

POSTERIOR MUSCULAR SYSTEM

UPPER BODY

- Trapezius
- Deltoid (Posterior)
- Triceps Brachii
- Latissimus Dorsi
- Rhomboids

CORE / TRUNK

- Erector Spinae
- Thoracolumbar Fascia
- External Oblique

LOWER BODY

- Gluteus Medius
- Gluteus Maximus
- Adductor Magnus

LEGS

- Biceps Femoris
- Semitendinosus
- Semimembranosus
- Gastrocnemius
- Soleus
- Achilles Tendon

Date: _____

Subject ID: _____

Notes: _____