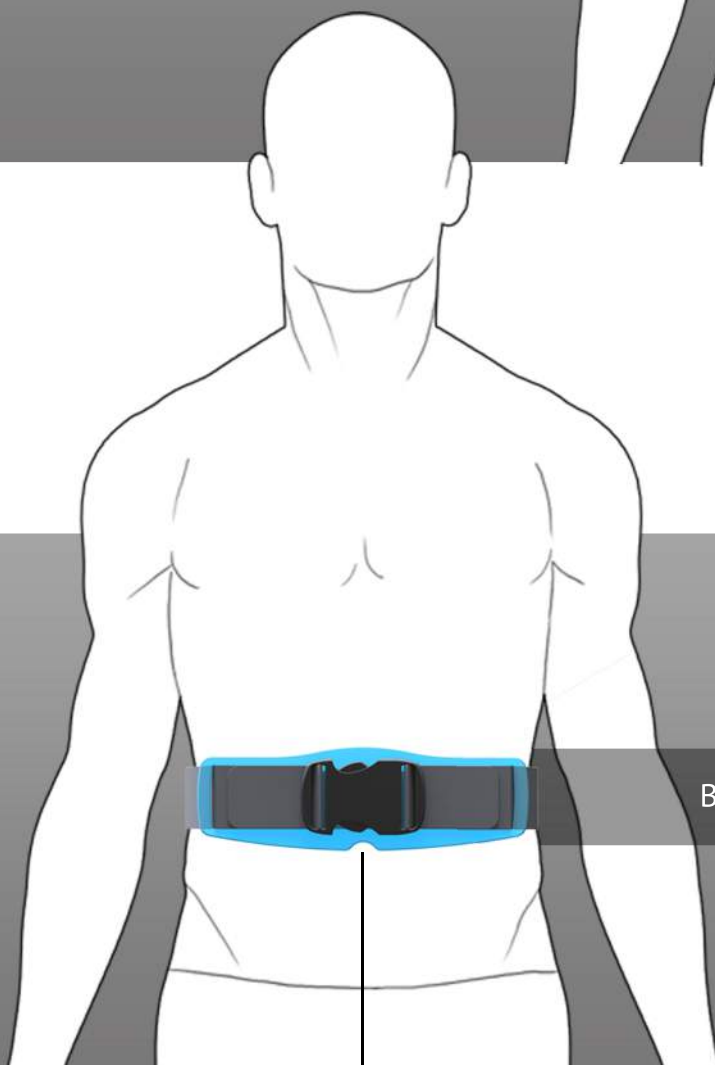
Spine guide
centred on back



FRONT

Belt fastened tightly

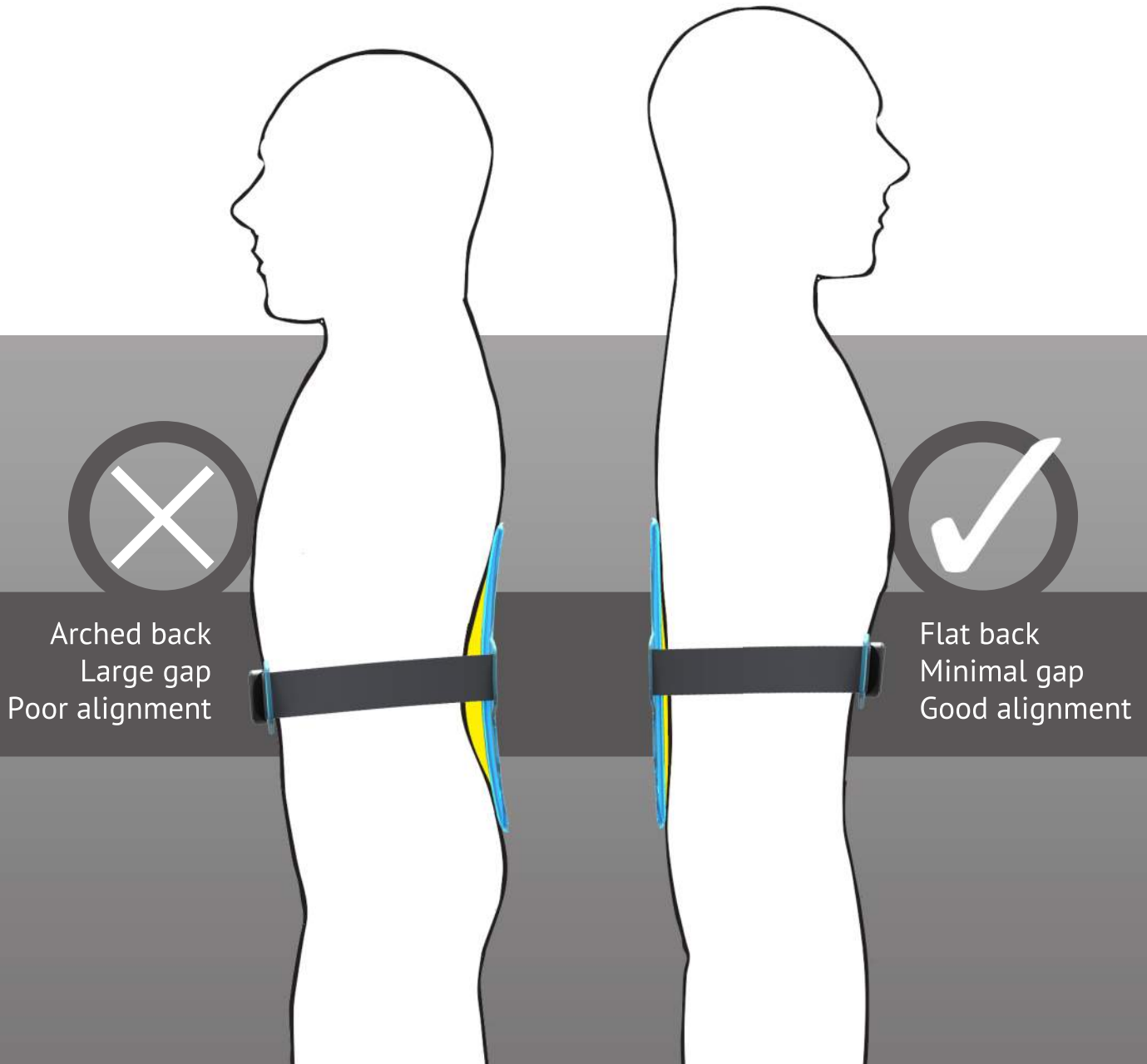
Position guide centred
on stomach



CORSUIT

Using

When the Corsuit is in use, it actively helps the swimmer to achieve proper spinal alignment. However, for maximum effect and comfort, the swimmer should work *with* the Corsuit to reach and maintain this position.



NB. When the spine is better aligned, the swimmer will usually also become taller.

For best feedback and results, device should be worn tightly, but not uncomfortably so.

CORSUIT

DRILLS

Once you've got your Corsuit fitted and you're comfortable using it, try out some of these exercises in the pool.

