

**Hinge position:** aligned from the hips to the crown of the head and tilted backward in a second position parallel with knees bent (figure 5.39).



**Figure 5.39** Hinge position.

**Standing contraction position:** a contraction of the whole spine performed in fourth position with knees bent (figure 5.40).

### TECHNIQUE TIP

In the standing contraction, keep the entire spine curved and the shoulders aligned above the hips. If you take the shoulders farther forward than the hips, you begin to bend forward at the waist and lose the contraction.



**Figure 5.40** Standing contraction position.

**Butterfly position:** seated position with the soles of the feet touching and the knees out to the side, the heels pulled toward the body, and the hands grasping the ankles (figure 5.41).



**Figure 5.41** Butterfly position.