

**LET GO OF THESE:**

Plantar Flexors (Calves)  
and Anterior Shins

Right Leg Adductor (Inner Thigh)

Upper Back

Left Anterior Shoulder

Right Front Chest Wall

Right Under Arm Region

Lower Back

**WITH THESE PRI NON-MANUAL TECHNIQUES:**

Squatting Bar Reach



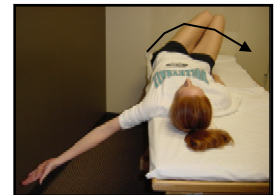
Supine Hooklying Adductor  
Magnus Inhibition



Latissimus Hang Stretch



Supine Pectoralis Stretch  
with Left Trunk Rotation



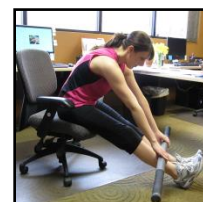
Left Sidelying Left Flexed FA  
Adduction with Right Glute  
Max and Trunk Rotation



Sidelying "Rest" Position

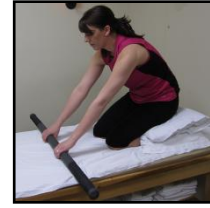


Long Seated Bar Reach



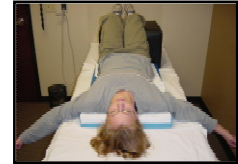
Quads (Front of Thighs)

Kneeling Bar Reach



Anterior Neck

Sternal Positional Stretch



Right Ankle

Left Stance in Right AF IR Position from the Right AIC Pattern



Left Posterior Hip

Standing Posterior Capsule Stretch



Right Lateral Low Back

Standing Left AF IR with Bilateral Knee Flexion



Mid-Low Back

Full Functional Squat



Shoulder Tension & Spiritual Demons

Seated Supported Bilateral Posterior Mediastinum Expansion with Subscapularis Stretch