These simple drills are intended to give a broad introduction to how the Corsuit can be used in training.

They are focussed at different parts of the body and different strokes, to cater for different types of training and different types of swimmer.

As you master these drills, apply the same theories to your normal swimming technique. Over time you should feel more aligned, higher in the water and generally more efficient.

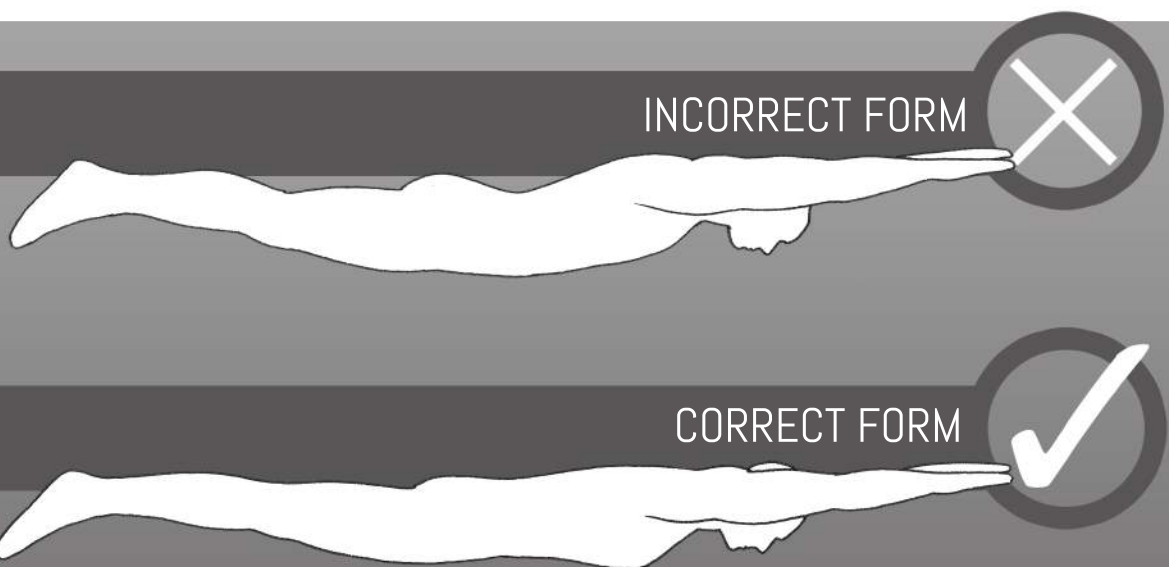
To continue challenging yourself, check with your coach for advanced versions of these drills. But as always, be careful, and cease these drills if they become unduly uncomfortable.

