

Region	Region Name	Region Location Description
1	Right Bicep	Top of the right shoulder to just above the elbow
2	Right Forearm	Elbow to the finger tips
3	Left Bicep	Top of the left shoulder to just above the elbow
4	Left Forearm	Elbow to the finger tips
5	Upper Chest	Front of the body - stops after pectoral area on a person
6	Right Rib Cage and Abs	From the bottom of the pectoral muscle to the top of the waist line, center of the back, rib cage on the right side
7	Left Side Rib Cage and Abs	From the bottom of the pectoral muscle to the top of the waist line, center of the back, rib cage on the left side
8	Upper Right Hip / Thigh	Waist line to the half of persons thigh and extends to back include half of the right buttocks (pocket region)
9	Groin (Sensitive Area)	Below the central part of the waist, includes part of the both right and left inner and Upper Thigh
10	Upper Left Hip / Thigh	Waist line to the half of persons thigh and extends to back include half of the left buttocks (pocket region)
11	Lower Right Thigh	Half of the lower right thigh - include the knee includes
12	Lower Left Thigh	Half of the lower left thigh - including the knee includes
13	Right Calf	Below the knee to the lower leg
14	Left Calf	Below the knee to the lower leg
15	Right Ankle Bone	Starts at the end of the calf muscle and includes the foot
16	Left Ankle Bone	Starts at the end of the calf muscle and includes the foot
17	Upper Back	Upper half of the back (ends at the same point where the pectoral region stops)