

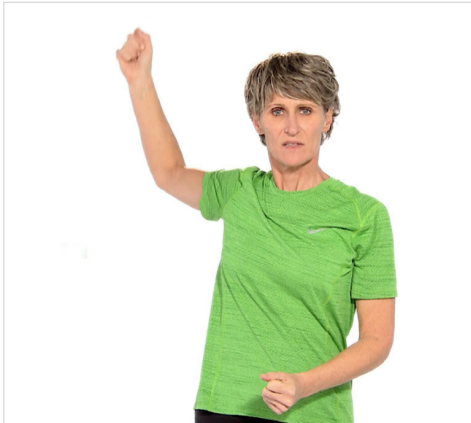
BACKSTROKE

POSITION

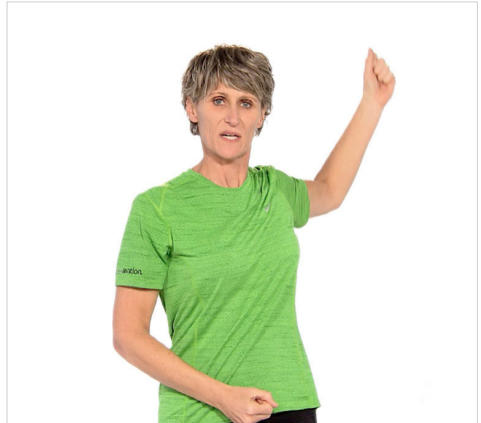
1. Elbows bent.
2. Thumb up and elbow down in Power Position.
3. Large circles of arms in a backstroke movement.
Open chest and squeeze shoulder blade back as arm circles behind.

NUMBER

x 5 each arm.



STEP 1



STEP 2

Take care if you have a shoulder problem, only do this movement within a comfortable range.

Make sure:

- Gentle 'rhythmical' movement.
 - Don't jam your neck or twist low back.

Breathing:

- Breathe comfortably throughout the movement.

It is good for:

- Opening up front of chest after long periods of sitting or bending.
- Shoulder and mid back mobility.
- Re-enforcing Power Position Principle.
 - Thumb up and elbow down.