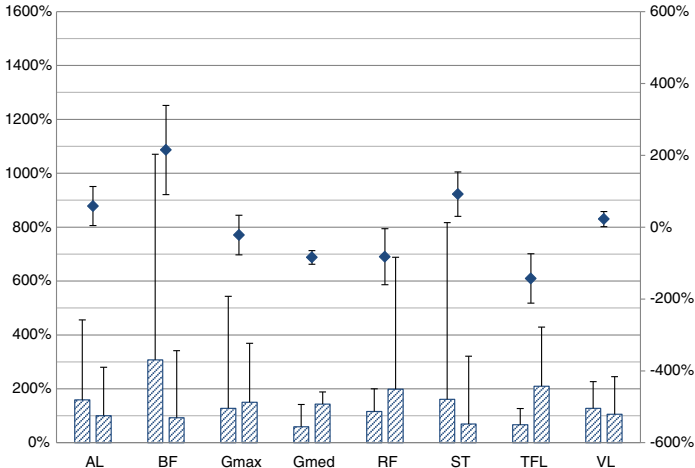


Muscle activation levels comparing pelvic drop and pelvic raise, relative to upright standing

Relative Activation (compared to upright stance)



■ Pelvic Drop ■ Pelvic Raise ◆ Mean difference

Mean difference in activation (pelvic drop minus pelvic raise)