

Plumb Lines*

Side View¹ - These points should line up vertically when viewed from the side. (*Make sure to look at both the right and left sides, because they may be different.*)

- Tip of earlobe
- Top of shoulder
- Center of rib cage
- High point of iliac crest
- Midpoint of the lateral side of the knee
- Slightly in front of the lateral malleolus of the ankle

Front View - These points should line up vertically when viewed from the front.

- Nose
- Center of sternum
- Navel
- Center of pubic bone
- Inside ASIS
- Center of patella
- Center of the front of the ankle
- Space between 1st & 2nd toe

Front Horizontal View - These points should line up horizontally or appear even side to side when viewed from the front.

- Eyes level
- Shoulders level
- Equal distance between arms and torso
- High point of iliac crests level
- ASIS level
- Greater trochanters level
- Both knees even
- Equal turnout of both feet

Back View - These points should line up vertically when viewed from the back.

- Center of skull
- Spine straight
- Center of sacrum and tailbone
- Center of gluteal fold
- Center of back of knee
- Center of Achilles tendon

Back Horizontal View - These points should line up horizontally or appear even from side to side when viewed from the back.

- Ears level
- Level and balanced scapula
- Equal distance between spine and sides of body
- High point of iliac crests level
- PSIS level
- Knees level

**The following plumb line descriptions have been taken with permission from the Balanced Body® Pilates teacher training Mat 1 manual.*

¹ St. John, Nora. *Mat 1 Pilates Teacher Training Manual*. Balanced Body Inc., 2007.