

# TARGET AREAS



List at least three postures that target each area

## SKELETAL SEGMENTS

TOES

ANKLE

KNEE

HIP

PELVIS

LUMBAR

THORACIC

CERVICAL

FINGERS

WRIST

RADIUS

ELBOW

SHOULDER

SCAPULA &  
CLAVICLE

# MUSCLE GROUPS



GROIN

QUADRICEPS

HIP FLEXORS

GLUTES

HAMSTRINGS

RECTUS  
ABDOMINIS

OBLIQUES

QLT

THORACOLUMBAR

UPPER BODY  
MUSCLES

# LET'S CONNECT

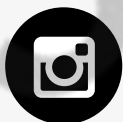
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