

Photo or (short) Video of hanging from the Back

Be sure the image captures your body from your hands to at least your knees

For video, begin in relaxed hanging. Then move into an engaged hang.

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

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

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