

# PUGLAR IRON CROSS — ILLUSTRATED ANGLE PLATES

## PLATE — 30°

Diagram Concept: Figure suspended on paracord circles, arms opened to 30°. Show scapular depression arrows downward, elbows locked, neutral grip. Feet shown lightly assisting for angles below 70°; none above.

## PLATE — 40°

Diagram Concept: Figure suspended on paracord circles, arms opened to 40°. Show scapular depression arrows downward, elbows locked, neutral grip. Feet shown lightly assisting for angles below 70°; none above.

## PLATE — 50°

Diagram Concept: Figure suspended on paracord circles, arms opened to 50°. Show scapular depression arrows downward, elbows locked, neutral grip. Feet shown lightly assisting for angles below 70°; none above.

## PLATE — 60°

Diagram Concept: Figure suspended on paracord circles, arms opened to 60°. Show scapular depression arrows downward, elbows locked, neutral grip. Feet shown lightly assisting for angles below 70°; none above.

## PLATE — 70°

Diagram Concept: Figure suspended on paracord circles, arms opened to 70°. Show scapular depression arrows downward, elbows locked, neutral grip. Feet shown lightly assisting for angles below 70°; none above.

## PLATE — 80°

Diagram Concept: Figure suspended on paracord circles, arms opened to 80°. Show scapular depression arrows downward, elbows locked, neutral grip. Feet shown lightly assisting for angles below 70°; none above.

## PLATE — 90°

Diagram Concept: Figure suspended on paracord circles, arms opened to 90°. Show scapular depression arrows downward, elbows locked, neutral grip. Feet shown lightly assisting for angles below 70°; none above.