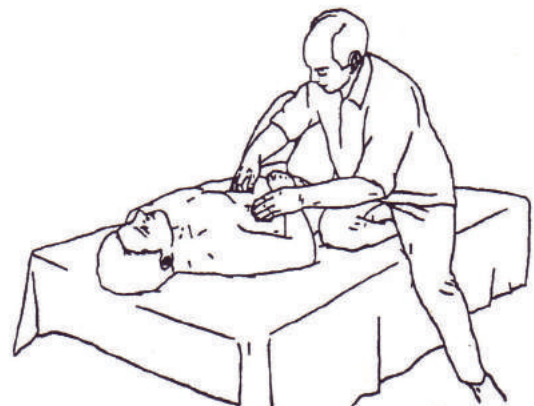
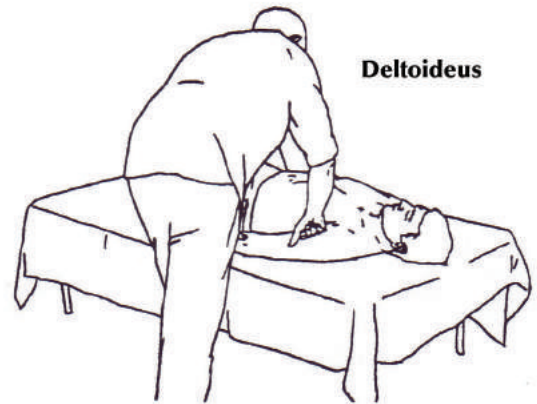
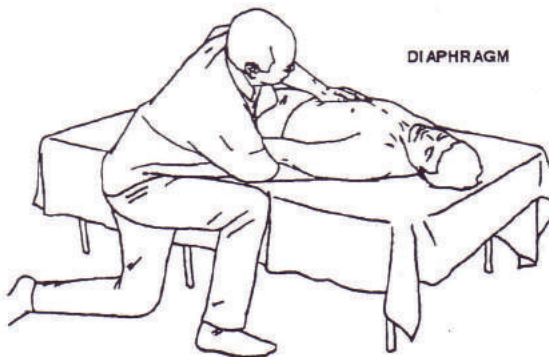
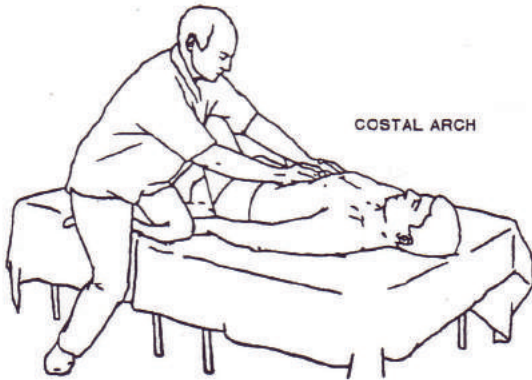
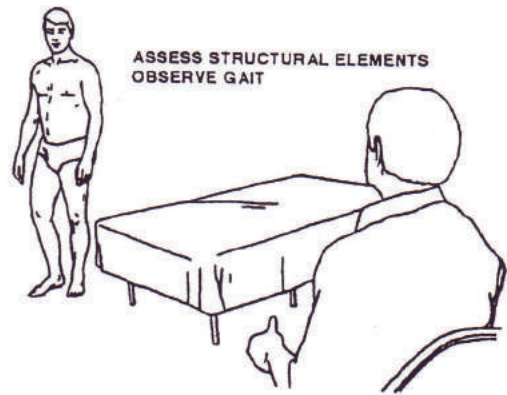


