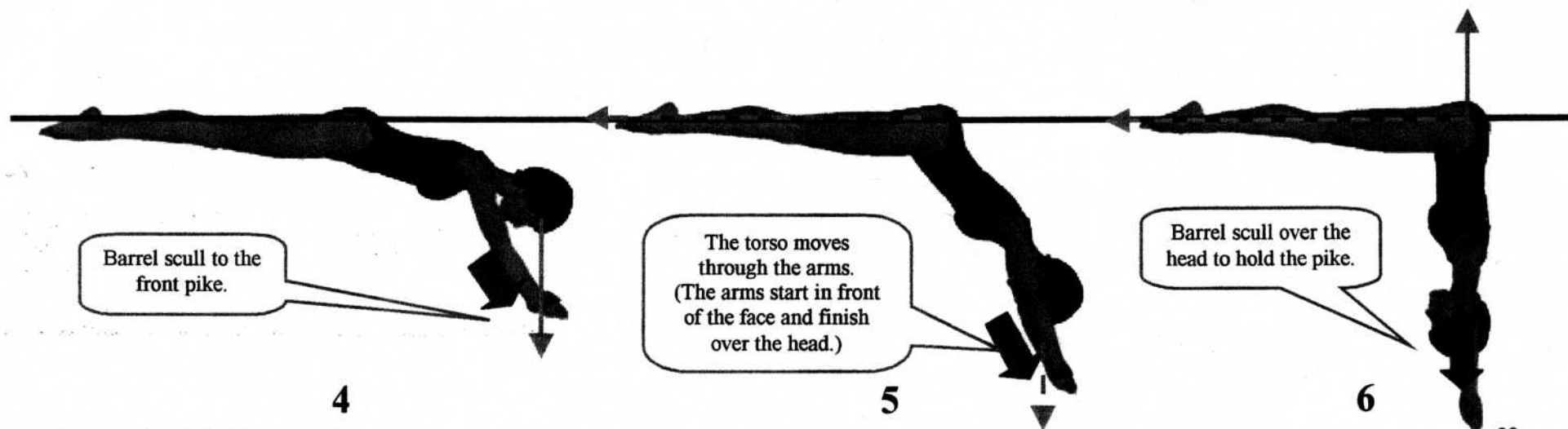
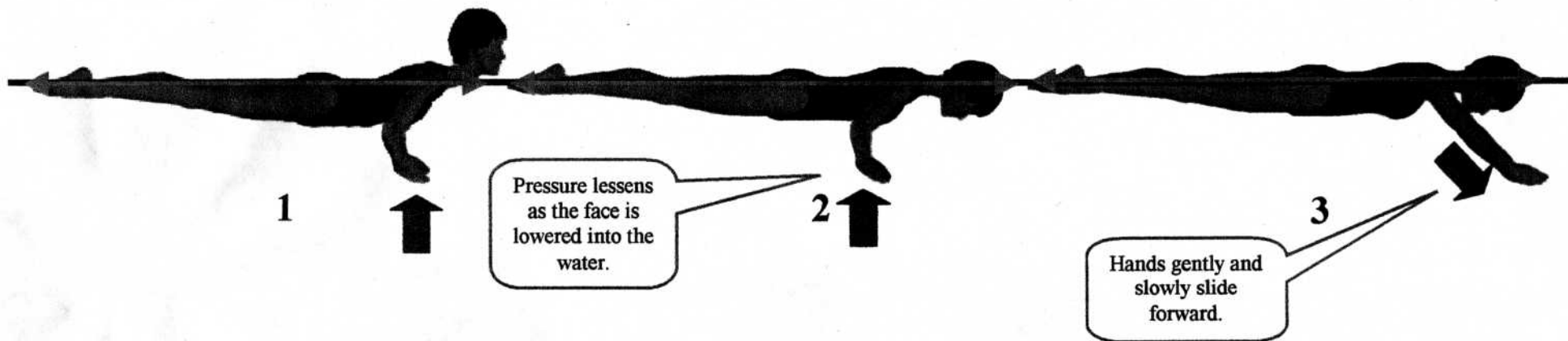
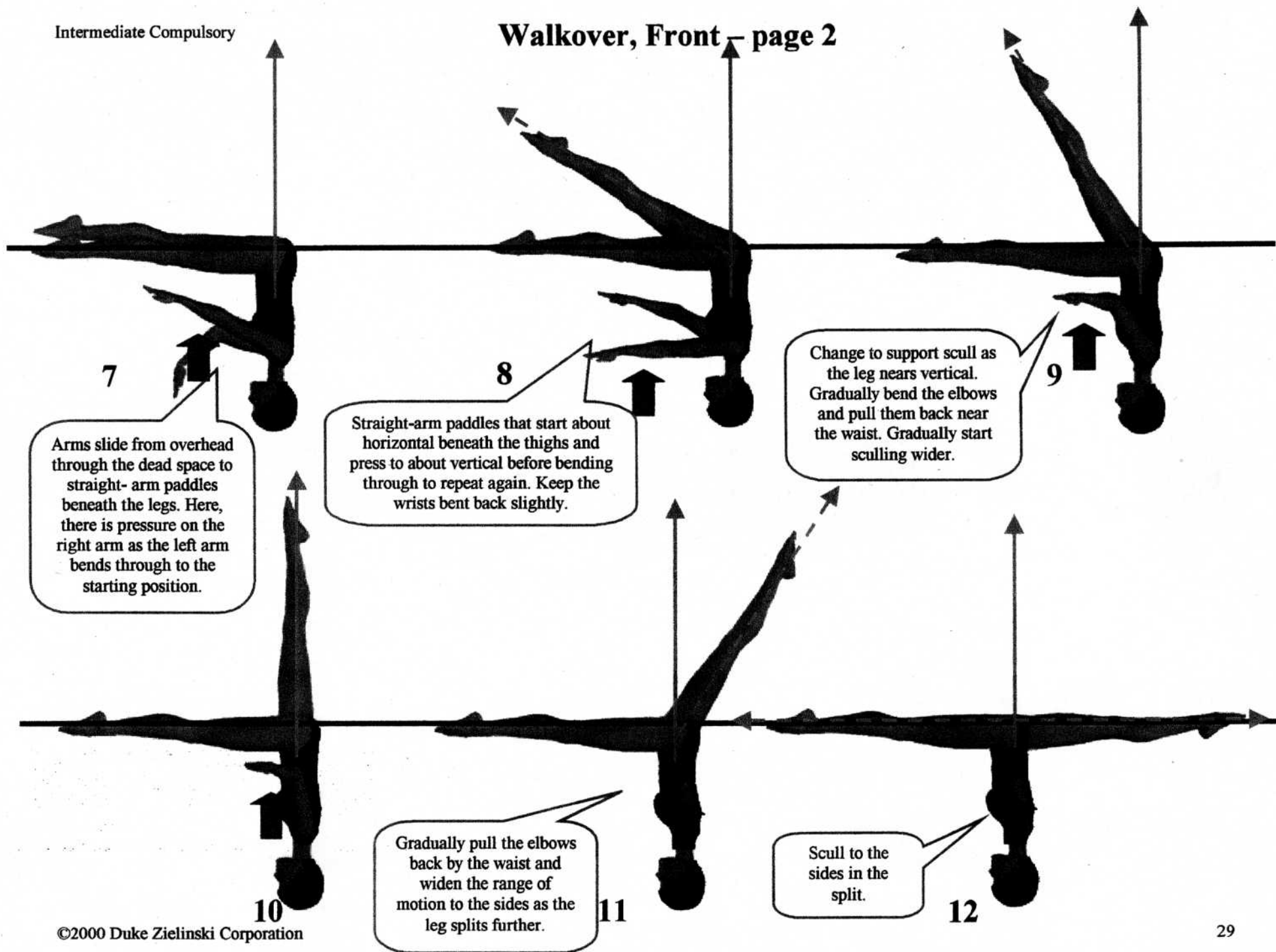


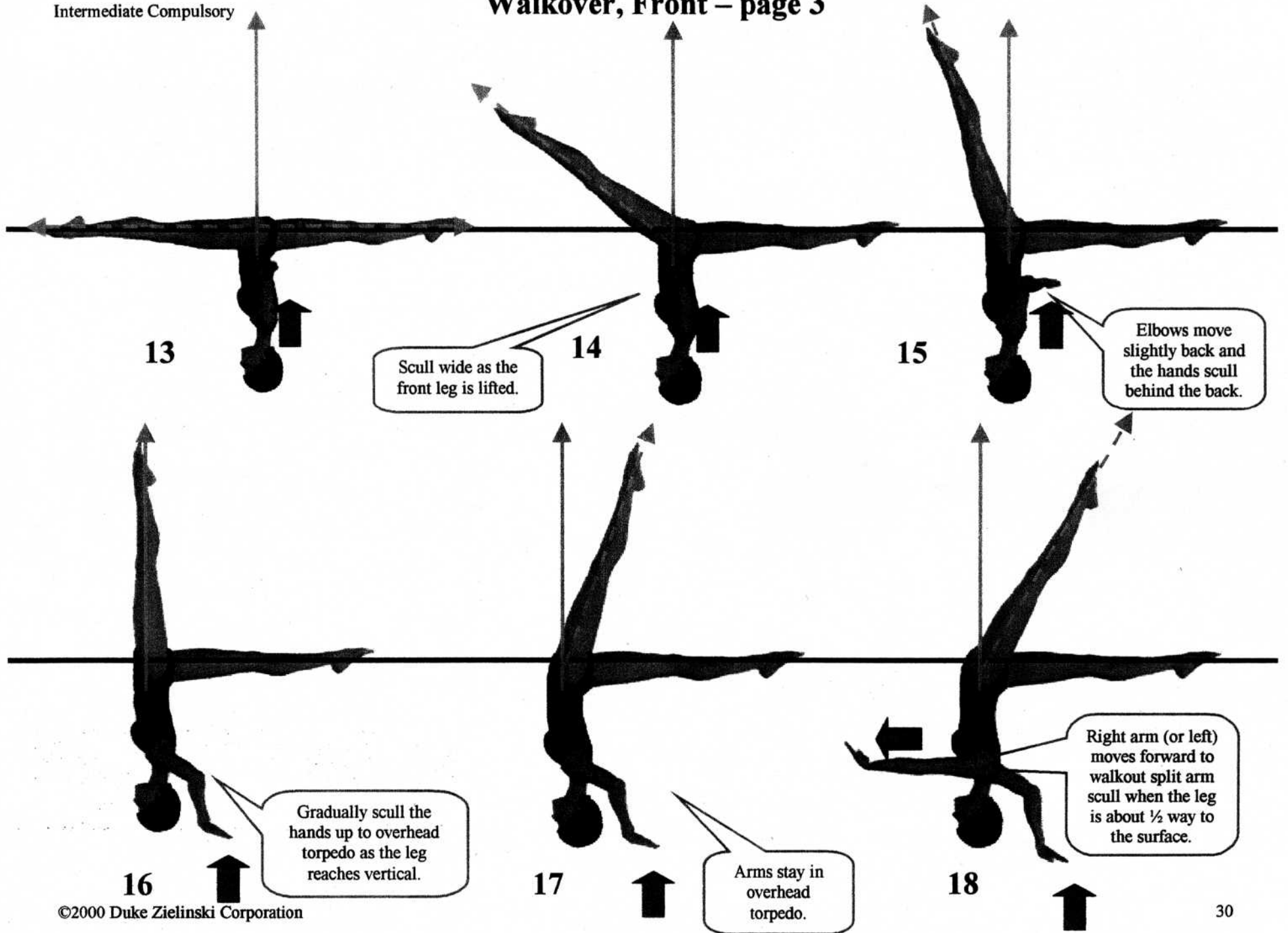
# Walkover, Front – page 1



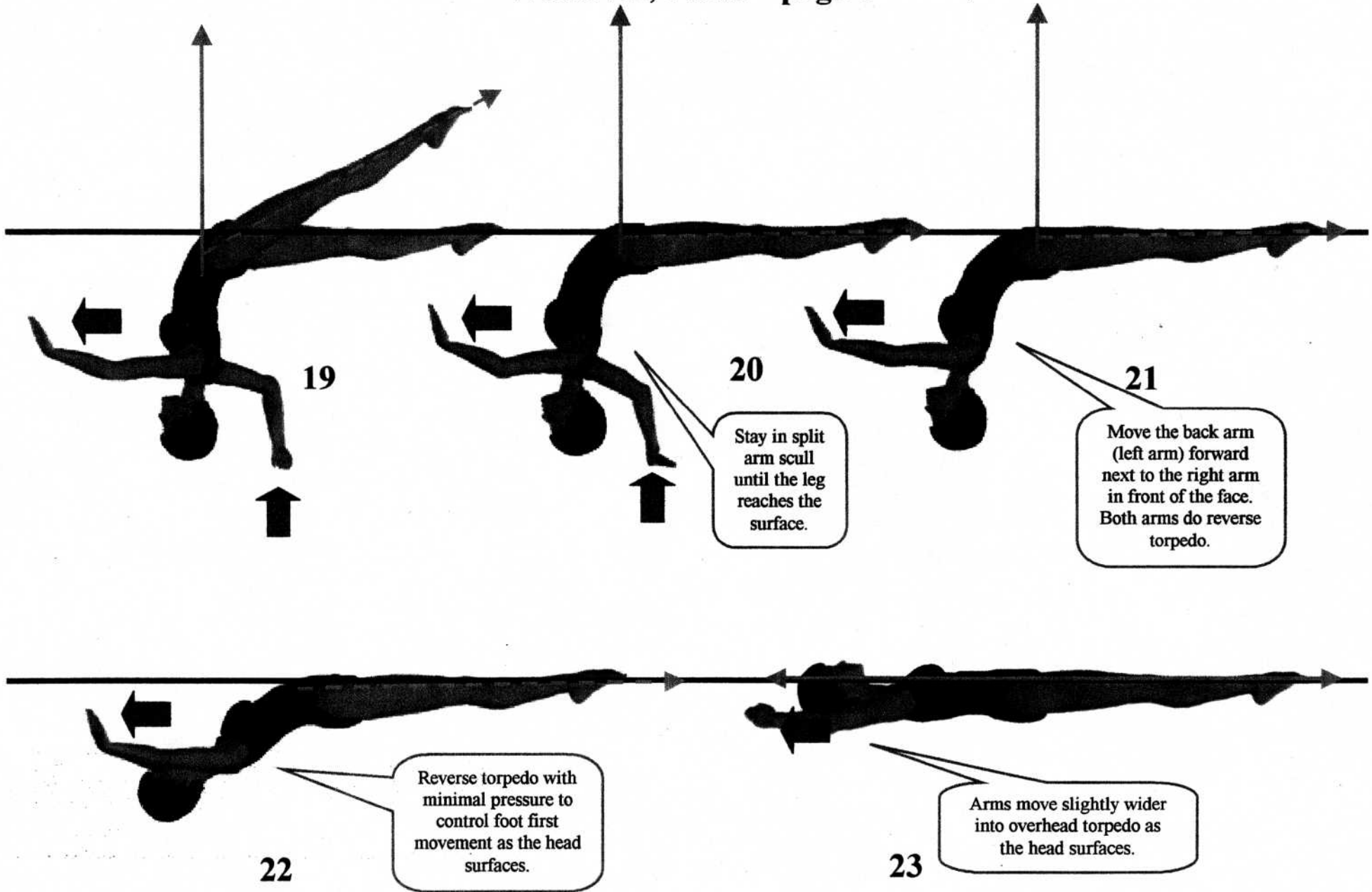
# Walkover, Front - page 2



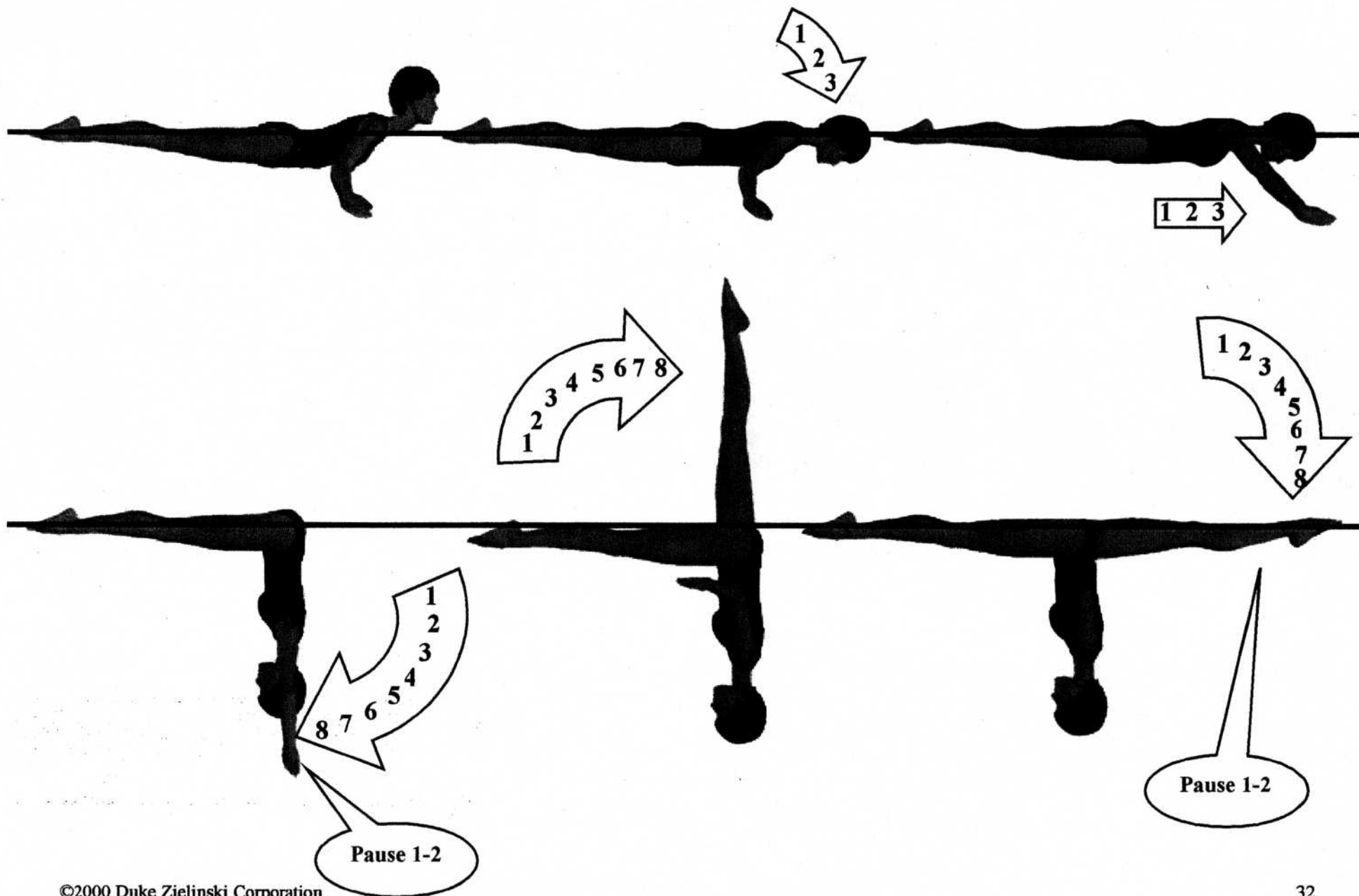
# Walkover, Front – page 3



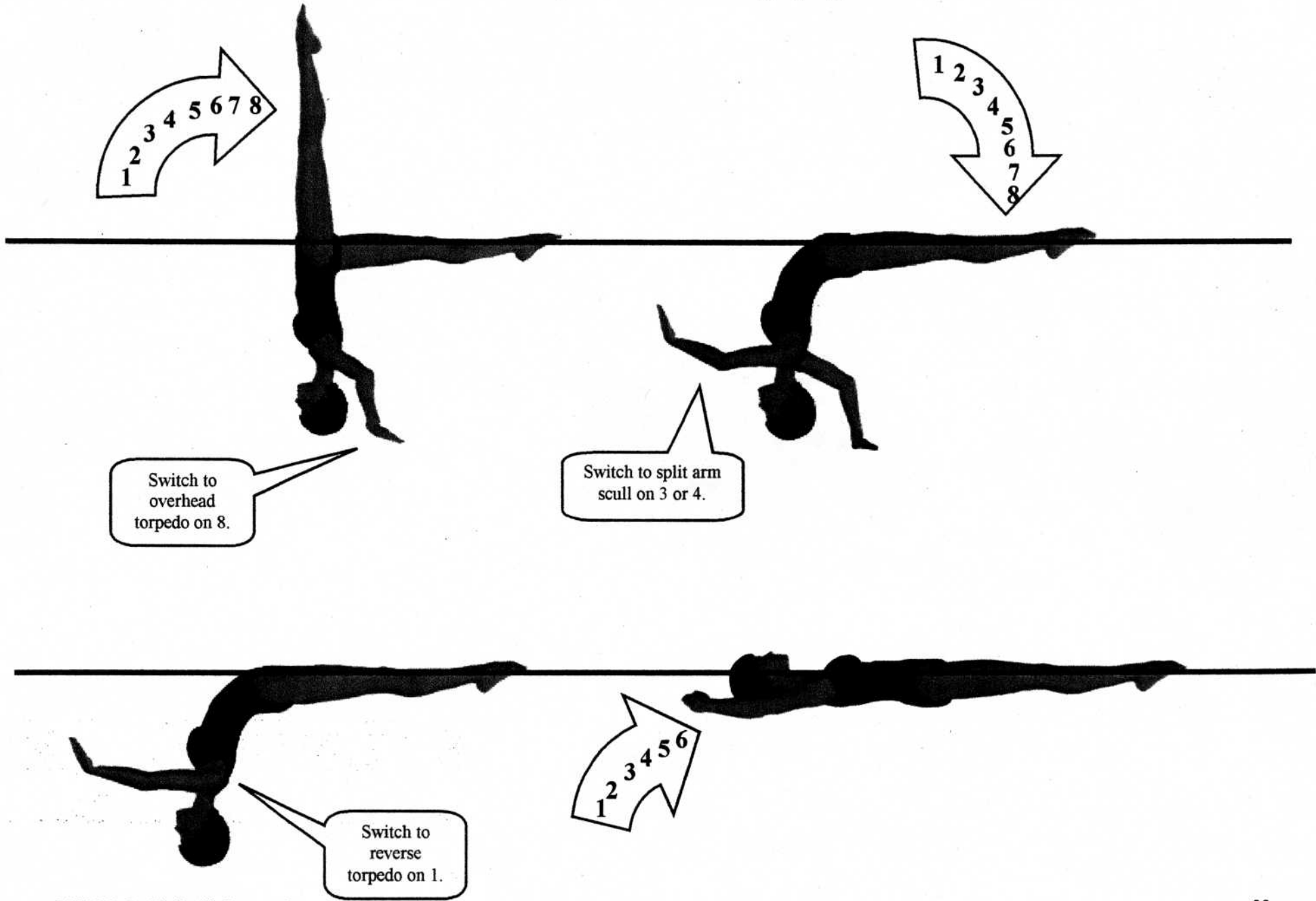
# Walkover, Front – page 4



# Walkover, Front - Timing - page 1



# Walkover, Front - Timing - page 2



**Front Walkover**

Position	Extension	Hips		Hands
