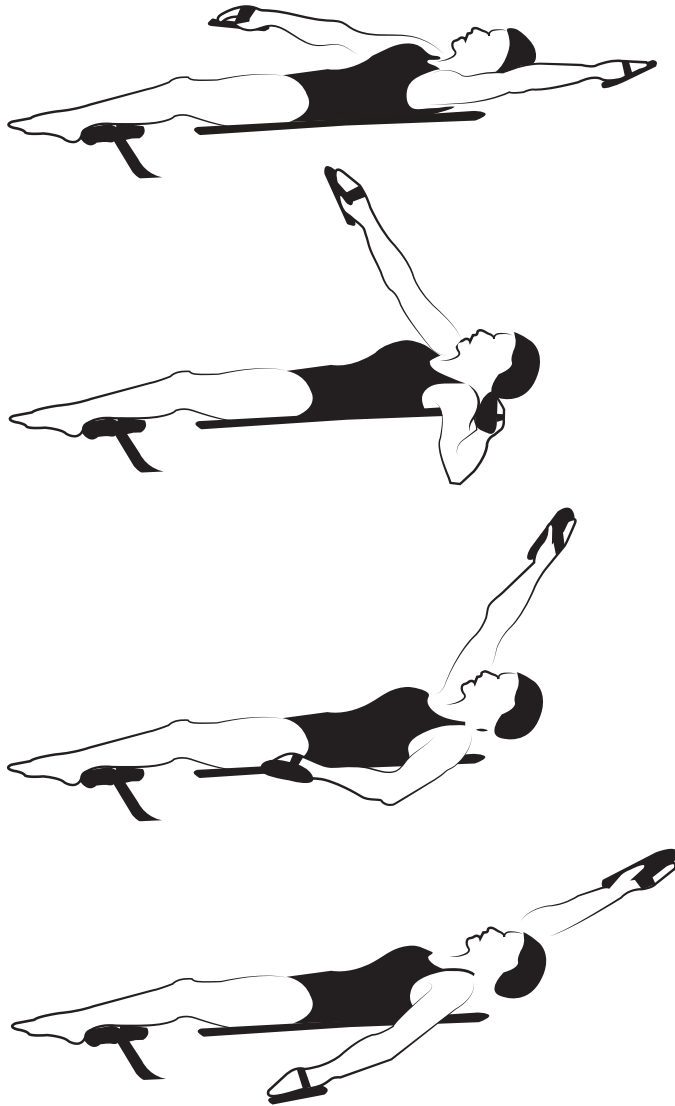




## BACKSTROKE SIMPLIFIED TECHNIQUE



### OVERVIEW

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In backstroke, you float on your back in the water. Your body is almost horizontal, with a slight tilt toward the feet. This slight tilt allows you to flutter kick without your legs breaking the water surface. The body position will be the same in on the SwimFast.

### ONCE ON THE SWIMFAST BENCH

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Your head is in a neutral position, in line with your spine.

Your legs should remain still with no movement

Your arms execute alternating movements:

- One arm recovers in the water from the hip to the overhead position in a semicircular movement. The arms are kept straight during the recovery...
- Meanwhile, the other arm sweeps alongside the bench from the overhead position backward to the hip, providing propulsion if in the water. The hand follows an S-like pattern during this sweep, alongside the bench.
- The recovering arm becomes the sweeping arm once it moves in front of the swimmer, and the sweeping arm becomes the recovering arm when it exits the alongside the bench at the hip.
- Keep your head still