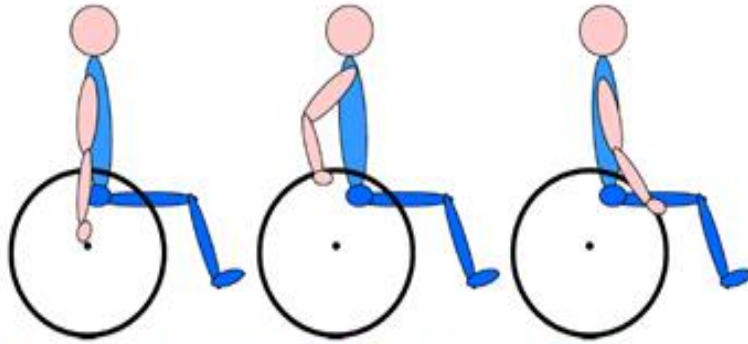




*When arm resting at side, middle finger is at centre of hub*

*Ensures elbows are at ~ 100 - 120° angle when on top of handrim*

*(Van der Woude et al. 1989, Boninger et al. 2000)*