

## FAQ'S

---

### SHOULD I GET JUNIOR OR SENIOR SIZE?

The Junior size Forearm Fulcrum is ideal for younger swimmers, teens and petite women. They measure just shy of 11" from end to end. The senior measures about 13.5" from end to end and is ideal for adults and taller teens.

### HOW DO I KNOW IF I HAVE THEM ON CORRECTLY?

Refer to the image on the underside of the fulcrum depicting correct usage.