CORSUIT

Drill 1: Streamlined glide

A push-off or dive and streamlined glide without kicking - aiming for distance - can be an effective way of practicing and assessing posture. With more efficient posture, swimmers should be able to glide further. Swimmers should aim to:

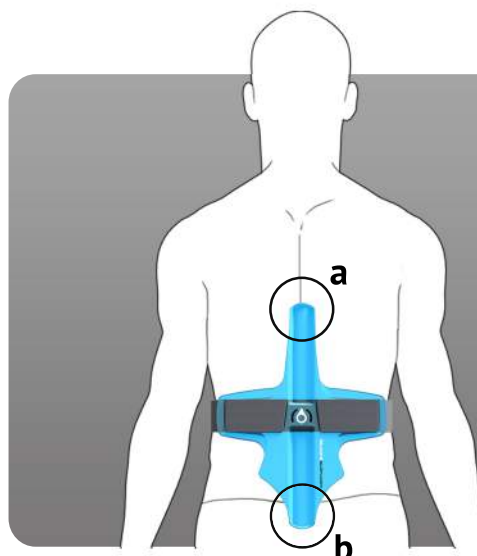
- a** Always push off or dive at maximum effort. This allows separate attempts to be compared more effectively.
- b** Hold a streamlined position until completely stationary. This aids in comparability, and also adds an extra level of difficulty, forcing the swimmer to maintain good posture even when moving very slowly.



FEEDBACK CUES

When using the Corsuit during streamlined glides, users should aim to decrease the gap between their lower back and the Corsuit, as they would while swimming.

To do so, pressure on the top (**a**) and bottom (**b**) of the Corsuit should be minimised.



CORSUIT

Drill 2: Breaststroke pull-out

In breaststroke underwater pull-outs, swimmers often over-hunch the upper back and over-arch the lower back at the completion of the pull. This results in a very inefficient streamlined position, which can cost a swimmer significant speed, as this position must be held inactively, before initiating the kick and glide breakout phase.

- a** Swimmers should keep the stomach drawn in and the pelvis tucked under as the pull is completed. This ensures the lower back remains flattened for the inactive phase.
- b** The shoulder blades should be squeezed together, and the chest kept out, preventing hunching.
- c** The shoulders should shrug at the end of the pull, while keeping the head in line with the body. This creates a more streamlined form through the head, neck and shoulders.

INCORRECT FORM



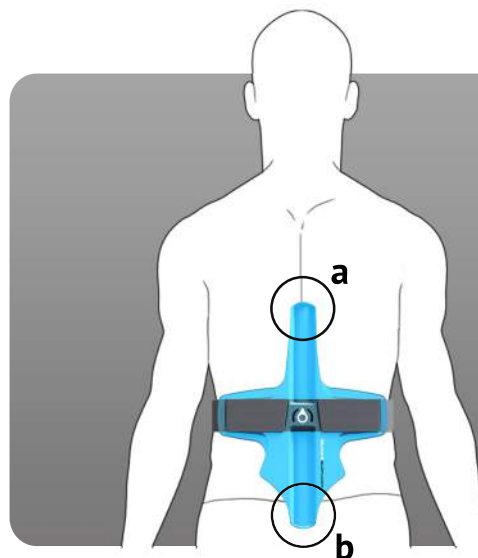
CORRECT FORM



FEEDBACK CUES

When using the Corsuit during breaststroke pull-outs, users should aim to decrease the gap between their lower back and the Corsuit, as they would while swimming.

To do so, pressure on the top (**a**) and bottom (**b**) of the Corsuit should be minimised.



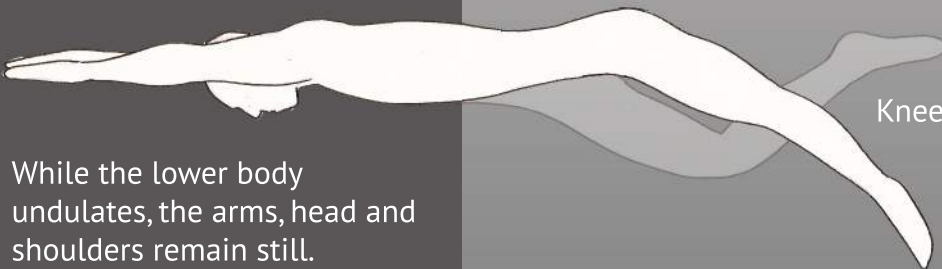
CORSUIT

Drill 3: Underwater dolphin kick

A common mistake in streamlined underwater dolphin kicking is arching of the upper back. The Corsuit provides feedback to help promote a stable upper body and prevent this.

