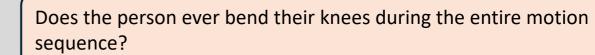


Which leg is predominantly used for supporting the body's weight?





The left leg predominantly supports the body's weight during the sequence.







No, the knees remain straight.

In what position are the elbows when the individual's legs are straight behind the hips?





The elbows maintain a right angle.