		Muscles used	How	
<b>Front layout</b>	Through the head and feet	Core muscles	Set at level 5-7	Front scull out to the sides of the body at about chest level. Wrists are bent back with the palms facing the bottom.
<b>Pike to 90</b>	Through the forehead to the bottom of the pool and then up through the hips.	1. Lower abdominals 2. Buttocks 3. Lats	1. Pull torso down to the pike 2. Relax to allow hips to bend 3. Set to keep back flat	Hands slide forward with palms facing the bottom to barrel scull position with the hands about 6-10 inches beneath surface. Barrel scull with movement of only the hands and wrists. The forearms and upper arms are stationary.
<b>90 Pike</b>	Up through the hips	All core muscles	Set at level 5-7	Barrel scull below the center of the top of the head.
<b>Lift to crane</b>	Up through the hips	1. Hamstrings & buttocks 2. Abdominals & lower back	1. Lift the leg to vertical 2. Set to maintain position of torso	Arms slide from overhead through the dead space to straight- arm paddles beneath the legs. The elbows bend back toward the waist as the arms move into support scull. In the crane the arms are support sculling out to the sides of the body.
<b>Crane to split</b>	Up through the hips	Left buttocks & hamstrings	Pull the leg down to the surface	Support scull with the arms staying to the sides of the torso.
<b>Split</b>	Up through the hips and then out through the feet to the ends of pool	1. Hip flexors 2. Buttocks & hamstrings	1. Pull front leg down to the surface 2. Pull back leg down to the surface	Support scull with the elbows slightly behind the waist and a range of motion from slightly behind to slightly in front of the body's midline.
<b>Split to knight</b>	Up through the hips and then through the leg	Buttocks & upper hamstrings	Lift the leg to vertical	Support scull
<b>Knight to surface arch</b>	Up through the leg and then continue up through the hips	1. Quads & hip flexors 2. Buttocks	1. Control the speed of lowering the leg 2. Squeeze up to keep the hips at the surface	Change to overhead torpedo as the leg passes the vertical and then to split arm scull as the leg reaches ~45°. Elbows are bent and wide in the overhead torpedo. In split arm scull the back arm is reached back under the back leg and the forward arm is in front of the chest.
<b>Surface arch to back layout</b>	Up through the hips and then out through the feet and the head	Abdominals	Raise the body to the surface.	Split arm scull to reverse torpedo. The back arm moves up to meet the forward arm and then the body moves up through the arms to the surface. Reverse torpedo lightly to control the rate of foot first movement and then to stop the movement in the layout.