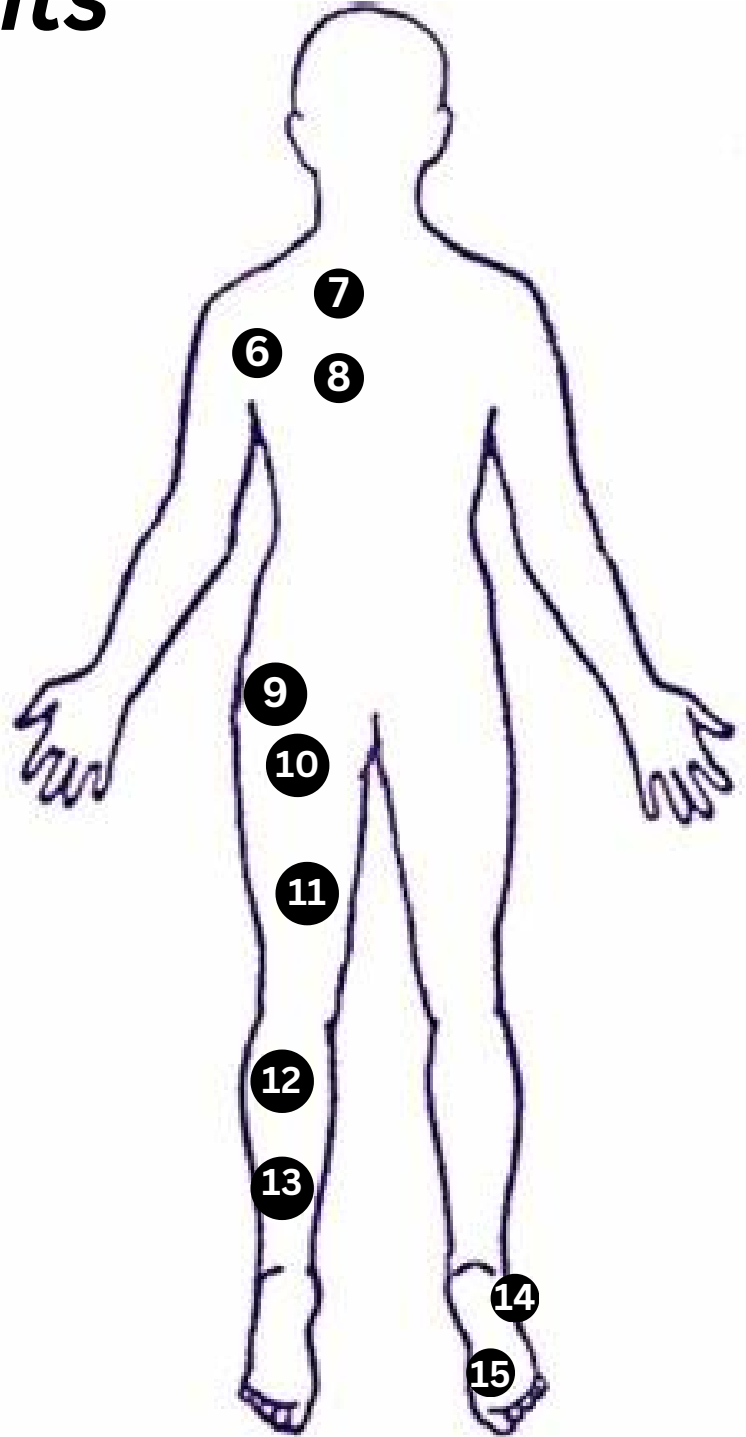
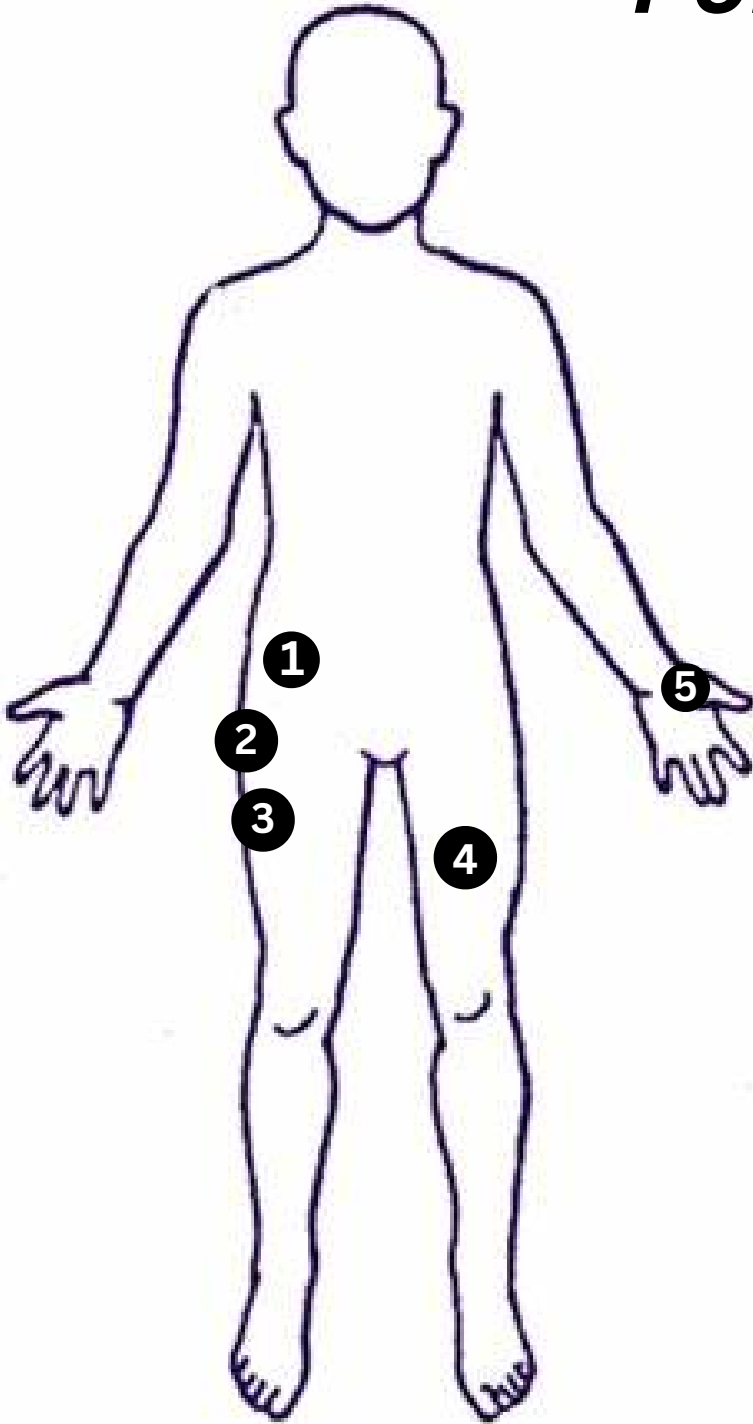


# FRONT

# *Trigger Points*

# BACK



- 1. Psoas/Hip Flexor
- 2. Upper IT Band
- 3. Mid-IT Band
- 4. Quad
- 5. Thumb

- 6. Lats
- 7. Upper Shoulder
- 8. Upper Shoulder
- 9. Piriformis
- 10. Glute
- 11. Hamstring

- 12. Calf Muscle
- 13. Soleus
- 14. Outside foot
- 15. Toes