

Correct position for opening your bowels

Step 1



Knees higher than hips.

Step 2



Lean forwards and put elbows on your knees.

Step 3



Bulge out your abdomen
Straighten your spine.

Correct position



Knees higher than hips
Lean forwards, put elbows on your knees
Bulge out your tummy
Straighten your spine

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