



*Standing*



*Standing, leaning forward*



*Slow dancing*



*The lunge (standing)*



*The lunge (kneeling)*



*Sitting upright*



*Sitting on commode*



*Semi-sitting*



*Sitting, leaning forward with support*



*Hands and knees*



*Kneeling over chair seat*



*Knee-chest*



*Kneeling, leaning on raised head of bed*



*Kneeling over birth ball*



*Side-lying*



*Squatting*



*Lap squatting*



*Supported squat*



*The dangle*