

BASE POSITION



NEUTRAL BODY POSITION

- Compared to the tighter LOCK position (B1/B2), the BASE position is a more relaxed streamline shape
- The body is in a neutral position, head squeezed between arms with eyes looking directly downward
- Fully extended legs with pointed toes

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HANDS POSITION



PRO TIP:
Never lift head to look forward. Look up towards your eye lids

OPTIMUM EFFICIENCY

- BASE position has low drag resistance, this is fully utilised within the BREASTSTROKE glide phase
- Hands side by side with thumbs touching
- Extended arms with elbows locked

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