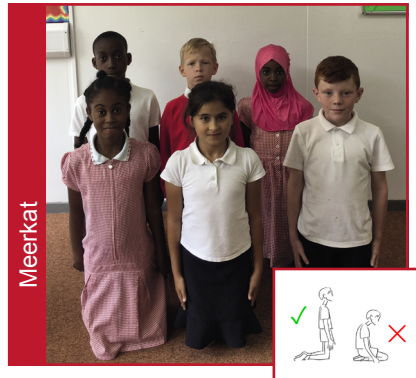
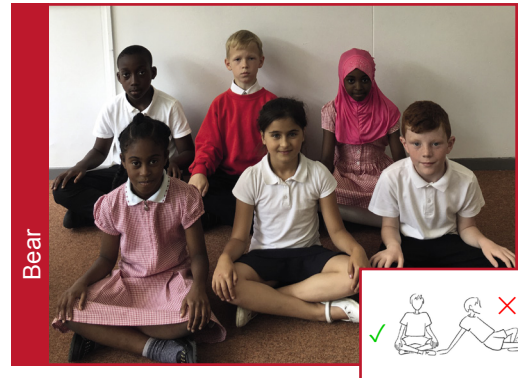


# Kinetic Letters® - Animal Positions - to build strength

★ **The Animal Positions are important for building strength and to align joints**, so muscles and ligaments work together to create stability.



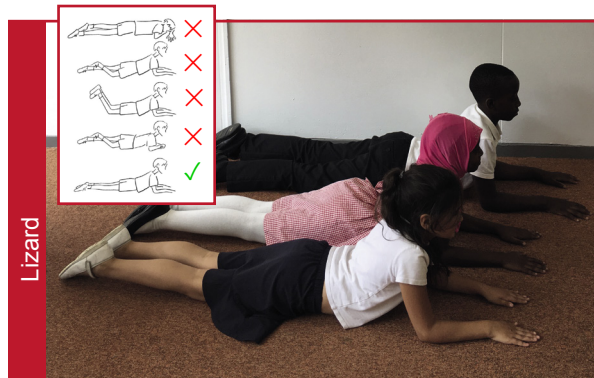
How? Kneel upright.  
Arms by sides.



How? Legs crossed. Sit upright.  
Hands rest on knees.



How? Feet hip-distance apart.  
Arms by sides.



How? Legs straight and together.  
Arms support upper body (elbows  
under shoulders).



How? Back horizontal.  
Arms/thighs vertical.

★ **Use ADC** to differentiate between the Strong ( ✓ ) or Not Strong ( ✗ ) version of each position  
**Assess the position. Detect the problem. Correct.**