

42 Muscle Repatterning

In the Clear	Pre-Checks		Muscle/Meridian	Post-Checks	
	After X-Crawl	After II-Crawl		After X-Crawl	After II-Crawl
			Front of the Body		
			Anterior Neck Flexors St		
			Upper Trapezius K		
			Pectoralis Major Clavicular St		
			Pectoralis Major Sternal LI		
			Supraspinatus C		
			Levator Scapulae St		
			Rhomboids LI		
			Teres Minor TW		
			Subscapularis H		
			Lattissimus Dorsi Sp		
			Middle Trapezius Sp		
			Lower Trapezius Sp		
			Anterior Deltoid GB		
			Deltoid L		
			Anterior Serratus L		
			Brachioradialis St		
			Triceps Sp		
			Coracobrachialis L		
			Opponens Pollicis Longus Sp		
			Diaphragm L		
			Abdominals SI		
			Quadratus Lumborum LI		
			Fascia Lata LI		
			Psoas K		
			Quadriceps SI		
			Gluteus Medius CX		
			Adductors CX		
			Sartorius TW		
			Popliteus GB		
			Piriformis CX		
			Peroneus B		
			Anterior Tibials B		
			Posterior Tibials B		
			Back of the Body		
			Posterior Neck Extensors St		
			Sacrospinalis B		
			Teres Major G		
			Iliacus K		
			Gracilis TW		
			Soleus TW		
			Gastrocnemius TW		
			Hamstrings LI		
			Gluteus Maximus CX		