



## Instructions

Move around in the general area we are targeting in each of the videos.  
 Inspect all the muscles in that area, making mental notes of where all the painful spots are.  
 Find the worst knot or spot ( not on a bone), push into the center of the painfull spot, and stay on it.  
 Breathe deeply through your nose.  
 On a scale of 0-10, 10 being the worst, write down your pain/ tension score for the worst spot in that area.  
 Anything above a 3/10 pain level, spend a minimum of 3-5 mins on the worst spot.  
 1-3/10 pain level, spend 1 min on the spot or until that muscle releases fully.

### Left Side

First Session Score

30 Days Later Score

### Muscle Targeted

#### Lower Body - 9 areas

Glute Area ( piriformis, glute max, glute medius)  
 Hip Flexor/ TFL area  
 Foot  
 Calves  
 Tibialis Anterior  
 Abductor  
 VMO  
 Quad  
 Hamstring

### Right Side

First Session Score

30 Days Later Score

#### Lower Body Total Score

- out of 90

#### Lower Body Total Score

- out of 90

#### Lower Body Total Score

- out of 90

#### Lower Body Total Score

- out of 90

#### Mid Body - 7 areas

Low Back  
 Mid Back  
 Rhomboids/ Low Traps  
 Lats  
 External Rotator  
 Upper Traps  
 Chest

#### Mid Body Total Score

- out of 70

#### Mid Body Total Score

- out of 70

#### Mid Body Total Score

- out of 70

#### Mid Body Total Score

- out of 70

#### Arms - 7 areas

Rear Delt  
 Lateral Delt  
 Front Delt  
 Bicep  
 Tricep  
 Forearm Flexor  
 Forearm Extensors

#### Arms Total Score

- out of 70

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- out of 70

#### Arms Total Score

- out of 70

#### Arms Total Score

- out of 70

#### Left SideTotal Body Score

- out of 230

#### Left SideTotal Body Score

- out of 230

#### Right SideTotal Body Score

- out of 230

#### Right SideTotal Body Score

- out of 230

You will now have the Road Map to YOUR specific body's  
 trigger points that need to be released in order to reduce  
 your body's overall tension, move more unrestricted, and increase  
 the body's performance ability to take on the activities you love!

**Soreness:** Just like working out for the first time in a while, your  
 body may be sore from doing this. It may take a few days to be  
 able to go back into an area and treat that muscle again.  
 What can help is heat in the area like heating pads, hot showers,  
 saunas, walks, etc. Things that increase blood flow into that area!