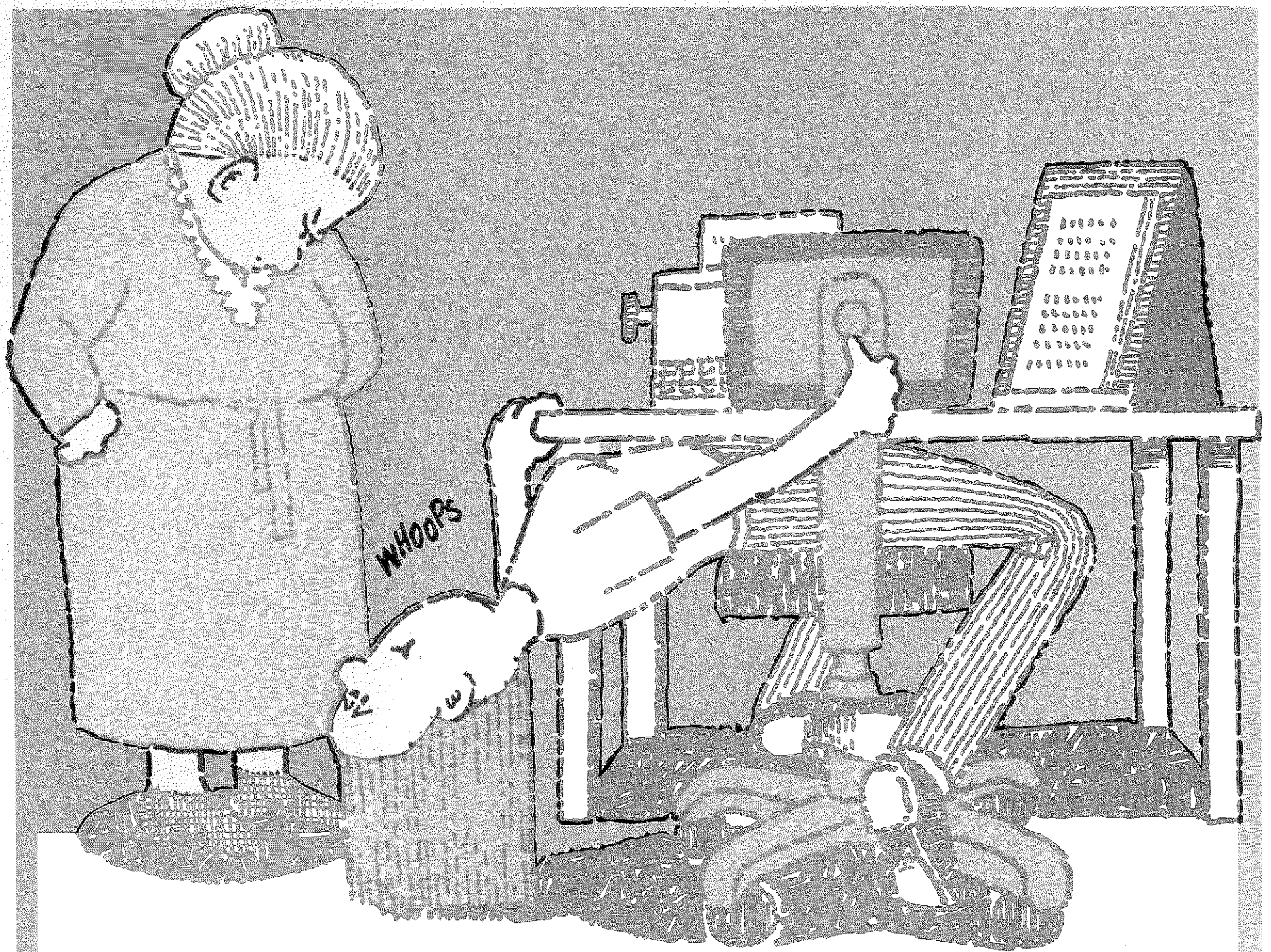


IS THIS YOU? PRETZEL PATTY



If your feet are crossed at the ankles or knees, too much weight falls on your pelvic area and you lose stability. Keep your feet flat on the floor, a few inches apart, and one just slightly ahead of the other. That helps brace your body for the work your fingers are doing.