

- 1.1. Prone on elbows
- 1.2. Right side on elbows
- 1.3. Supine on elbows
- 1.4. Left side on elbows
- 1.5. Prone on hands
- 1.6. Right side on hands
- 1.7. Supine on hands
- 1.8. Left side on hands

Prone on elbows



Side on elbows  
 (right side)



Supine on elbows



Side on elbows  
 (left side)



Prone on hands



Side on hands  
 (right side)



Supine on hands



Side on hands  
 (left side)

