



**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 stren



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



**Constant Weight Without Fins (CWF)** The freediver descends and ascends under water using only his own muscle strenght, wi



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



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



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



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