

# Back Crawl

**B** – Body flat, head slightly back, eyes/ belly button to ceiling (hips up)

**L** – Flutter kick, toes break surface of water

**A** – Thumb up on exit; rotate palm, pinky enters water first. Arms brush ears.

**B** – Breathe in/out as arms recover

**T** – Arm and legs are continuous. Roll shoulders for greater reach/ pull on arm stroke

