|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name | Position | Point 1 | Point 2 | Point 3 | Range |  |
| Angle 1 | Left shoulder | Left elbow | Left shoulder | Left hip | 130 <= angle >= 150 |  |
| Angle 2 | Right shoulder | Right elbow | Right shoulder | Right hip | 55 – 75 |  |
| Angle 3 | Left knee | Left ankle | Left knee | Left hip | 170 -180  Or  0 -10 |  |
| Angle 4 | Right knee | Right ankle | Right knee | Right hip | 100-120 |  |
| Angle 5 | left hip | left knee | Left shoulder | Left hip | 0 -10  Or 170 – 180 |  |
| Angle 6 | Right hip | Right knee | Right shoulder | Right hip | 60 – 80 |  |

Yoga side angle

 (0 >= angle4 >= 10 or 170 >= angle4 >= 180 )