**FIRST HOUR GOALS:**

1. HORIZONTALIZE THE PELVIS
2. IMPROVE VITAL CAPACITY
3. VERTICALLY ALIGN BLOCKS

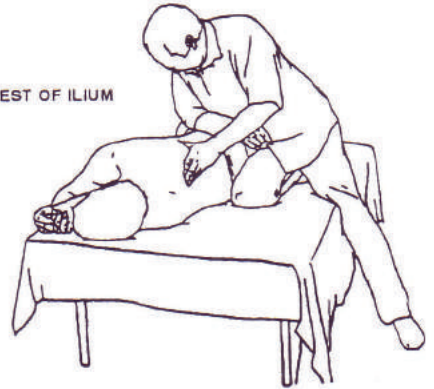
**AIM:** LENGTHEN THE FRONT  
**KEY:** SUPERFICIAL FASCIA



STERNAL ATTACHMENTS OF RIBS



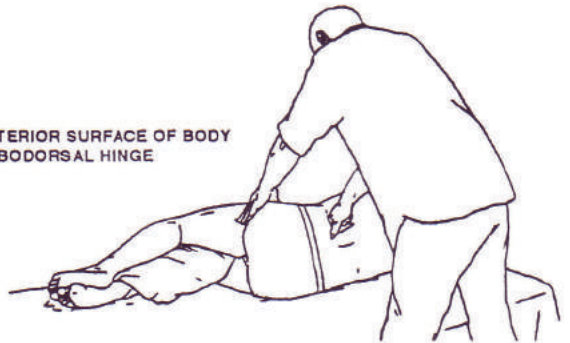
CREST OF ILIUM



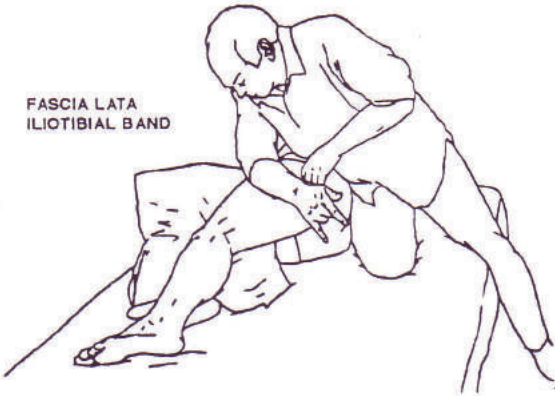
GREATER TROCHANTER



POSTERIOR SURFACE OF BODY LUMBODORSAL HINGE



FASCIA LATA ILIOTIBIAL BAND



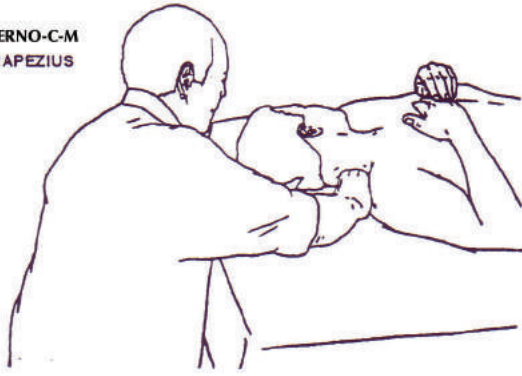
OBSERVE BICYCLE MOTION



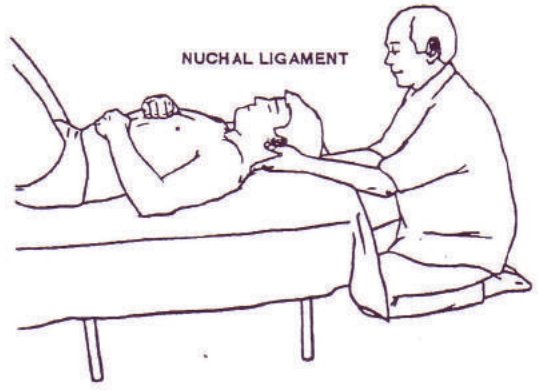
HAMSTRING COMPARTMENT



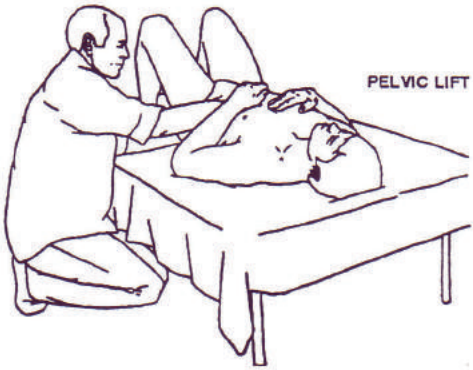
STERNO-C-M  
TRAPEZIUS



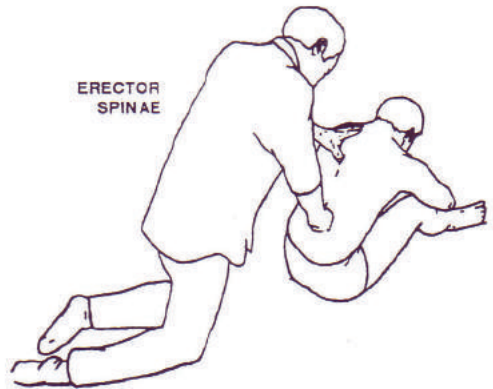
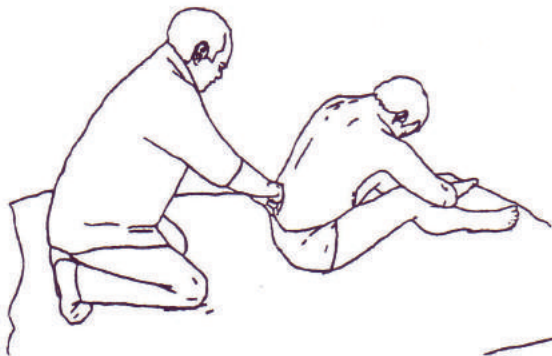
NUCHAL LIGAMENT



PELVIC LIFT



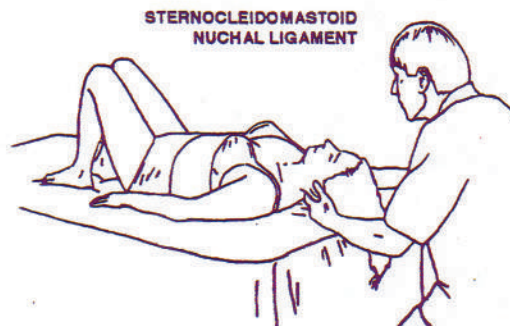
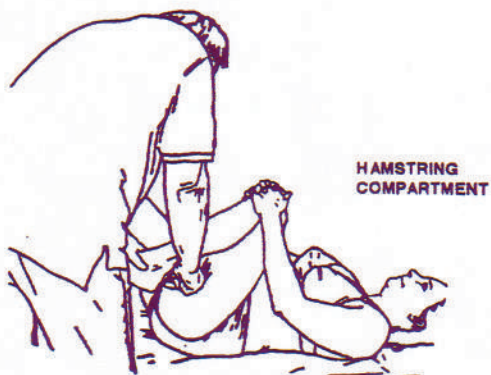
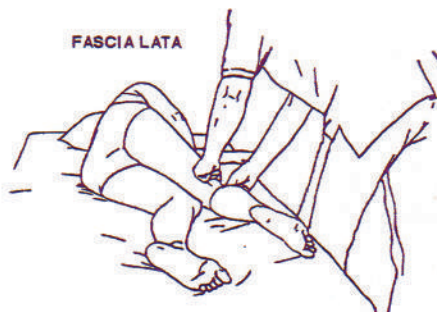
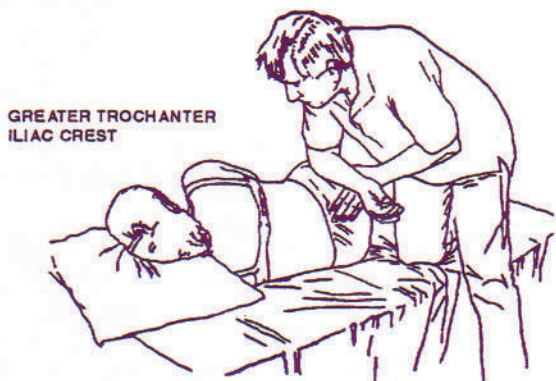
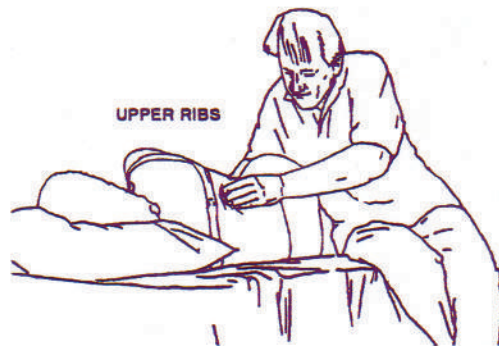
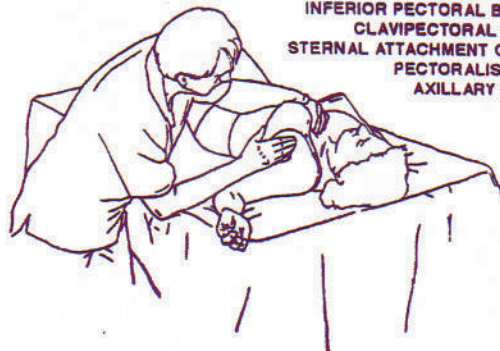
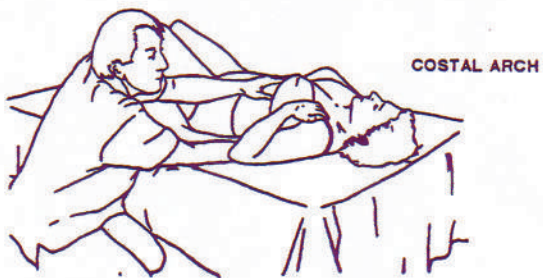
ERECTOR  
SPINAE



