

Possible Tight Muscles

- **Quadriceps** (*Rectus Femoris, Vastus M/I/L*)
- **Hamstrings** (*Biceps Femoris, Semitendinosus, Semimembranosus*)
- **Hip Abductors** (*Gluteus Medius, Minimus & Tensor Fascia Latae*)
- **Illiopsoas**
- **Gastrocnemius**
- **Soleus**



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- **Sternocleidomastoid**
- **Upper Trapezius**
- **Pectoralis Major**
- **Erector Spinae**
- **Deltoid – Anterior**
- **Biceps**
- **Finger Flexors**
- **Forearm Extensors**

Definitely need to be stretched

Possible WEAK Muscles

- **Abdominals** (*Transverse, Internal/External Obliques*)
- **Hamstrings** (*Biceps Femoris, Semitendinosus, Semimembranosus*)
- **Hip Adductors** (*Adductor M/L/B, Pectineus, Gracilis*)
- **Tibialis Anterior**
- **Gluteus Maximus**
- **Quadriceps** (*Rectus Femoris, Vastus M/I/L*)



May need to be strengthened

- **Erector Spinae**
- **Rhomboids**
- **Latissimus Dorsi**
- **Trapezius - Lower & middle**
- **Deltoid – Posterior & Medial**
- **Triceps**
- **Forearm Flexors**
- **Finger extensors**