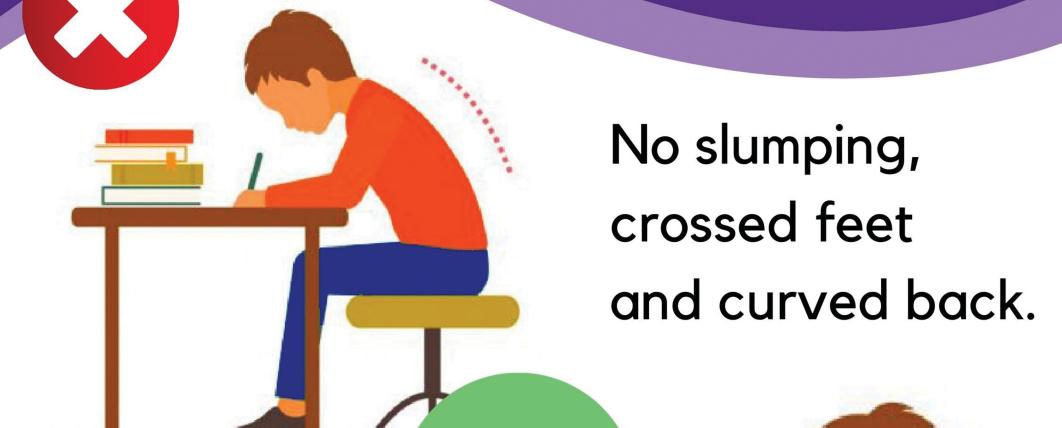
Correct Posture

StudiesWeekly



90-90-90

Rule

Keep 90 degrees at hips, knees & ankles. Feet flat on the gorund.