**SESSION ONE**

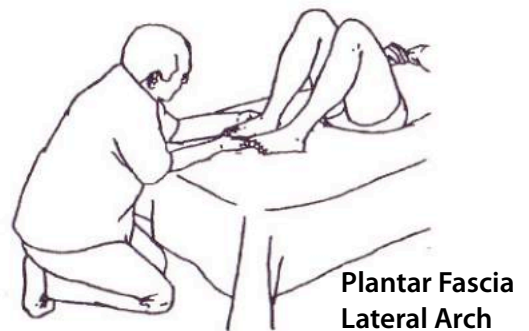
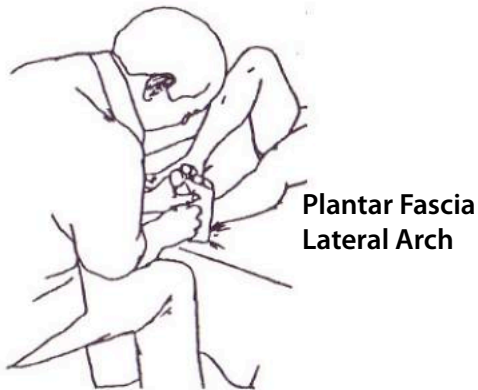
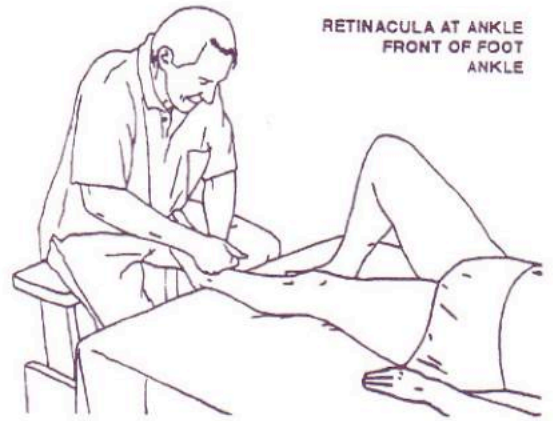
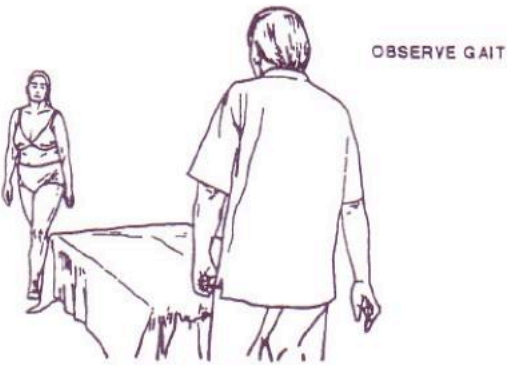
**LENGTHEN THE FRONT  
SUPERFICIAL FASCIA**

CLAVICLE  
INFERIOR PECTORAL BORDER  
CLAVIPECTORAL FASCIA  
STERNAL ATTACHMENT OF RIBS  
PECTORALIS MINOR  
AXILLARY FASCIA



**SESSION TWO**

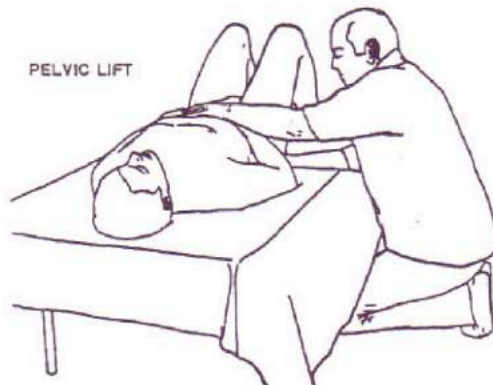
**LENGTHEN THE BACK  
ERECTOR SPINAE**



NECK RELEASE



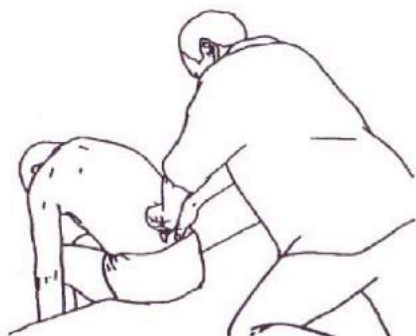
PELVIC LIFT



Trapezius



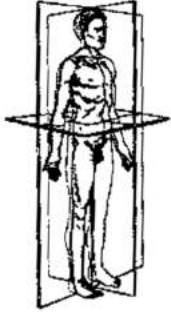
Erector Spinae



Erector Spinae  
Thoracolumbar Fascia



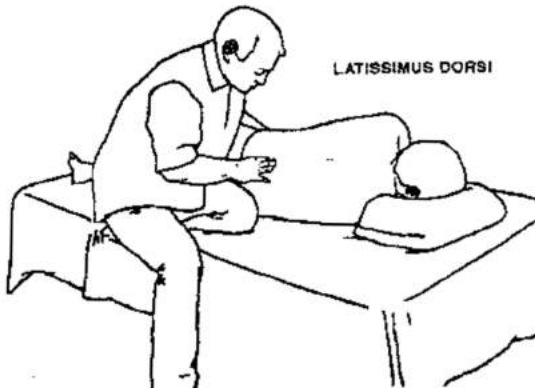
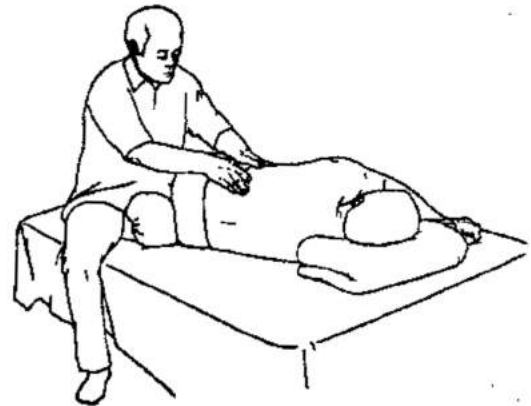
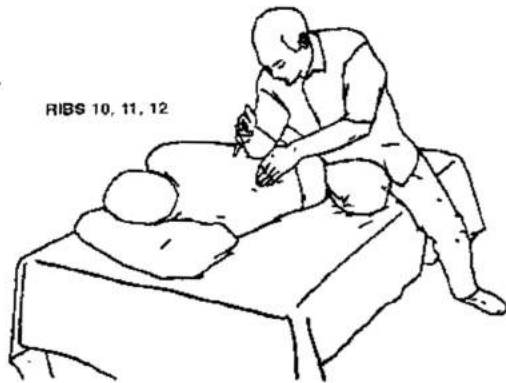
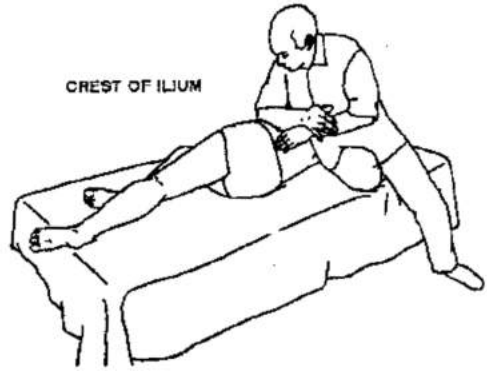
TRACKING

