

Too High :

Check your release point.

*it might be too late*

This Side :

Check your  
power line,  
and your finish.

*your hand  
should finish at  
your shoulder*

This Side :

Check your  
power line,  
and your finish.

*your hand  
should finish at  
your shoulder*

Too Low :

Stand up Tall

*you might be leaning too  
far forward*