

Table 1. Electromyographic activity normalized as a percentage of maximal voluntary contraction (%MVC) for slumped and co-contracting sitting and for the five trunk muscles sites

	RA	EO	IO	ES(L3)	M
slump	3.2±1.8	4.0±3.3	5.9±3.9	5.3±3.0	5.4±4.3
co-contraction	5.3±5.1	10.4±9.0 *	19.0±8.7 *	12.8±8.2 *	10.3±5.9 *

Vales are means ± SD (standard deviation) of % MVC

\*; p<0.05 (compared with slumped sitting)

RA: Rectus Abdominis

EO: External Oblique

IO: Internal Oblique

ES(L3): Erector Supinae (L3)

M: Multifidus