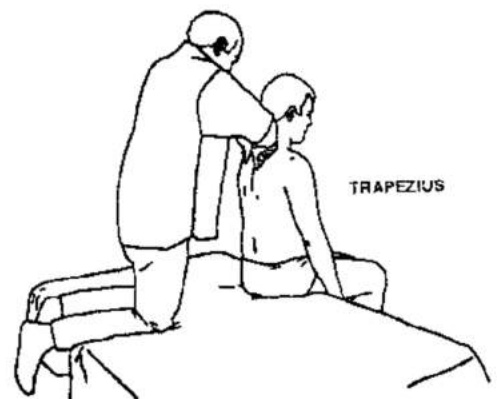
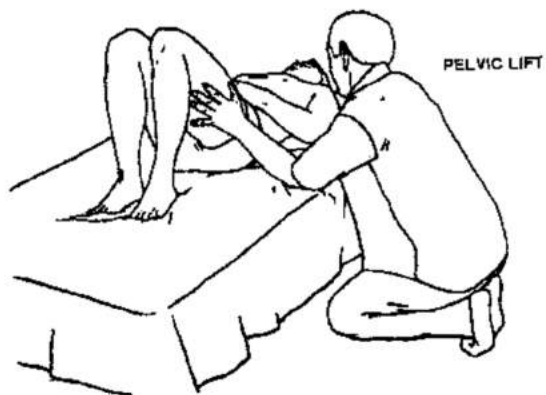
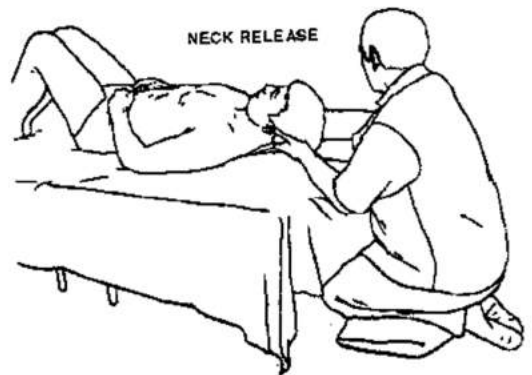


**THIRD HOUR RELATIONSHIPS**


1. ESTABLISH A LATERAL MIDLINE
2. INTEGRATE THE FRONT AND BACK
3. FREE THE 12TH RIB

**AIM:** LENGTHEN THE SIDES  
**KEY:** QUADRATUS LUMBORUM





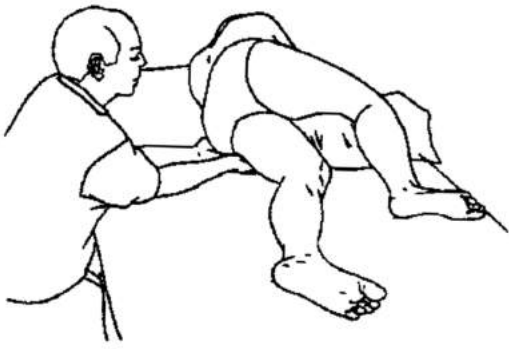
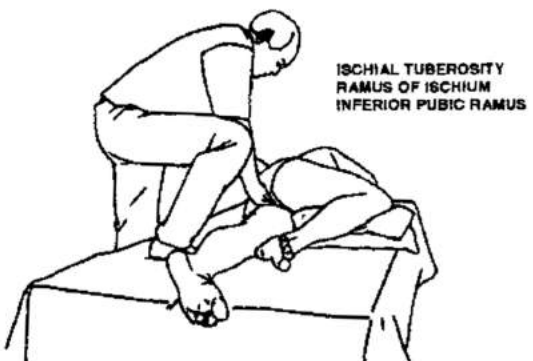
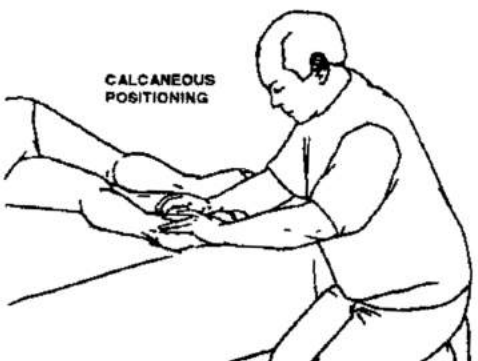


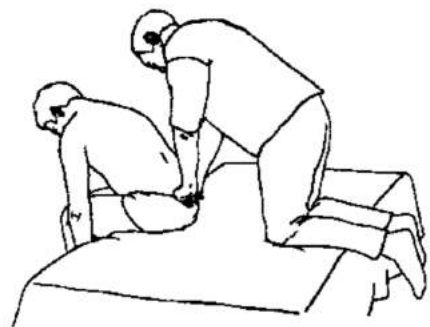
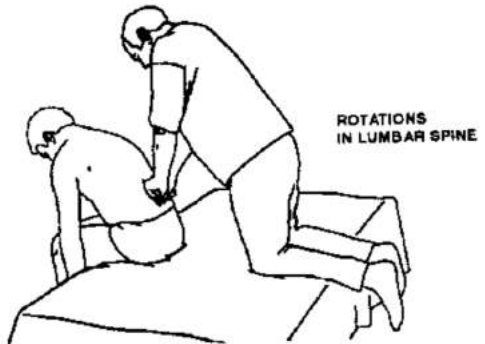
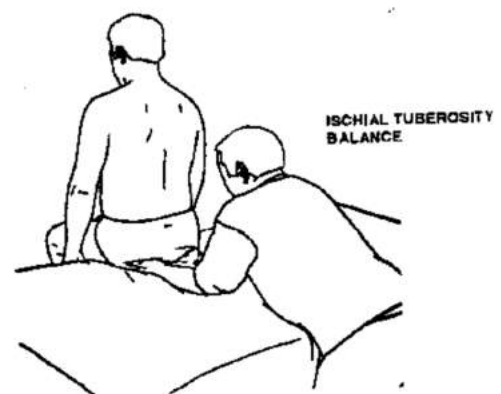
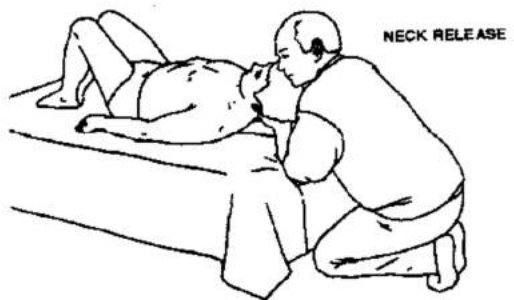
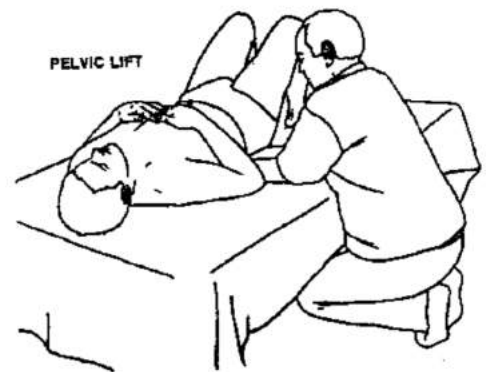
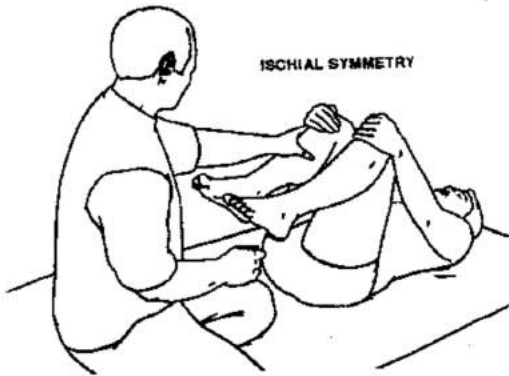


