|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Pergerakan** | **Adjust** | **Skor** |
| 1 | Posisi**+**lengan atas |  |  |
| 2 | Posisi=lengan bawah |  |  |
| 3 | Posisi =pergelangan tangan |  |  |
| 4 | Posisi\leher |  |  |
| 5 | Posisi badan |  |  |