

The Start

Elbows bent, with fingers grabbing the rim of the block. Some swimmers prefer placing the thumbs on top of the block's surface.

Head down, with eyes focused toward the back of the block

The back leg should be open more than 90 degrees to generate power from the hamstring muscle.

Body weight should be placed on the front foot.

Your back foot should be up on the ball of the foot, rather than flat with the heel down.