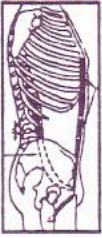
**FOURTH HOUR RELATIONSHIPS**

1. ESTABLISH AN INTERNAL LINE
2. ORGANIZE THE PELVIC FLOOR
3. AWAKEN THE CORE

**AIM: LENGTHEN INTERNAL LINE**  
**KEY: ADDUCTORS**

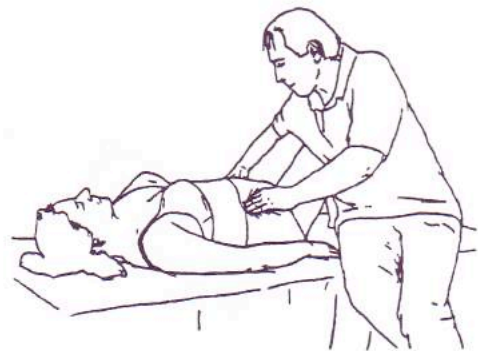
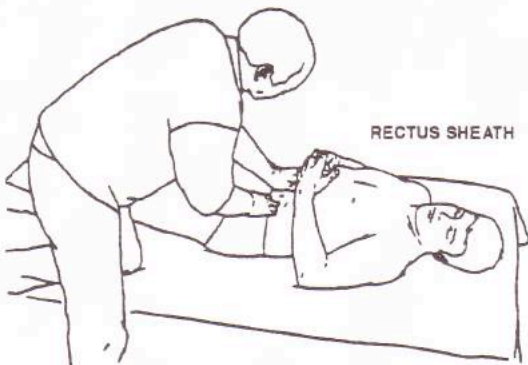
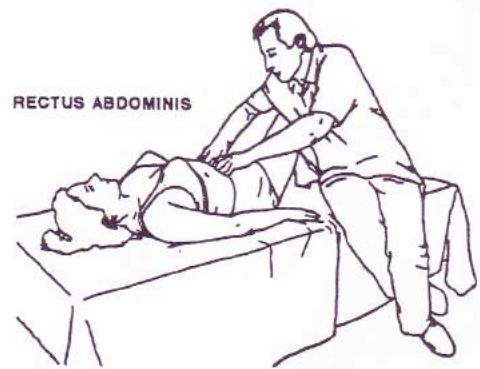


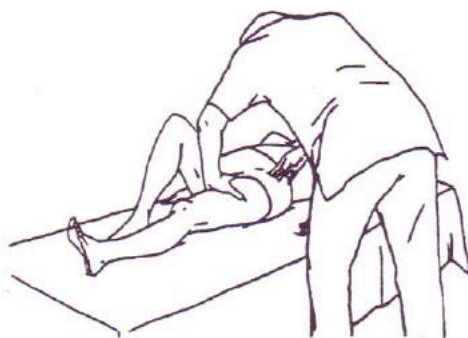
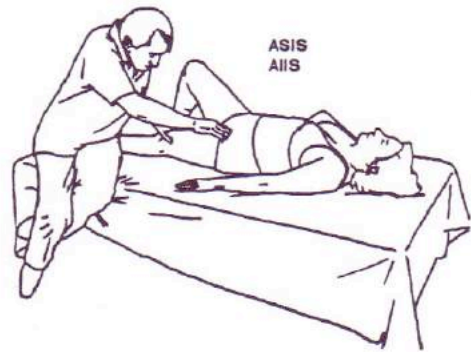
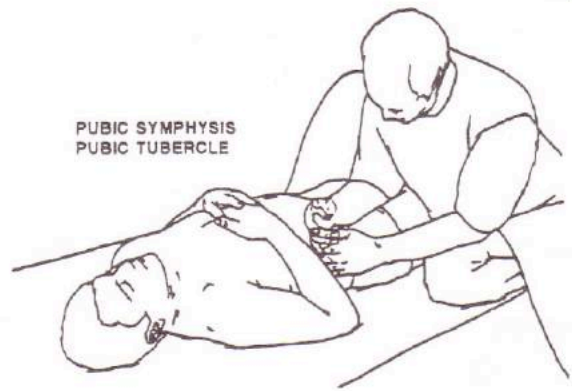
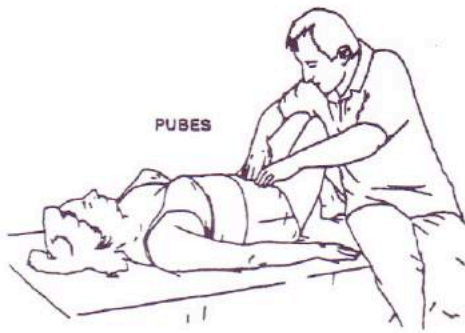


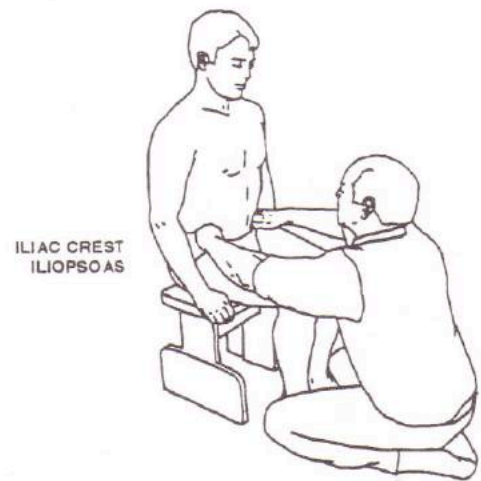
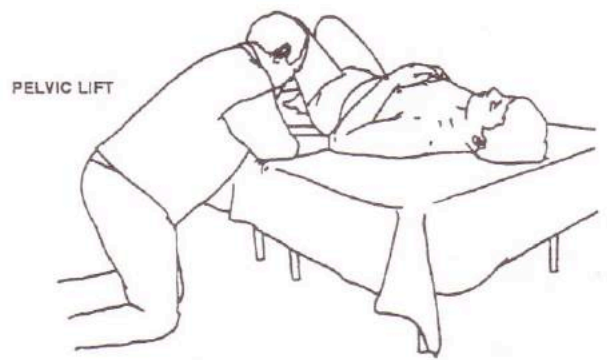
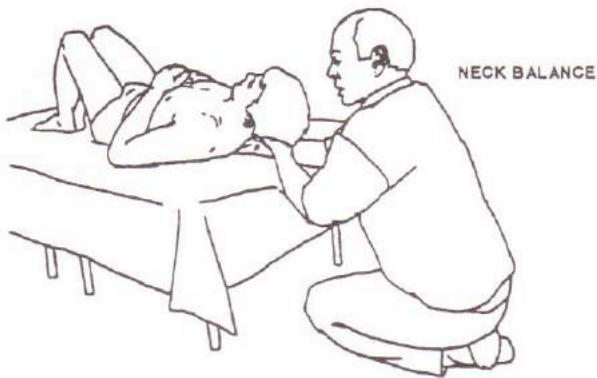


