



No Limit (NLT) The freediver descends with the help of a ballast weight and ascends via a method of his



Variable Weight (VWT) The freediver descends with the help of a ballast weight and ascends using his own strength



Constant Weight (CWT) The freediver descends and ascends using his fins/monofin and/or with the use of his arms



Constant Weight Without Fins (CWF) The freediver descends and ascends under water using only his own muscle strength, without the use of fins



Free Immersion (FI) The freediver dives under water without the use of propulsion equipment, but only by pulling the arms



Dynamic With Fins (DWF) The freediver travels in a horizontal position under water attempting to cover the greatest distance



Dynamic Without Fins (DWF) The freediver travels in a horizontal position under water attempting to cover the greatest distance



Static Apnea (STA) The freediver holds his breath for as long as possible with his respiratory tracts immersed