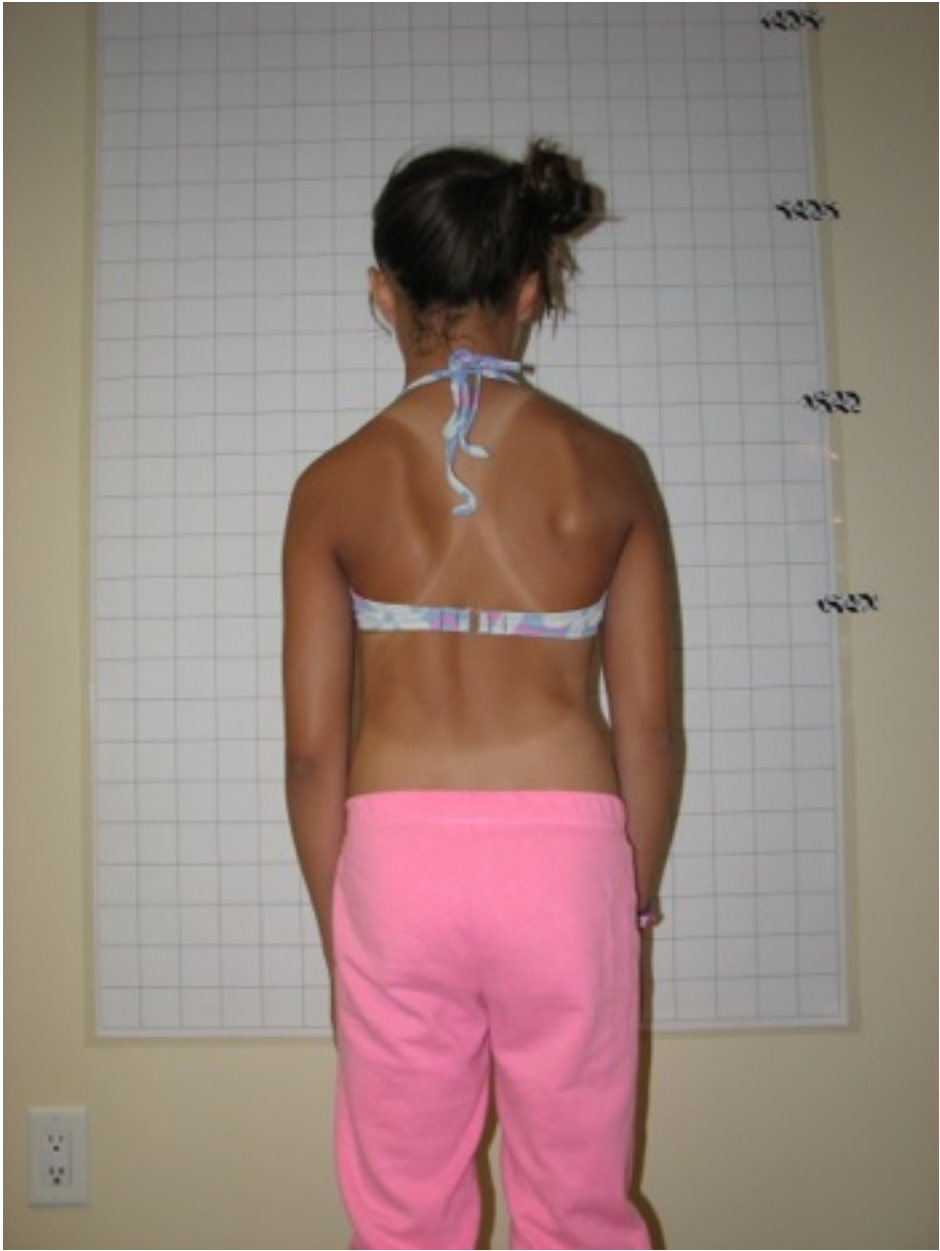


From the front: Relaxed posture, arms at the side. From the knees up



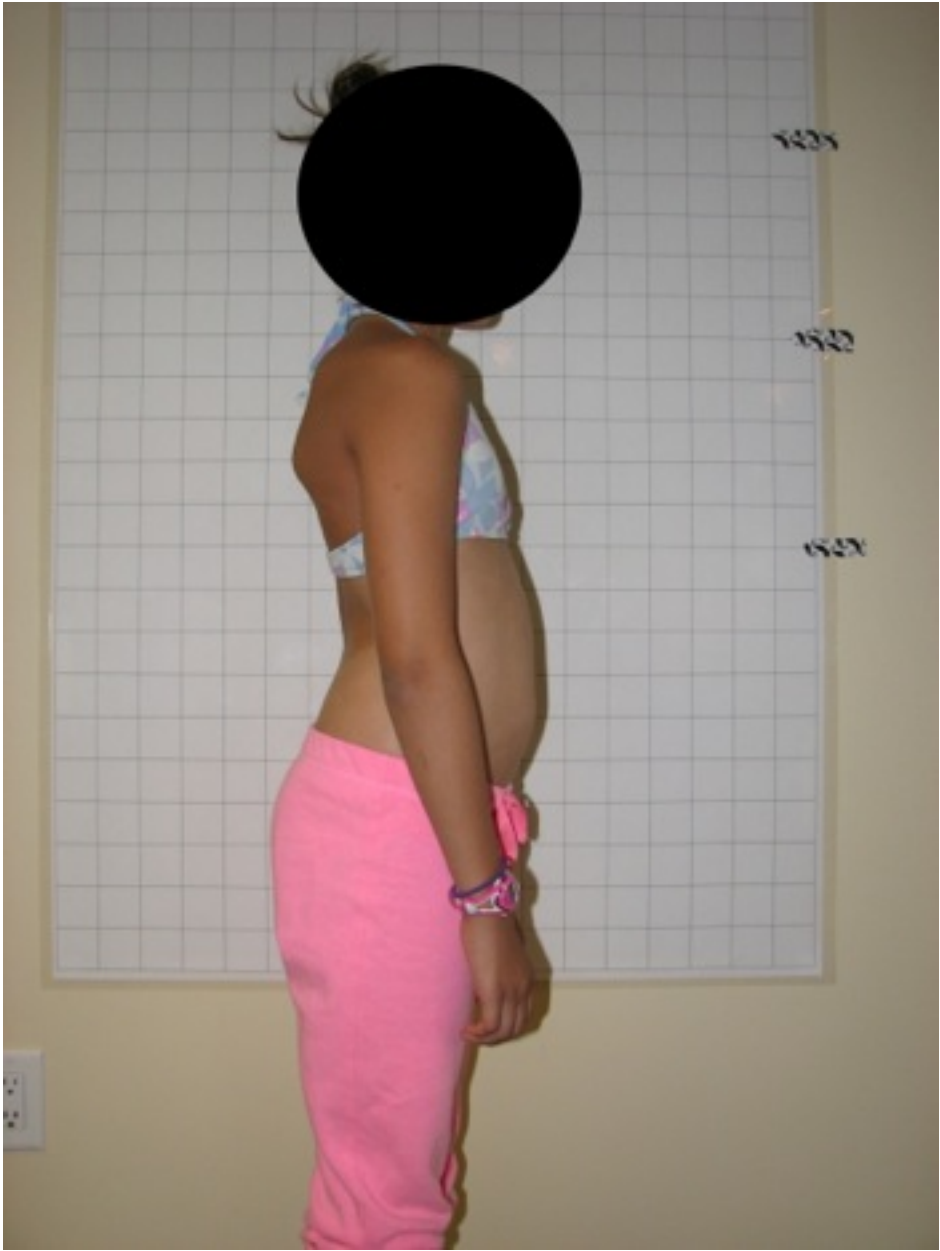
From the back: Relaxed posture, arms at side. From the knees up.



Left side: arms relaxed at the side



Right side: arms relaxed at the side.



Forward bending from the front: This view is to see rotation in the spine. Bend forward with arms together, arms to about shin level and tucking chin to chest. If unable to bend this far, bend as much as you can.



Forward bending from the back: This view is also to see rotation in the spine and in the pelvis. Bend forward with arms together, arms to about shin level and tucking chin to chest. If unable to bend this far, bend as much as you can.