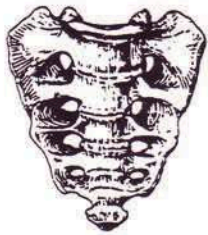
**FIFTH HOUR  
RELATIONSHIPS**

**AIM:** BALANCE RECTUS ABDOMINIS  
AND ILIOPSOAS  
**KEY:** RECTUS ABDOMINIS







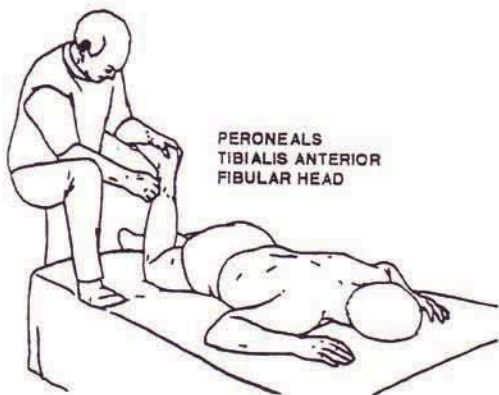


### SIXTH HOUR

- FREE THE SACRUM
- ESTABLISH A BREATHING PELVIS



GROIN



PERONEALS  
TIBIALIS ANTERIOR  
FIBULAR HEAD



SOLEUS  
GASTROCNEMIUS  
TIBIALIS POSTERIOR



BOUNDARIES  
OF  
POPLITEAL FOSSA



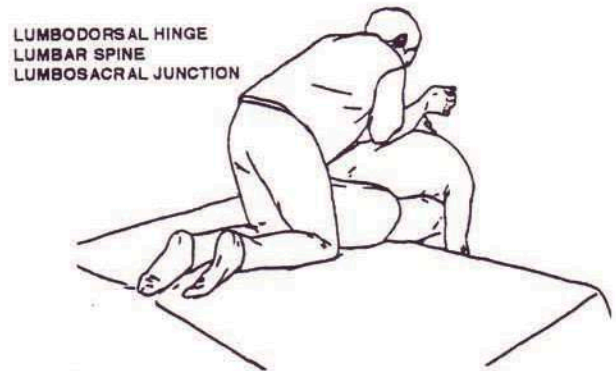
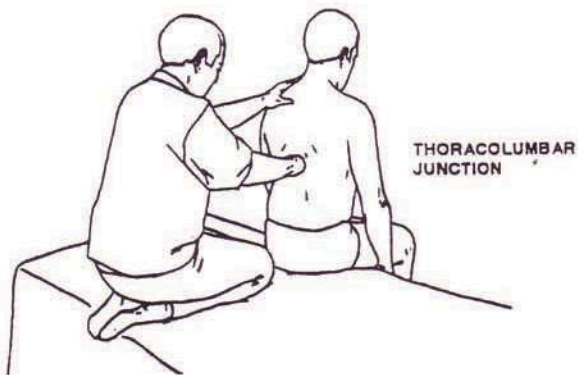
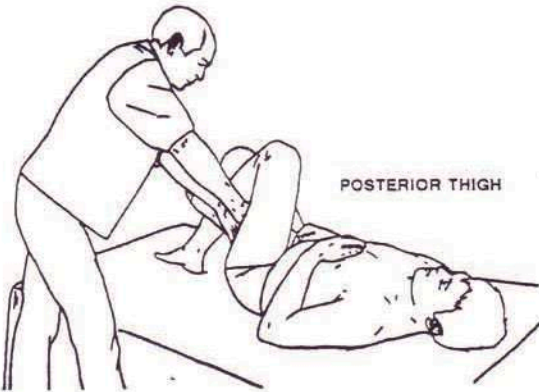
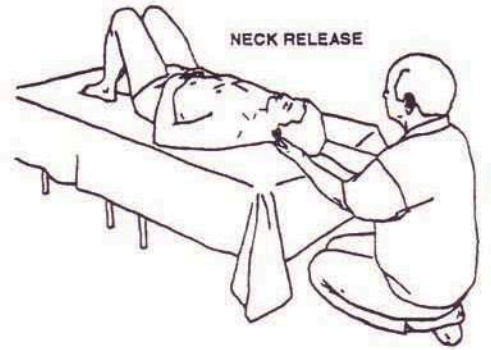
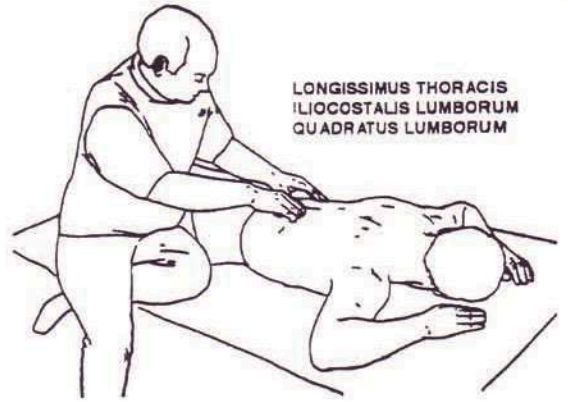
BICEPS FEMORIS  
SEMIMEMBRANOSUS  
SEMITENDINOSUS



