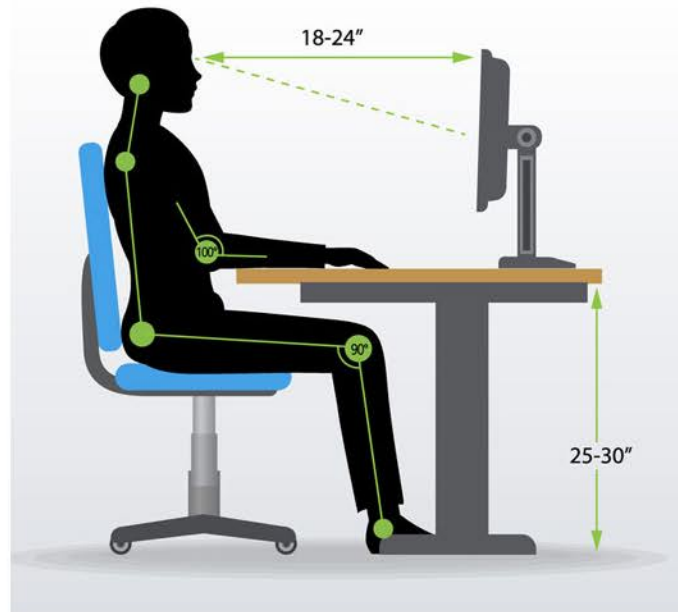
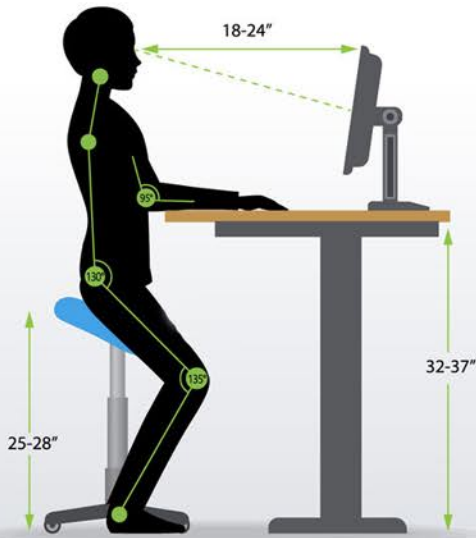


Sit Stand Desk Posture Guide



- ✓ Shoulders relaxed
- ✓ Straight back
- ✓ Circulation in legs
- ✓ Healthy hip and knee joints
- ✓ Feet flat on the floor



- ✓ Shoulders relaxed
- ✓ Straight back
- ✓ Pelvis in neutral alignment
- ✓ Circulation in legs
- ✓ Hip, knee and ankle joints aligned with gravity line

