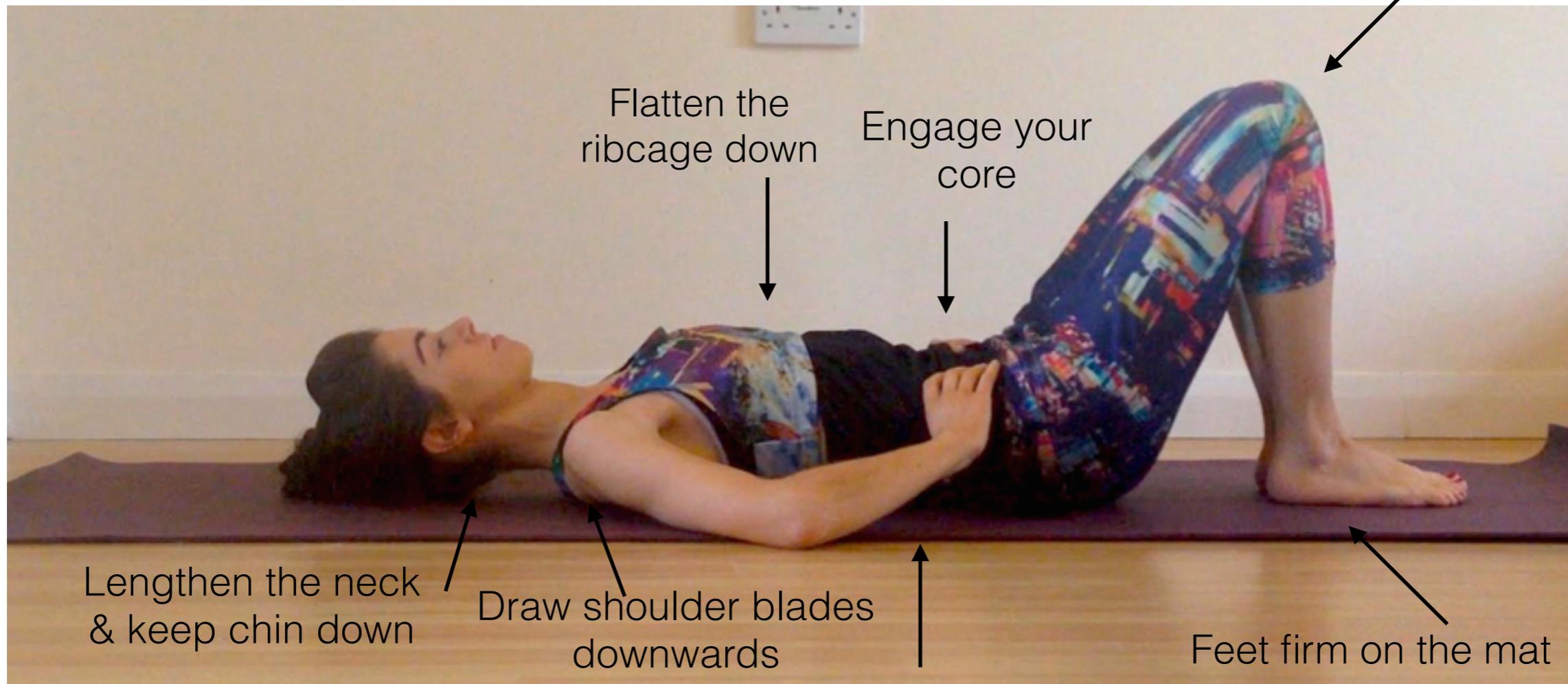


How to set the neutral pilates position

Knees are hip distance apart



Flatten spine to the mat