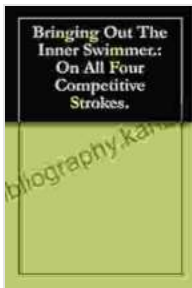


On All Four: Unlocking the Secrets of Competitive Swimming

Are you ready to take your swimming to the next level? Master all four competitive strokes with the ultimate guide, "On All Four: Competitive Strokes." This definitive resource offers an in-depth analysis of freestyle, backstroke, breaststroke, and butterfly, providing you with the knowledge and skills to excel in the pool.

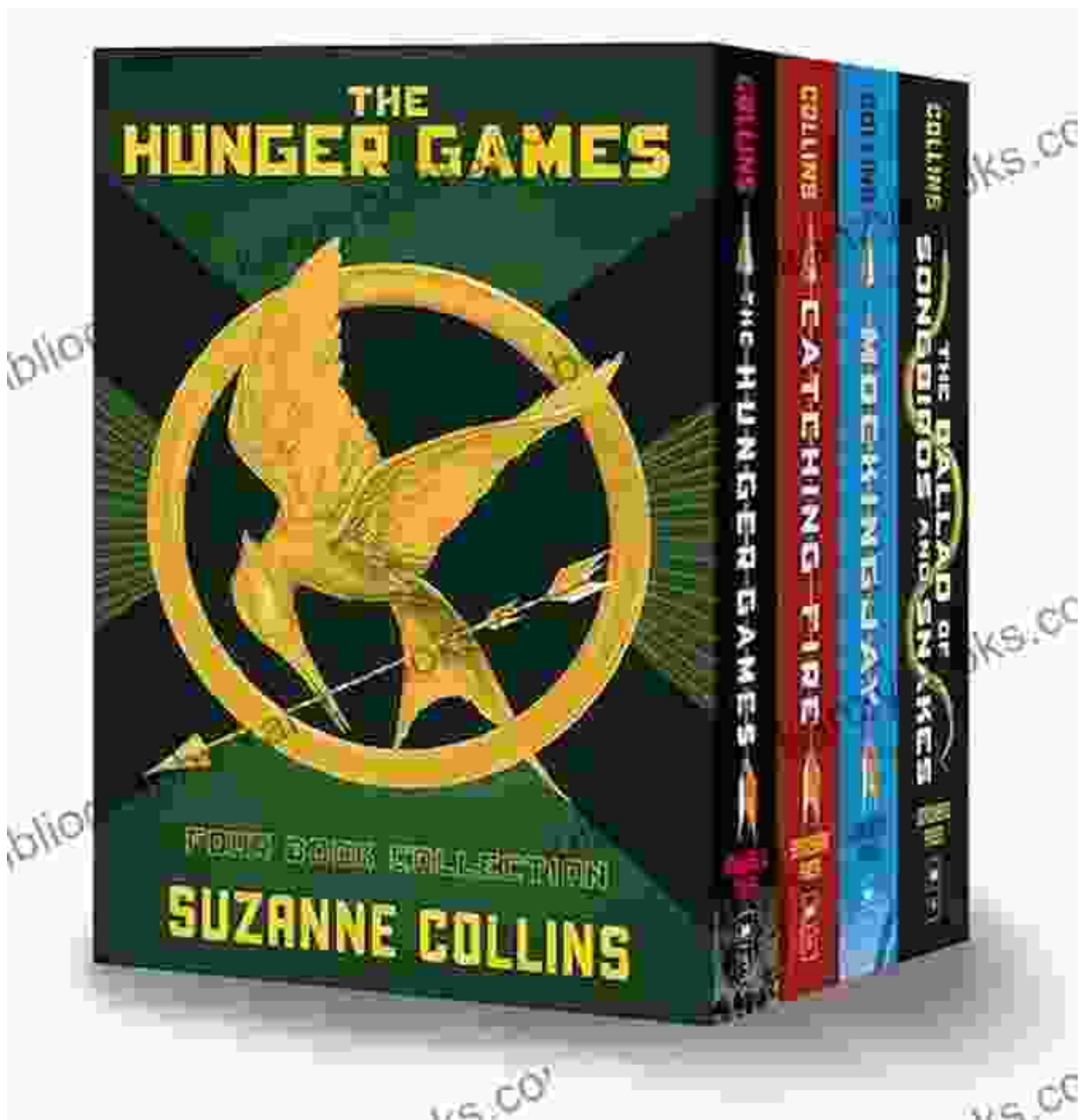


Bringing Out The Inner Swimmer.: On All Four Competitive Strokes. by Mathea Ford

★★★★★ 5 out of 5

Language : English
File size : 1479 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 59 pages
Lending : Enabled





Freestyle: The Foundation of Speed

Freestyle, the most common competitive stroke, is all about speed and efficiency. In "On All Four," you'll learn the key components of a powerful freestyle stroke, including:

- Optimal body position and streamlining

- Effective arm movements for propulsion
- Efficient leg kicks for stability and speed
- Proper breathing techniques

Backstroke: Grace and Precision

Backstroke, characterized by its unique backward motion, requires precision and coordination. "On All Four" will guide you through the intricacies of backstroke, teaching you:

- The importance of body alignment and head position
- Efficient arm movements for maximum propulsion
- Optimal leg movements for stability and balance
- Proper breathing techniques while facing up

Breaststroke: Power and Endurance

Breaststroke is a powerful and challenging stroke that demands strength and endurance. In "On All Four," you'll master the following techniques:

- Proper body position and arm movements
- Synchronized leg kicks for propulsion
- Optimal breathing and coordination
- Strategies for pacing and maintaining endurance

Butterfly: The Ultimate Challenge

Butterfly is the most physically demanding of the competitive strokes, requiring exceptional strength, coordination, and stamina. In "On All Four," you'll learn:

- The advanced body position and body wave
- Specialized arm movements for generating propulsion
- Powerful leg movements and dolphin kick
- Optimal breathing and recovery patterns

Additional Features

In addition to stroke-specific techniques, "On All Four" provides comprehensive information on:

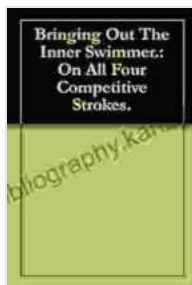
- Training and conditioning programs
- Race strategy and tactics
- Injury prevention and recovery
- Nutritional guidelines for optimal performance

Benefits of "On All Four"

- Unlock your potential and excel in all four competitive strokes
- Improve your speed, efficiency, and endurance
- Gain a competitive edge in races
- Enhance your overall swimming technique and skills
- Train effectively and efficiently for maximum results

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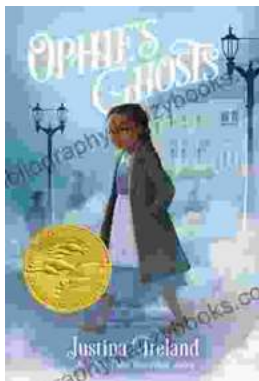
Don't miss out on this invaluable resource. Free Download your copy of "On All Four: Competitive Strokes" today and take your swimming to new heights. Visit our website at www.swimmingstrokes.com or your favorite online retailer.



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