

Body Position Terminology and Guidelines from Coach Monica

Standing “square” – Usually the starting position

- Toes pointed forward
- Spine vertical, shoulders rolled back
- Feet apart, only as wide as your shoulders.
- Shoulders, Hips and Feet all in line
- Knees bent slightly (enough so you can't see your feet)
- Facing forward
- Arms at your side for a resting position

“In the 11 position” – Also used as a starting position

- Arms extended above you, no wider than your shoulders (Think 11 and 1 on a clock)
- Pinky finger pointed behind you
- Spine vertical, shoulders rolled back
- Toes pointed forward
- Feet apart, only as wide as your shoulders.
- Shoulders, Hips and Feet all in line
- Facing forward

“Squat” position

- Toes pointed forward
- Spine vertical, shoulders rolled back
- Feet apart, only as wide as your shoulders.
- Shoulders, Hips and Feet all in line
- Bend at the hip (almost like you are going to sit in a chair)
- Knees bent (depth depends on individual)
- Facing forward
- Arms positioned at the chest, hands together, elbows out (for balance)

“Neutral” Head Position (to be used in the majority of the exercises unless noted otherwise)

- A “sniffing” position allowing maximum air exchange (chin slightly up)
- Neck & shoulder muscles relaxed
- You should be able to balance something on the crown of your head in this position

“Tighten Up” – Refers to glutes (your behind!) and your abs (your belly!) These should be working together. ALWAYS!

“Body Line” – Think about a line running vertically from your head to your toes. Right in the middle. That is your center axis. Everything will revolve around it. Keeping your body line means keeping the position as close to that axis as possible.