

- 0 nose
- 1 leftEye
- 2 rightEye
- 3 leftEar
- 4 rightEar
- 5 leftShoulder
- 6 rightShoulder
- 7 leftElbow
- 8 rightElbow
- 9 leftWrist
- 10 rightWrist
- 11 leftHip
- 12 rightHip
- 13 leftKnee
- 14 rightKnee
- 15 leftAnkle
- 16 rightAnkle

팔굽혀 펴기	스쿼트	윗몸 일으켜기
손목-팔꿈치-어깨	발목-무릎-엉덩이	어깨-엉덩이-무릎
손목-어깨-hips	무릎-엉덩이-어깨	엉덩이-무릎-발목
		