GLUTEUS MAXIMUS

PIRIFORMIS  
GEMELLUS SUPERIOR  
OBTURATOR INTERNUS  
GEMELLUS INFERIOR  
OBTURATOR EXTERNUS  
QUADRATUS FEMORIS





**GASTROCNEMIUS  
SOLEUS**



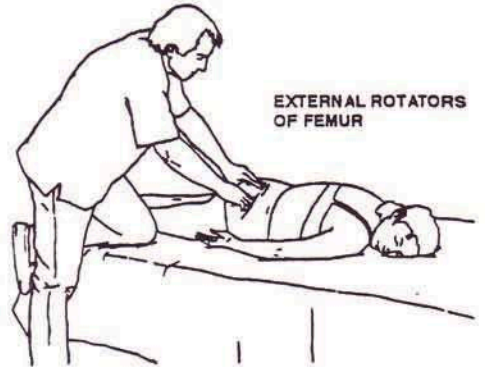
**HAMSTRINGS**



**SACROILIAC JOINTS**



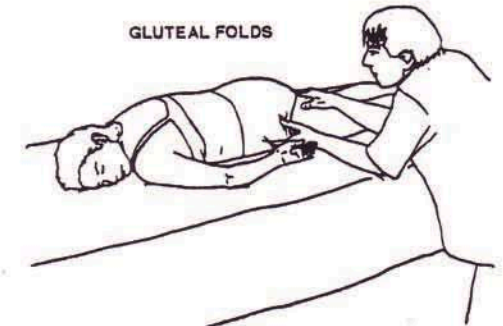
**EXTERNAL ROTATORS  
OF FEMUR**



**SPINAL GROOVE**



**GLUTEAL FOLDS**



**LUMBAR FASCIA**





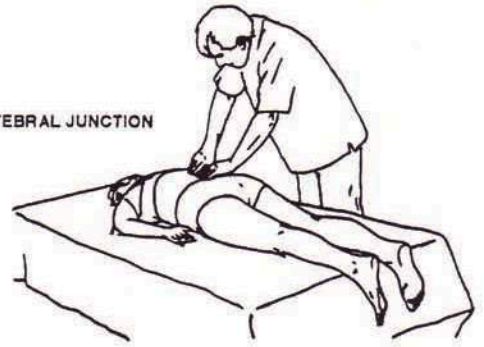
**SESSION SIX**

**FREE THE SACRUM  
HAMSTRINGS**

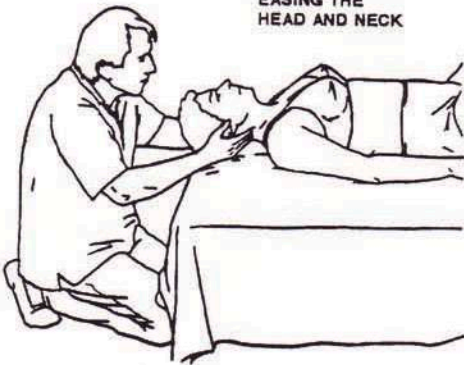


**SACROSPINOUS LIGAMENT  
SACROTUBEROUS LIGAMENT**

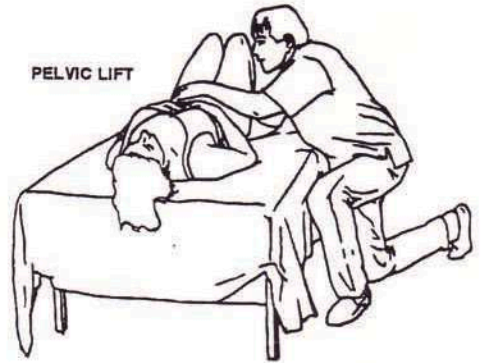
**COSTOVERTEBRAL JUNCTION**



**EASING THE  
HEAD AND NECK**



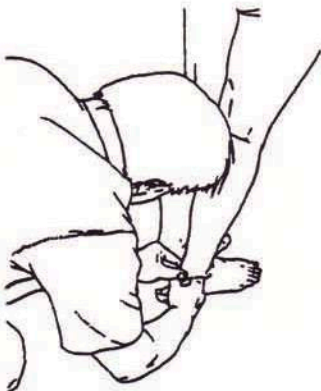
**PELVIC LIFT**



**ROCKING  
BACK AND FORTH  
ON SITTING BONES**



**FINDING  
THE LINE**



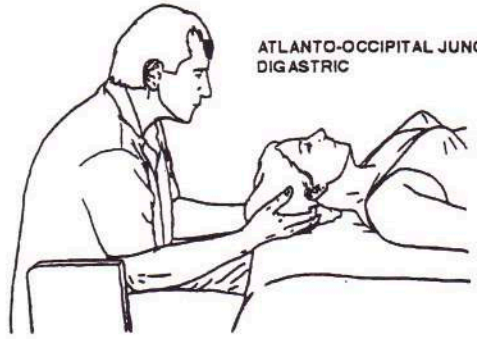
**SESSION SEVEN**

**PUT THE HEAD ON**

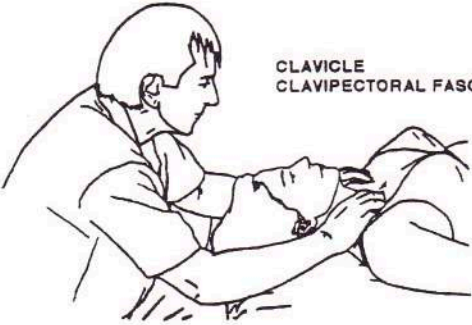
**NUCHAL LIGAMENT  
CERVICOTHORACIC JUNCTION**



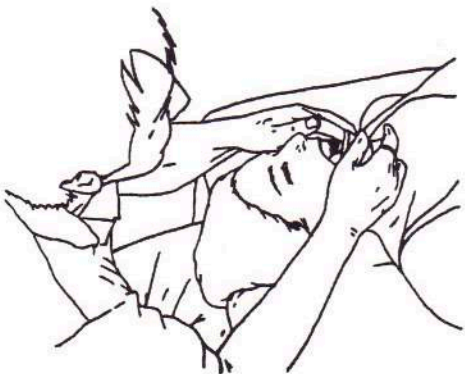
**ATLANTO-OCCIPITAL JUNCTION  
DIGASTRIC**



