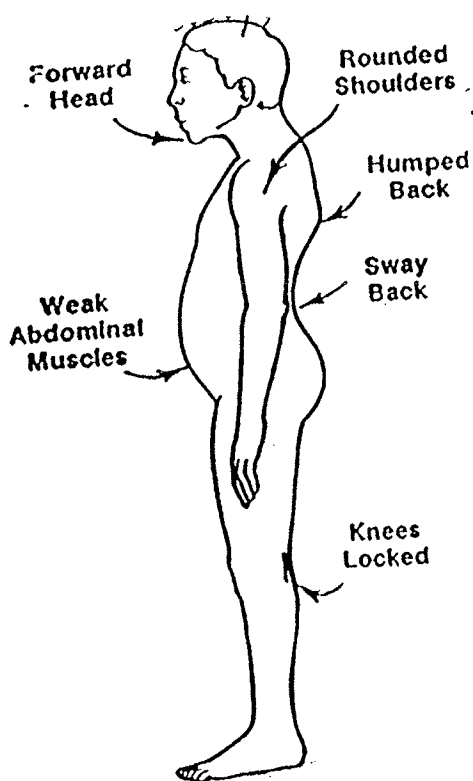


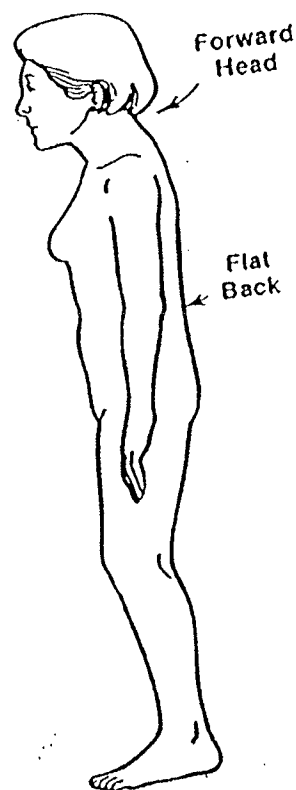
STANDING POSTURE

When standing, one should maintain the natural curves of the spine with weight equally distributed on both legs. Use the abdominal and buttocks muscles to support the spine. With good posture, it is possible to draw an imaginary line through the body; the line of gravity falls through the shoulders, the hip joint, behind the knees, and in front of the ankle.

To achieve this posture, imagine a string extending from the top of the head and the breastbone that gently lifts you up. Do not squeeze the shoulder blades.



Stomach is out too far and
back is too rounded



Back is flattened too much