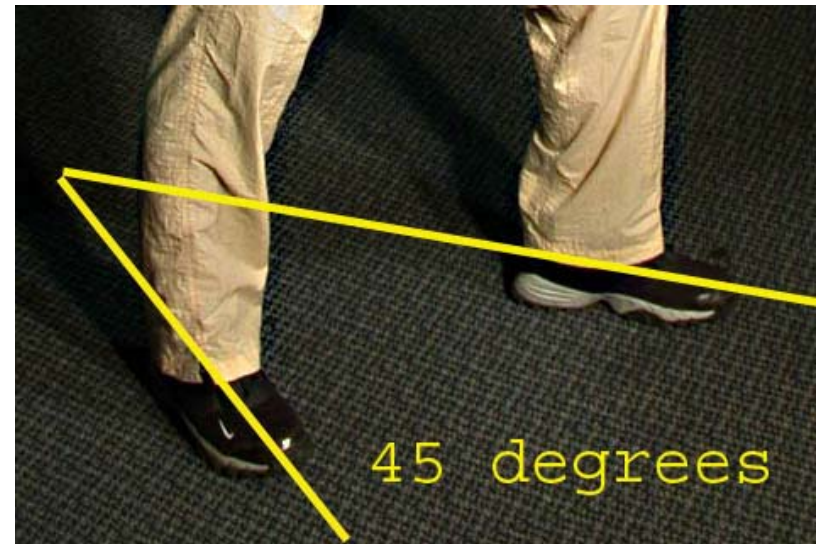


LOWER BODY STANCE

FEET

Keep your feet
shoulder width apart.

The tips of your feet
should be positioned
such a way so as to
from a 45 Degree
angle



LEGS

Rear leg stance - your knee should be almost locked and making your rear leg appear very straight.

Front leg stance – your front leg should be bent at the knee.



LEG DIRECTION & ANGLE FORMED BETWEEN FEET

Your front foot should be parallel to your bridge hand. Pointing in the same direction.

Your rear foot should be positioned at approximately 45 degrees to your front foot

