

My Remedial Training Chart

Name: _____

Date: _____

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

