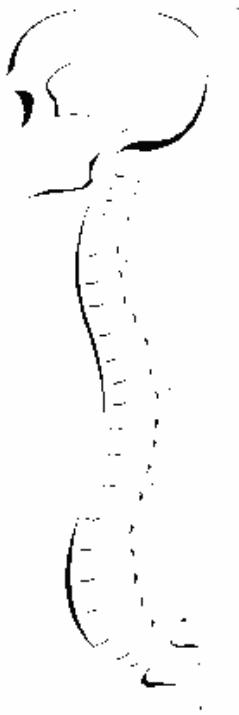


Cues

CALA Presents Fundamental and Essential Alignment Verbal / Visual Cues: Power Posture



- **Eyes forward**
- **Spine erect**
- **Chin in & neck long**
- **Shoulders down and relaxed**
- **Scapulae set**
- **Chest open**
- **Torso straight**
- **Ribs and hips 'connected' with hips level**
- **Abdominals activated * Transverse Abdominus Muscle**
- **Deep low back muscles activated * Multifidus Muscle**
- **Gluteus Maximus activated**
- **Pelvic floor engaged * Pubbo-Coccygeal Muscles**

There are a multitude of visual and verbal cues that you can utilize to reinforce powerful posture. To be successful in an aquatic environment, your cues must be clear, concise and 'larger than life'. You have permission to be dramatic – go for it! Remember, body language speaks volumes, silence is golden and movement is a universal language.