

VIII balancing stunt.
The weight is supported better by the top figure in each couple, because the angles are greater, the centre of gravity acts upon a greater base of support, this gives more stability when laying with back on the ground. The knees must not be flexed or bent to prevent rotation movement. Knees must always be kept straight. With hands and knees on the ground they must be as far away from each other as the distance from the shoulders to the hip. This gives a bigger base of support weight on hip, because if this will prevent the hyper extension of the lumbosacral spine when standing a position is more stable when the feet are apart from each other - bigger base of support. Also there is more stability when knees and hip are bent

The center of gravity should always fall inside stability behind the base of support.