- a** The kick should be led by the pelvis. Rolling the pelvis backward and forward acts to initiate the downward and upward phases of the kick respectively, ensuring a mechanical advantage is provided to the correct kicking muscles when it is needed.
- b** The swimmer should focus on undulating predominantly from the lower back and hips.
- c** The shoulders should hold a strong streamlined position, with the hands, arms and head remaining almost completely still.

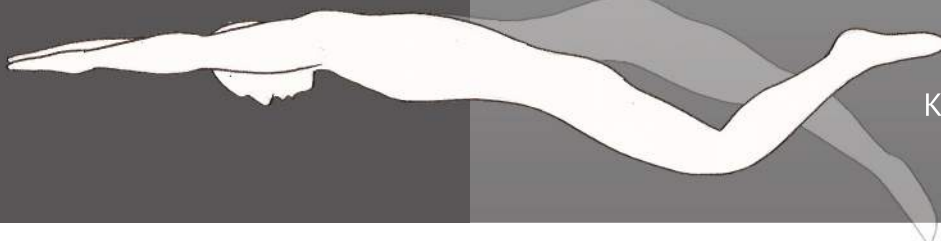
UP-KICK



While the lower body undulates, the arms, head and shoulders remain still.

Knees remain straight during up-kick

DOWN-KICK



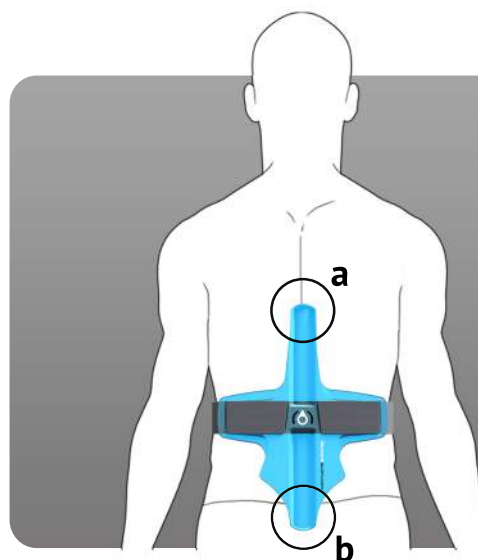
Knees bend during down-kick

FEEDBACK CUES

When using the Corsuit during underwater dolphin kicking, users should aim to:

Reduce pressure on the top (**a**) of the Corsuit; and

Actively flex the bottom (**b**) of the Corsuit as they undulate.



CORSUIT

Drill 4: Pull-ups

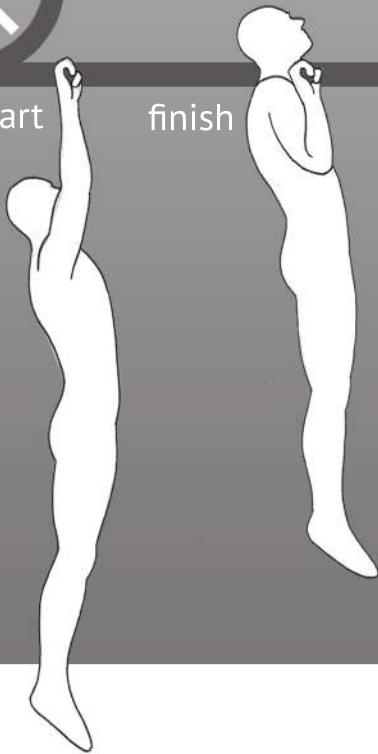
A common fault in pull-up technique is an over-arching of the back. Given that pull-ups are a highly swimming-specific exercise, correct spinal alignment should be practised when performing them. Wear the Corsuit during pull-ups in order to improve the maintenance of this posture while swimming.



INCORRECT FORM

start

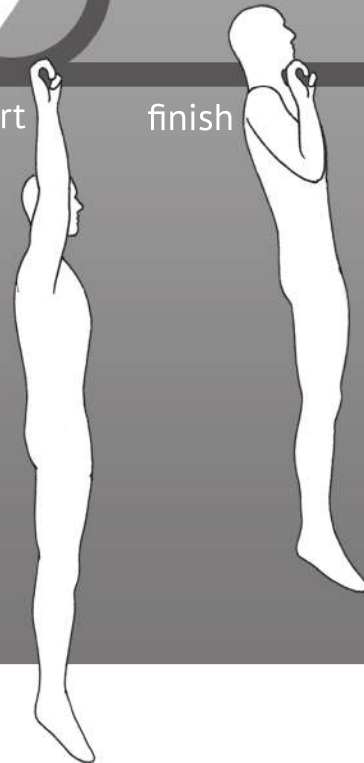
finish



CORRECT FORM

start

finish



FEEDBACK CUES

When using the Corsuit during pull-ups, users should aim to decrease the gap between their lower back and the Corsuit, as they would while swimming.

To do so, pressure on the top (**a**) and bottom (**b**) of the Corsuit should be minimised.

