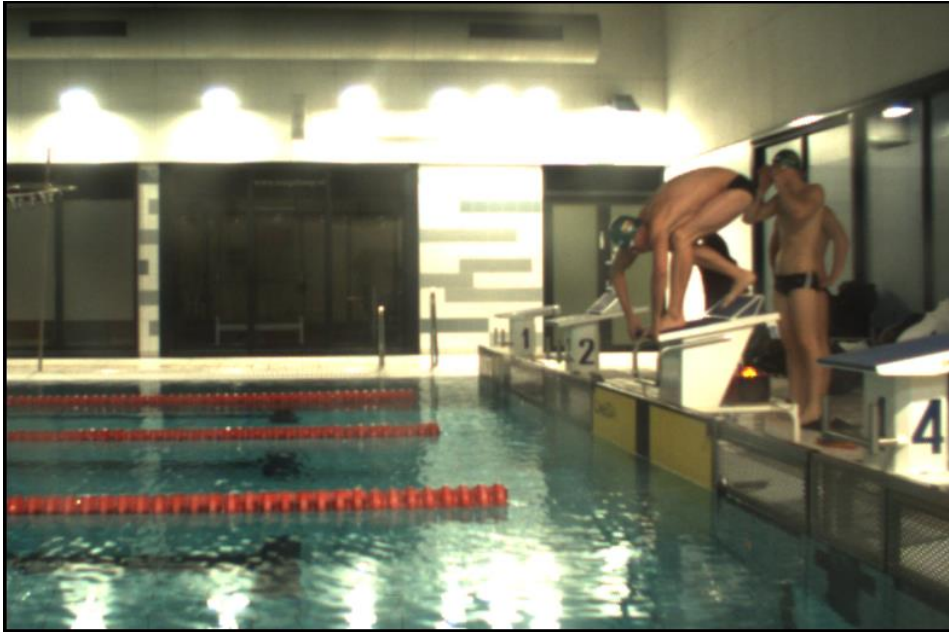


Deividas

Video-analyses



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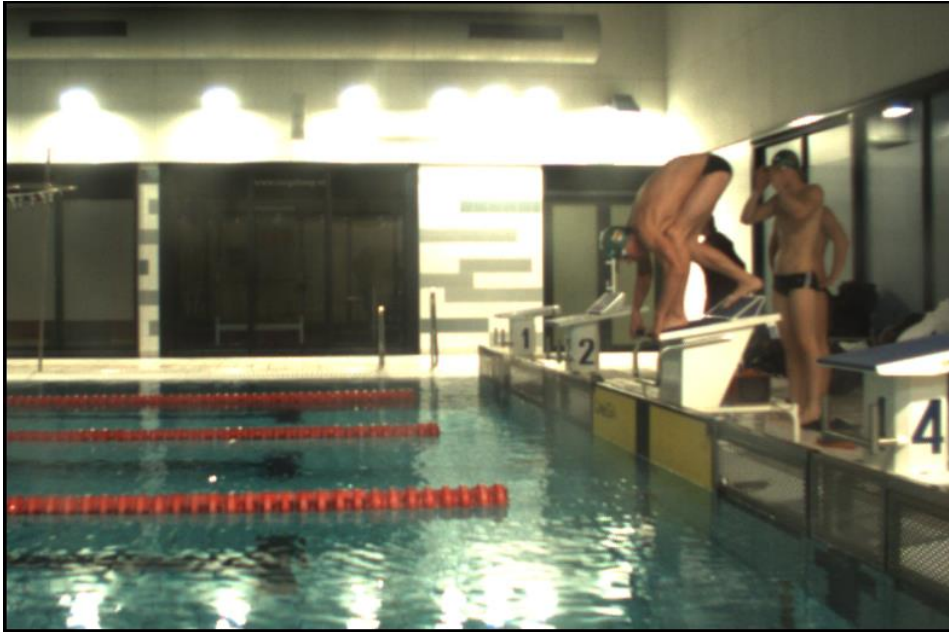
Aanwijzing:

You lean too much backward. Try to keep the weight between both feet.



