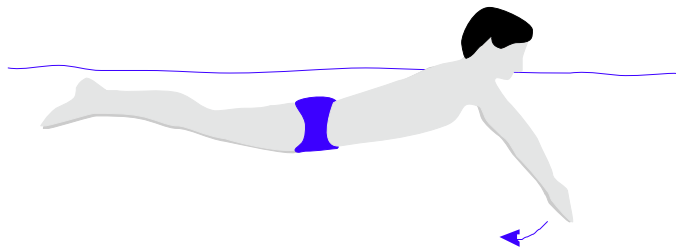
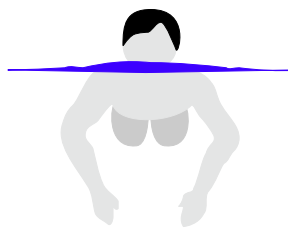


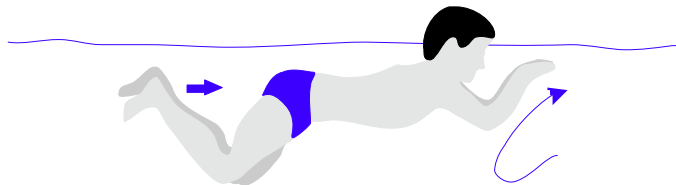
Body is streamlined, eyes looking forward and down



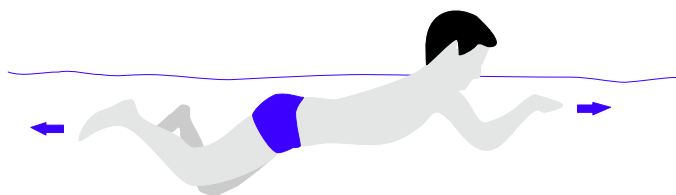
Arms pull to out, back and down,
hands stay in front of the shoulders at all times during stroke cycle.



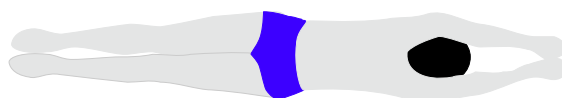
From the extended position, as the hands start to pull apart
the head and the upper body lifts for inhalation.



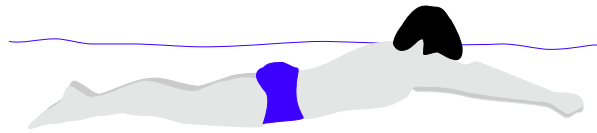
As the arms complete their action,
the legs are drawn up to the seat.



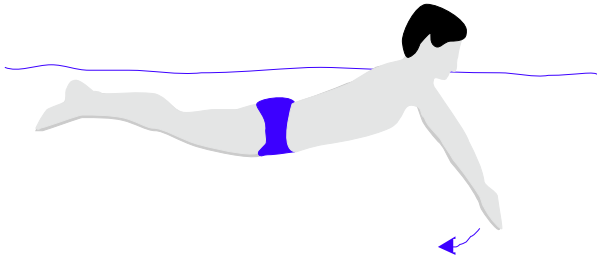
As arms push forward legs drive back
with feet turned out.



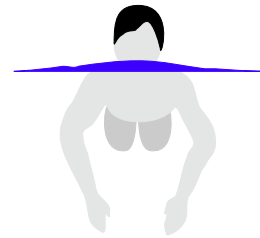
As stroke finishes to a stretched streamline position,
exhalation takes place.



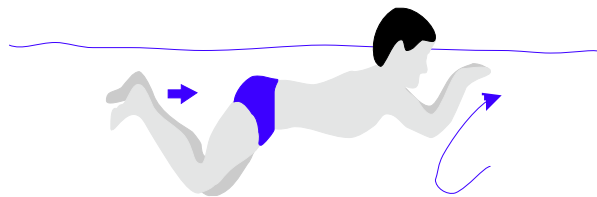
Body is streamlined, eyes looking forward and down



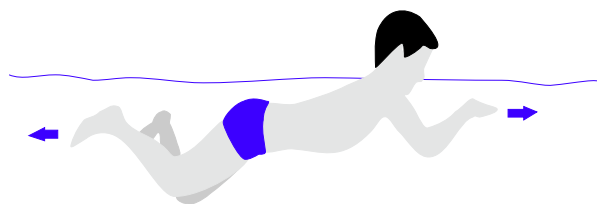
Arms pull to out, back and down, hands stay in front of the shoulders at all times during stroke cycle.



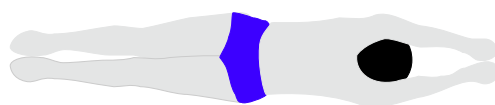
From the extended position, as the hands start to pull apart the head and the upper body lifts for inhalation.



As the arms complete their action, the legs are drawn up to the seat.



As arms push forward legs drive back with feet turned out.



As stroke finishes to a stretched streamline position, exhalation takes place.