

4 control points to see if your pelvis is upright:

1. Your **knees** are no longer extended completely
2. You can pull your **belly button** towards your spine
3. You can use your **glutes** to rotate your hips outwards
(check if you are able to - it is not necessary to hold this position)
4. In case you had your **body's center of gravity** on your heels,
you can shift it now to the front

*Optimal weight distribution on your feet:
ball of the big toe, ball of the little toe and heel*