**WAKE UP DRILLS™**

**BREATHING**
Rub bottom of ribs and front of sternum.

**PSOAS**
Over an inch and down one inch from belly button on both sides.

**GLUTES**
Rub back of the base of the skull where the tissue and the skull meet. Also find the point right under the earlobe and on the jawline. Press the jawline forward but only for a few seconds. Rub down jaw from under ear.

**QUADS**
Use 2-3 fingers to rub the place between the bottom of ribcage and top and top of hip. Also use pressure to separate overlapping muscles in quad.

**HAMSTRINGS**
Rub outer edge of sacral bone.

**HIPS**
Find hip bone and rub front and top edge all the way around to the back of the hip.

**CALF**
Start at bellybutton and trace 45° up to ribcage. Just an inch below ribs along that line rub. 2nd calf point - the same spot as on the front but directly through the body on the back side.

**LATS**
Locate 3rd rib from the bottom of ribcage, rub front and back.

**ABDOMINALS**
Karate Chop inner thighs, from knee to high on inner thigh, 3 times, then rub area vigorously.

**NECK**
Rub space just below the collarbone.

**SUPRASPINATUS**
Find the place where the arm is connected to the torso. Use a hand as if a saw to rub.

**SHOULDER**
Scrub the front of the ribcage below the pectoral with claw shaped fingers. Rub down pec, across just under pec, up to armpit and back down side.