BLM3 Student Resource

My Remedial Training Chart

Name:	Date:	

Location of Interest/ Nature of Condition	Possible Known Cause(s)	Remediation *Use the Language of Anatomy handout and your knowledge of training techniques for your remedial antidote.
Tightness of the Hamstrings	*sitting for long periods of time in school *long distance running	Forward bends where the legs are straight and there is flexion at the hip crease. (ie. Yoga Posture Uttanasana)