Correct position for opening your bowels

**Step one**
- Knees higher than hips

**Step two**
- Lean forwards and put elbows on your knees

**Step three**
- Bulge out your abdomen
- Straighten your spine

**Correct position**
- Knees higher than hips
- Lean forwards and put elbows on your knees
- Bulge out your abdomen
- Straighten your spine