

LOCK POSITION**TIGHT STREAMLINE FOR PUSHING OFF WALL**

- Head position slightly downward with chin towards chest, never lift head to look forward
- Extended arms with elbows locked, ears under arms
- No part of head is visible above arms

1**HANDS POSITION****LOCKED IN PLACE**

- Place one hand on top of the other
- Lock hands together linking thumb around the lower hand

PRO TIP:
Consistently use LOCK
position from a dive
and all turns

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