

The logo for swim-teach.com is displayed in a white, italicized, sans-serif font against a blue background with a subtle wave pattern.

the number one resource for learning to swim and improving swimming technique

Legal Notice

Copyright ©2008, swim-teach.com

All rights reserved. No portion of this document may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for his or her own personal use. This document may not be reproduced in any form (other than for purposes of review) without the written permission of the publisher.

The material contained in this document is set out in good faith for general guidance and no liability can be accepted for loss or expense incurred as a result of relying in particular circumstances on statements made in the document.

Whilst every effort has been made to ensure the content of this document is as technically accurate and as sound as possible, neither the author nor the publisher can accept responsibility for any injury or loss sustained as a result of the use of this material.

BACKSTROKE: Arms

Arms only with pull-buoy held between legs



Aim: to develop a continual arm action using both arms.

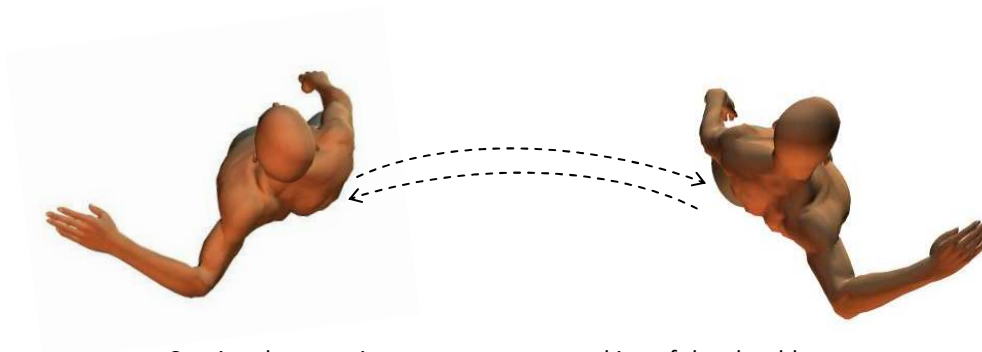
The pull-buoy provides support and helps to isolate the arms by preventing the leg kick action. Note: it is normal for the legs to 'sway' from side to side during this exercise.

Technical Focus

- o Arm action is continuous and steady
- o Arms stretch all the way over and brush past the ear
- o Arms pull down to the thigh
- o Shoulders rock evenly side to side

Key Actions

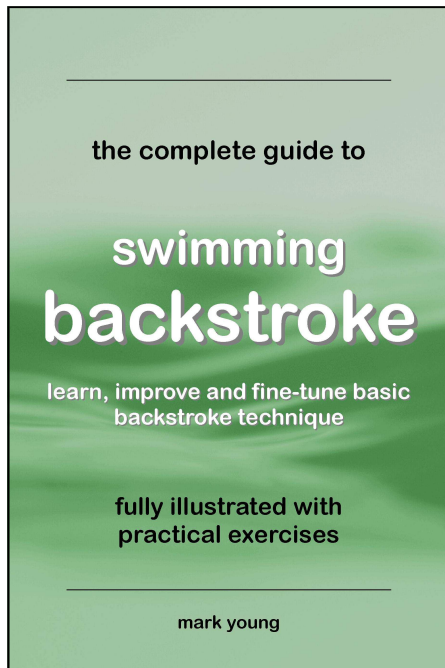
- o Arms brush past your ear
- o Fingers closed together
- o Continuous arm action
- o Pull hard through the water and down to your side
- o Allow your legs to 'sway' side to side



Continual arm action causes an even rocking of the shoulders

Want more exercises like this one?

The Complete Guide to Swimming Backstroke contains 20 of the best exercises to fine tune your backstroke technique



The Complete Guide to Swimming Backstroke is the perfect quick-fix for anyone wanting an easy to follow, concise and simplistic guide book. For the complete beginner, this book helps to learn and understand the basic stroke, and for the established swimmer to adjust and improve. The 20 fully illustrated exercises contained in this book cover all aspects of the stroke and can help any beginner to learn and practice, and any swimmer to eliminate bad habits and fine tune their backstroke.

“A simple, yet highly detailed guide to helping anyone learn, improve and enhance their backstroke technique in easy simplistic steps”

Mark Young – author

Mark Young is a well established swimming instructor with over twenty years experience of teaching thousands of adults and children to swim. He has taught countless beginners from scratch and turned many of average ability into advanced swimmers. This book draws on his experiences and countless successes to put together this simplistic methodical approach to mastering backstroke swimming technique.

Available from