**CLAVICLE  
CLAVIPECTORAL FASCIA**

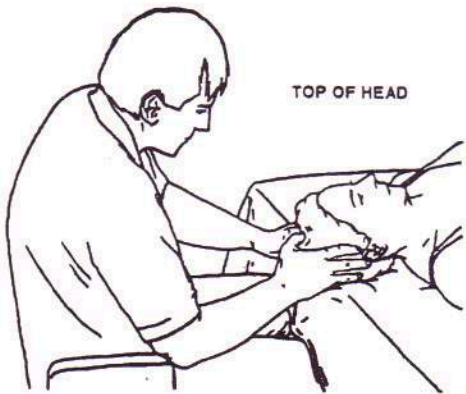


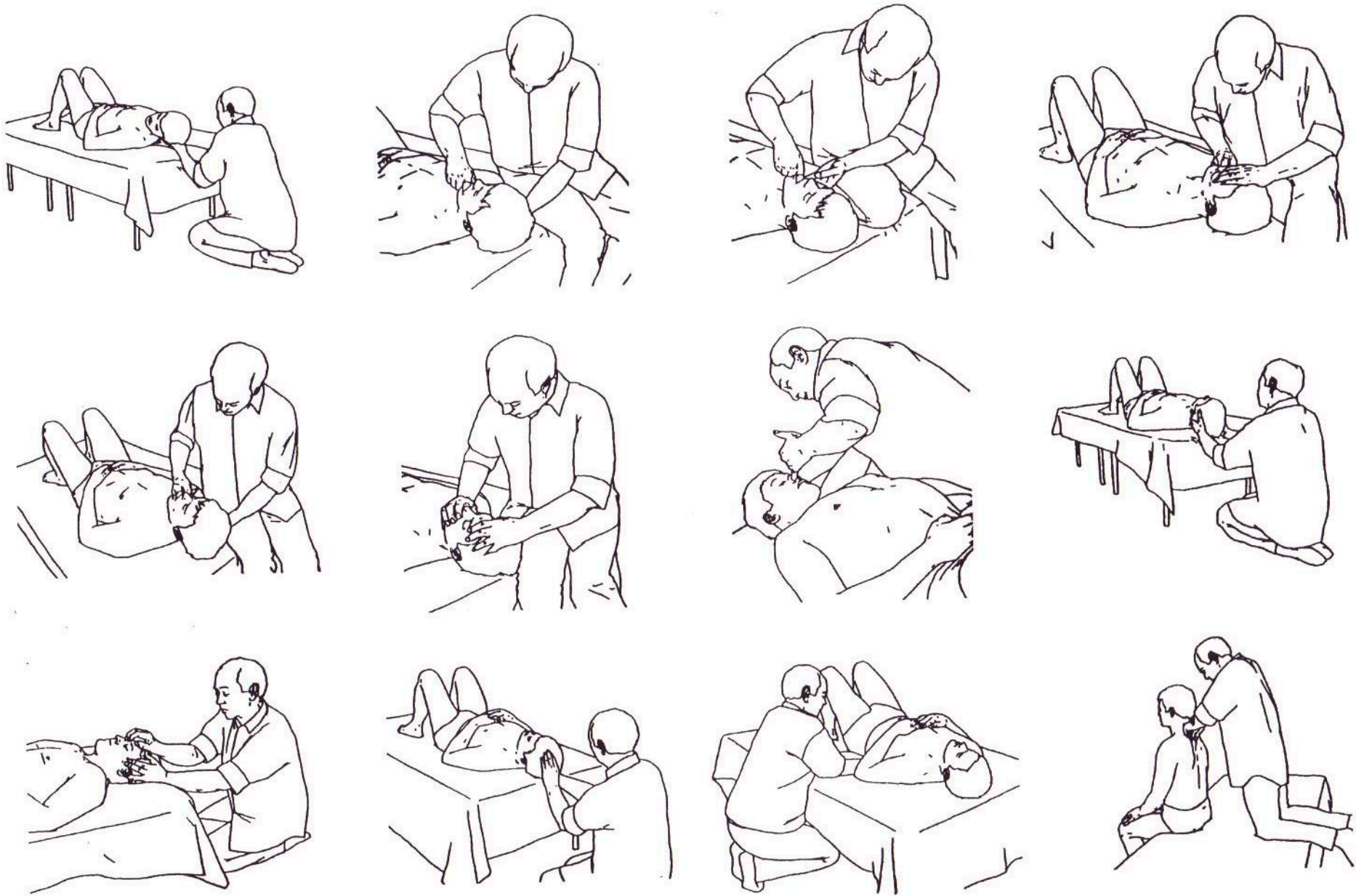
**BUCCINATOR  
MASSETER  
MEDIAL PTERYGOIDS  
LATERAL PTERYGOIDS**




**HARD PALATE**



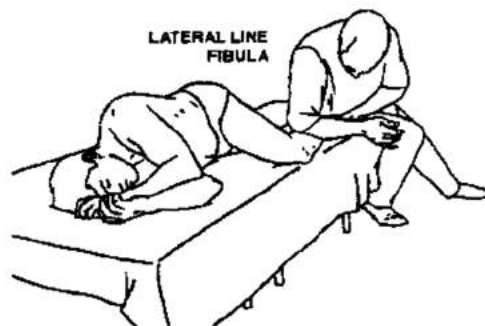
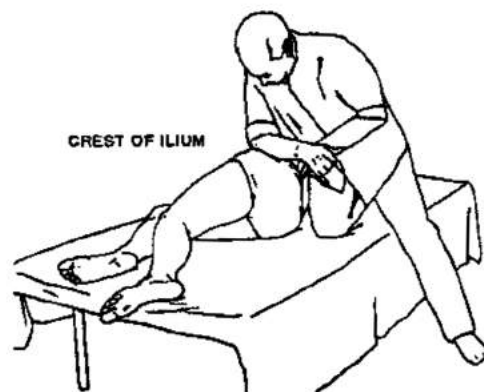
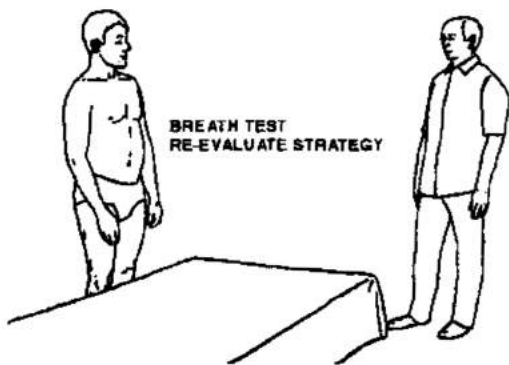






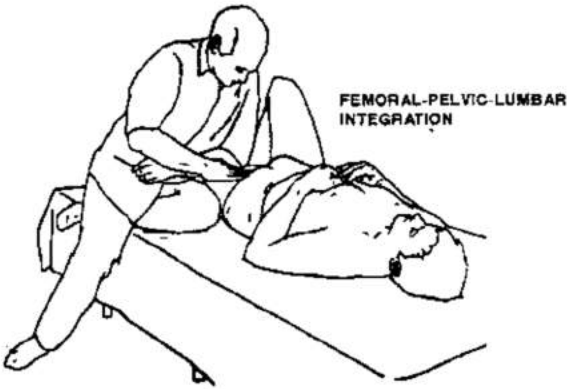
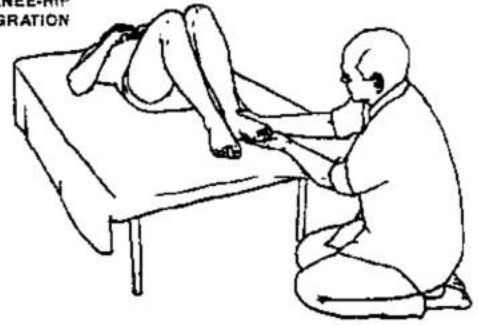
**EIGHTH HOUR**

- ASSUME A LOWER SESSION
- ORGANIZE HORIZONTAL HINGES
- INTEGRATE BLOCKS
- CREATE A STABLE BASE

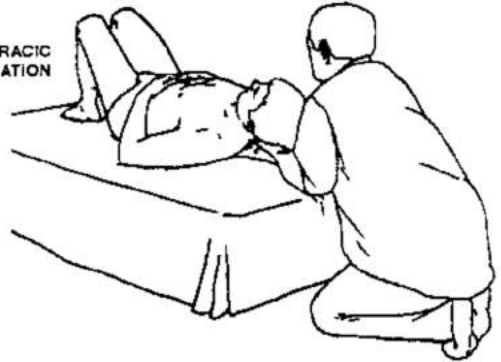




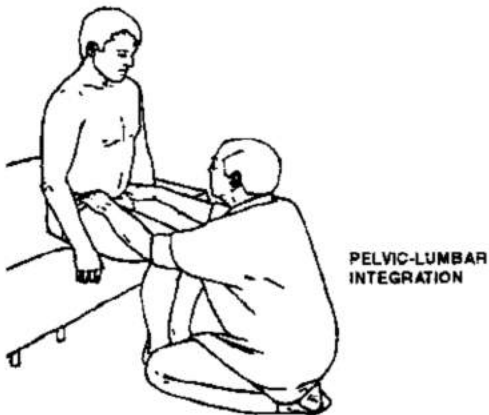
ARCH-ANKLE-KNEE-HIP INTEGRATION



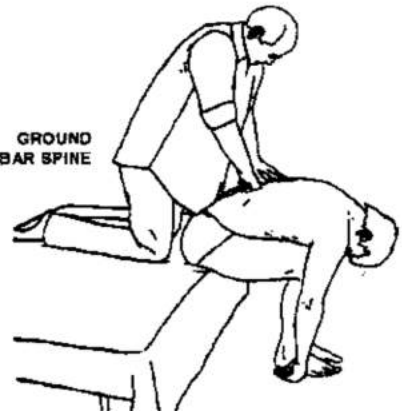
CERVICAL-THORACIC INTEGRATION




FEMORAL-LUMBAR INTEGRATION



GROUND LUMBAR SPINE



 **NINTH HOUR**

- ASSUME AN UPPER SESSION
- CREATE LIFT FROM ABOVE
- INITIATE APPENDICULAR MOVEMENT FROM LUMBODORSAL HINGE

