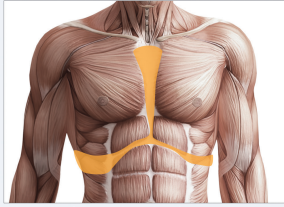


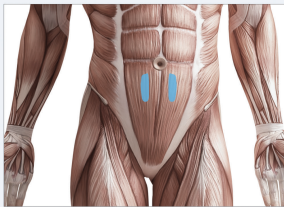
ZONE 1

DIAPHRAGM



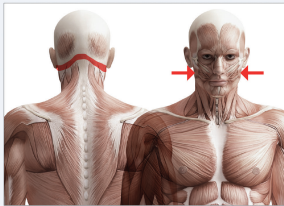
Rub an upside-down Y, starting at the top of the sternum and along the bottom edge of the ribs.

PSOAS

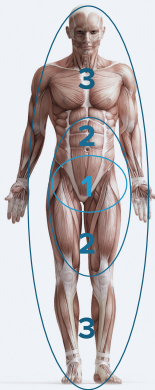


From the belly button, move over about an inch and down about an inch, rub pressing in towards the spine.

GLUTES



Rub along the ridge of the skull from the center out to the edge behind the ear. Tucking thumbs inside the edge of the jaw, press in and forward for a few seconds.



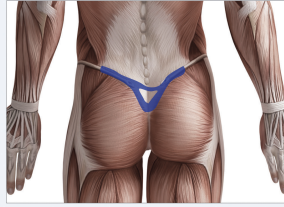
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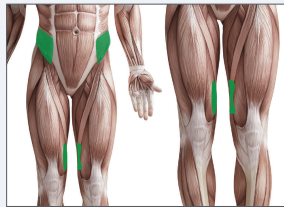
ZONE 2

HAMSTRING



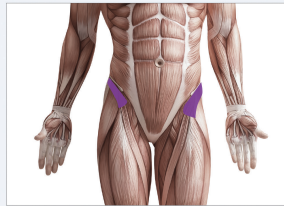
Rub circles around PSIS. Trace along the edge of the sacral bone.

QUADRICEP



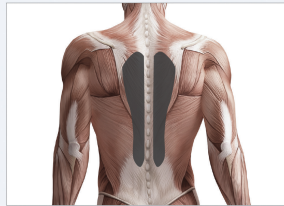
Saw the body in half from back to front in the space between the ribs and hips. Peel around the bottom edge of the VMO.

LATERAL SLING



Rub up-and-down along the hip bone from PSIS to ASIS

ROTATION



Rub circles and then percuss along the erectors with the heel of the palm.

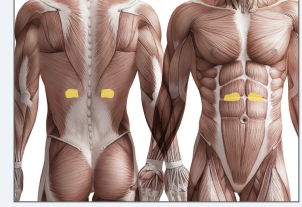
ABDOMINALS



Chop inner thighs from knee to just below groin then rub the area vigorously until warm.

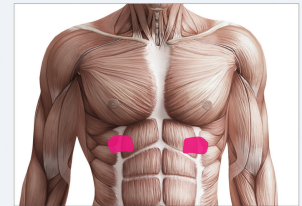
ZONE 3

CALF



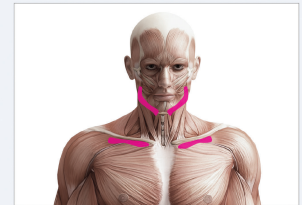
At a 45° angle up from the belly button, rub a spot about halfway to the ribs. Second calf point is in the same spot on the back of the body.

LAT



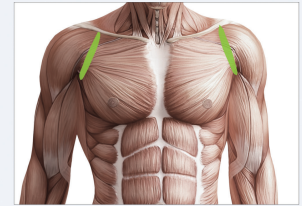
Find the bottom of the ribs at about a 45° angle up from belly button. Find space between 2nd and 3rd rib. Rub in that space.

NECK



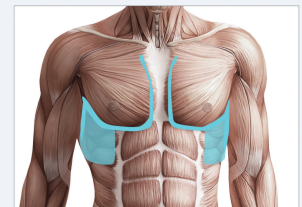
Rub space just below the collarbone. Then rub the jawline vigorously.

ROTATOR CUFF



Using your hand like a saw, cut the sleeves off a tank top.

SHOULDER



Using your fingers like a claw, scrub the side of the ribcage below the pec. Rub the outer edge of the pec in the shape of a U.