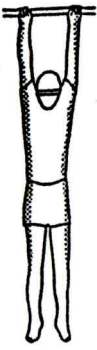


(Upper Cat)

Upper Trapezius



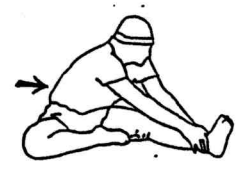
Gluts/Hamstring



Quadriceps



Hamstrings



Neck



Gluts/Low Back



Soles (Lower Cat)



Iliotibial Band



Push hip towards wall

Gluts/Low Back



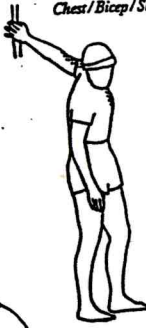
Inner Thigh



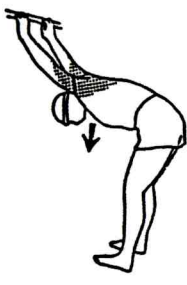
Shoulder



Chest/Bicep/Shoulder



Chest/Lats



Hip Flexors



Keep both shoulders in contact with the floor.

Triceps

