

STARTING SEQUENCE - Les Archer



Notes:

1. Shoulders directly above the starting line.
2. Arms are shoulder width.
3. Front block angle $\pm 45-60^\circ$ and back block angle $80 - 85^\circ$
4. Head and back in a straight line



Notes:

1. On the set command, lift the butt and slightly move forward with the upper body.
2. Leg angles in the set position: front - 90° and the rear leg 120° . These are scientifically proven to produce optimum leg drive.
3. DO not tense up and focus on the action you have to perform, namely DRIVE.