



Read reverse side first

1 Quadriceps (rectus femoris)
Great following running / cycling

2 Erector Spinae / Quadratus Lumborum
To ease lower back soreness from sitting / following activity

3 Gluteus Medius / Piriformis
Great following running / cycling and long periods of sitting

4 Pectoralis Major / Minor
Fantastic for swimmers / racket sports and those who work at a computer

5 Hamstrings
For all running sports

6 Levator Scapulae / Trapezius / Rhomboids
Excellent following extended periods of sitting or typing

Alternative area

7 Infraspinatus / Teres minor
Particularly good following swimming

8 TFL / ITB / Lateral Quadriceps
For runners / cyclists / walkers

Alternative areas

9 Cervical Spine extensors
Great for neck tension

Grip position

Self Triggers

Grip position

10 Quadriceps

Vastus Medialis

11 Peroneals

12 Lateral Gastoc.

13 Plantar Fascia (foot)

Sitting or standing

14 Popliteus

15 Quadriceps

Rectus Femoris

Alternative areas

16 TFL / ITB

17 Forearm

Tennis elbow

18 Forearm

Golfers elbow