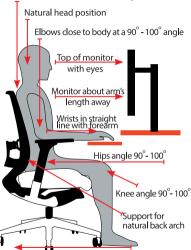
CORRECT SEATING POSITION

Shoulders relaxed and back straight



Chair adjusted so feet are flat on the ground (or use a footrest)