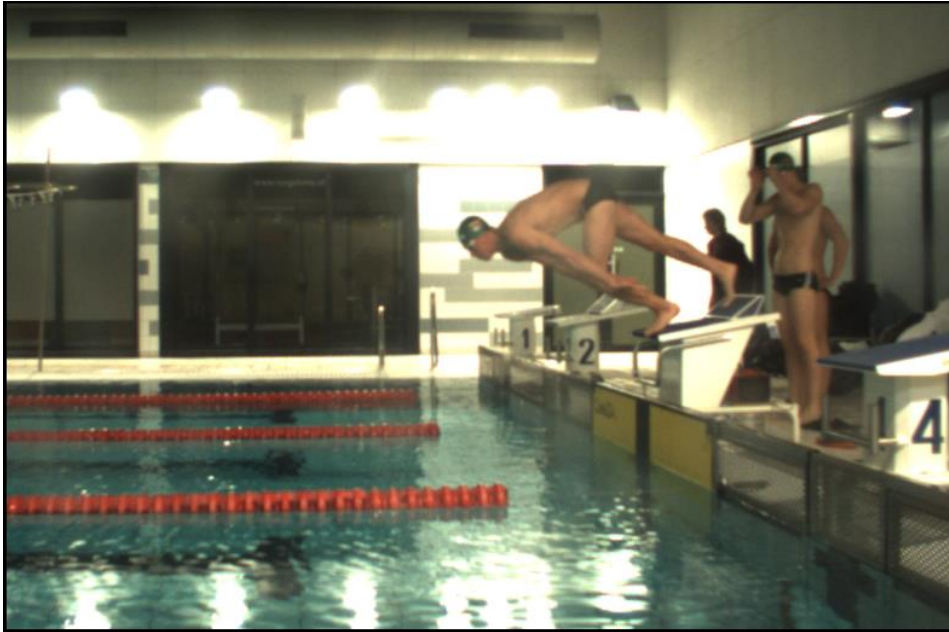
Aanwijzing:

You dont have tension on your arms. Pull yourself down before the start signal.



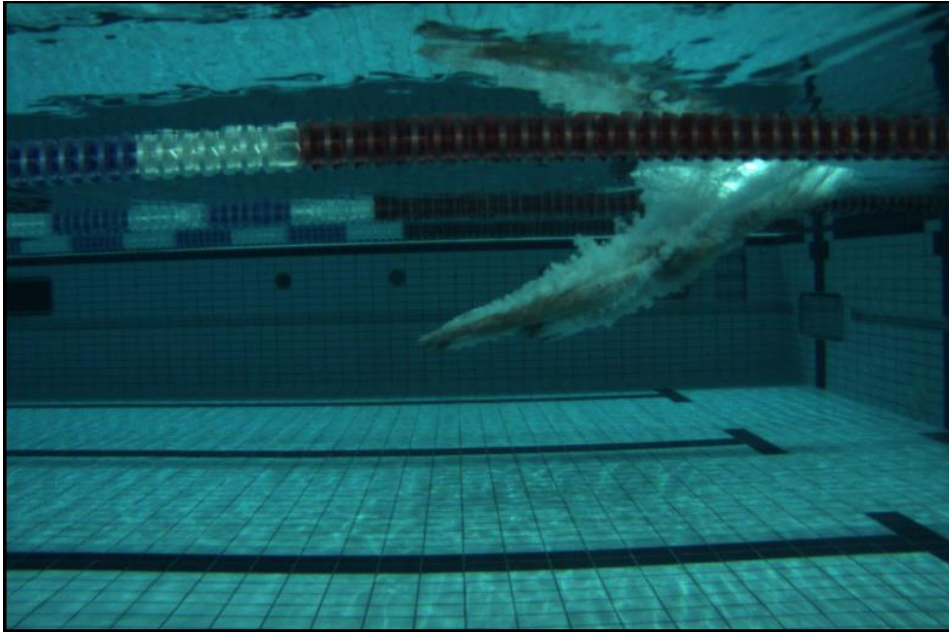
Aanwijzing:

Your hip only moves upwards instead of forward on the first movement. Bend in your front knee while you are pushing with your rear leg.



Aanwijzing:

Your take off angle is too steep. Your lower leg of your front leg should be horizontal when your rear foot leaves the platform.



Aanwijzing:

Bend your legs a bit when you enter the water. Now your legs fall out of the streamline.