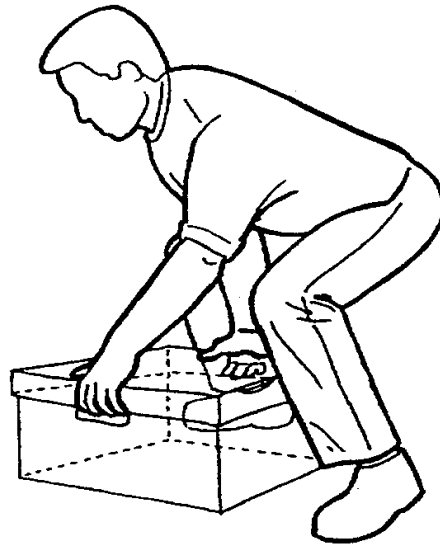


Narrow Stance



Wide Stance

## **NARROW STANCE vs. WIDE STANCE**

The amount that you use or overuse your legs depends completely on the width of your stance. Note, that to go down to a given level with a shoulder width stance, you have to bend your knees considerably more than in a wide stance. Using a wide stance allows your knees and legs to operate within the Power Stroke. The Power Stroke occurs when your knees lift from approximately the 100 degree angle to 180 degree (straight). Your legs have much more power and take much less wear and tear on the knee when used within the Power Stroke.