

TENSION SCORE SHEET FOR RUNNER'S

CHECKLIST

DATE: _____

LEFT SIDE	MUSCLE AREA	RIGHT SIDE
	Glutes (piriformis, glute max, glute medius)	
	Low Back	
	Mid Back	
	TFL (internal rotator)	
	Hipflexors	
	Quads	
	VMO	
	Hamstrings	
	Abductors	
	Adductors	
	Tibialis	
	Gastrocnemius	
	Soleus	
	Foot	