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| A green pie chart with a white triangle  Description automatically generatedA person sitting on a chair  Description automatically generated | A diagram of a person sitting on a chair  Description automatically generated | A green and white pie chart  Description automatically generatedA person sitting in a chair  Description automatically generated | A green and white pie chart  Description automatically generatedA person sitting on a chair  Description automatically generated |
| 1. Upright sitting with backrest | 2. Leaning forward without backrest (slouching) | 3. Leaning Left | 4. Leaning Right |
| A green and white pie chart  Description automatically generatedA diagram of a person sitting in a chair  Description automatically generated | A green and white circle with a half of a pie chart  Description automatically generatedA person sitting on a chair  Description automatically generated | A green and white circle with a half of a pie chart  Description automatically generatedA person sitting on a chair  Description automatically generated | A person sitting on a chair  Description automatically generated |
| 5. Lean back | 6. Right Leg Crossed (RLC) over the right leg and seated upright | 7. Left Leg crossed (LLC) over the right leg and seated upright | 8. Leaning forward with backrest (slouching) |
| A person sitting on a chair  Description automatically generated | A person sitting on a chair  Description automatically generated | A person sitting on a chair  Description automatically generated | A green and black circle with a green triangle  Description automatically generatedA diagram of a person sitting on a chair  Description automatically generated |
| 9. Sitting on the front edge | 10. Cross-legged | 11. Left Ankle Resting (LAR) on the right leg | 12. Right Ankle Resting (RAR) on the Left Leg |
| A person sitting in an office chair  Description automatically generated | A person sitting in a chair  Description automatically generated | A white circle with a green center  Description automatically generatedA person sitting on a chair  Description automatically generated | A white circle with a green center  Description automatically generatedA person sitting in a chair  Description automatically generated |
| 13. Lounge | 14. Lean back and sit on the edge | 15. Left Ankle Resting (LAR) on the right leg and leaning back | 16. Right Ankle Resting (RAR) on the Left Leg and leaning back |
| A white circle with a green center  Description automatically generatedA person sitting on a chair  Description automatically generated | A white circle with a green center  Description automatically generatedA person sitting on a chair  Description automatically generated | A white circle with a green center  Description automatically generatedA person sitting in a chair  Description automatically generated | A white circle with a green center  Description automatically generatedA person sitting in a chair  Description automatically generated |
| 17.Right Leg Crossed (RLC) over the right leg and leaning back | 18. Left Leg crossed (LLC) over the right leg and leaning back | 19.Rotating the trunk (Left) | 20.Rotating the trunk (Right) |

