

# Hanging Analysis Submission Guidelines

Photo Formats: .jpg .png or .tif

Video Formats: mp4 .avi or .mov

## Photo or (short) Video of Hanging from BOTH Sides

Be sure the image captures your body from your hands to at least your knees  
Hang from your preferred apparatus with your hands apart OR if your apparatus does not separate (ie rope or pole) hang from your apparatus and a bar type apparatus

**Left**



**Right**



## Photo or (short) Video of hanging from the Back

Be sure the image captures your body from your hands to at least your knees  
Hang from your preferred apparatus with your hands apart OR if your apparatus does not separate (ie rope or pole) hang from your apparatus and a bar type apparatus

Show as much of your back as you are comfortable – tank top or less preferred

Be as close as you can to straight behind. Even a slightly rotated angle can affect the appearance of your body alignment.

**THIS**



Straight on

**NOT THIS**



Slightly rotated