Special AK 100 Hour Course Muscle References

Session 1
Latissimus dorsi • S2 – 344 • CSM – 184-185
Pectoralis major, clavicular • S2 – 346 • CSM – 112-113
Pectoralis major, sternal • S2 – 347 • CSM - 114-115
Psoas • S2 – 325 • CSM – 134-135
Tensor Fascia Lata • S2 – 319 • CSM – 138-139
Piriformis (prone) for vertebral challenge • S2 – 309 • CSM – 186-187

Session 2
Abdominals • S2 – 316-318 • CSM – 130-133
Gluteus maximus • S2 – 321 • CSM – 174-175
Gluteus medius and minimus • S2 – 320 • CSM – 156-159
Hamstrings • S2 – 310-311 • CSM – 176-177
Rectus femoris • S2 – 312-313 • CSM – 142-143
*Quadratus lumborum • S2 - 372
*Sacrospinalis • S2 – 370-371
Neck extensors • S2 – 368-369 • CSM – 188-189

Session 3
Sternocleidomastoid • S2 – 365 • CSM – 108-109
Medial neck flexors • S2 – 366-367 • CSM – 110-111
Upper trapezius • S2 – 340 • CSM – 160-161
Levator scapula • S2 – 343 • CSM – 162-163
Hyoid challenge (relationship to neurological disorganization) • S2 – 418-422

Session 4
Subscapularis • S2 – 353 • CSM – 168-169
Teres minor • S2 – 354 • CSM – 170-171
Infraspinatus • S2 – 355 • CSM – 172-173
Supraspinatus • S2 – 348 • CSM – 166-167
Deltoid • S2 – 349-351 • CSM – 164-165
    Anterior • S2 - 350
    Middle • S2 - 349
    Posterior • S2 - 351
Teres major • S2 – 352
Serratus anterior • S2 – 356 • CSM – 116-117
Lower trapezius • S2 – 339 • CSM – 182-183
Middle trapezius • S2 – 338 • CSM – 180-181
Coracobrachialis • S2 - 357
Subclavius (and frozen shoulder) • S2 - 341
Rhomboids • S2 - 342
Diaphragm • S2 – 575-582 • CSM – 190

Session 5
Quadriceps • S2 – 312-313 • CSM – 142-145
Sartorius • S2 – 322, 324 • CSM – 140-141
Gracilis (2 test versions) • S2 – 323-324 • CSM – 178-179
Adductors (Adductor longus, brevis, magnus and pectineus) • S2 – 314-315 • CSM – 154-155
Popliteus • S2 - 327
Hamstrings • S2 – 310-311 • CSM – 176-177
Gastrocnemius • S2 – 329

Session 6
Posterior tibialis • S2 – 331 • CSM – 146-147
Anterior tibialis • S2 – 330 • CSM – 148-149
Peroneus longus • S2 – 333 • CSM – 150-151
Peroneus brevis • S2 – 333 • CSM – 150-151
Peroneus tertius • S2 – 332 • CSM – 152-153
Soleus • S2 – 328
Gastrocnemius • S2 – 329

Session 7
Triceps • S2 – 360 • CSM – 120-121
Biceps brachii (and brachialis) • S2 – 358 • CSM – 118-119
Brachioradialis • S2 – 359
Pronator teres (and pronator quadratus) • S2 – 362
Supinator • S2 – 361

Session 8
Opponens pollicus • S2 – 363 • CSM – 122-123
Opponens digiti minimi • S2 – 364 • CSM – 124=125
Wrist extensors • CSM – 126-127
Wrist flexors (Flexor carpi radialis, Flexor carpi ulnaris) • CSM – 128-129
Pronator Quadratus • S2 - 362
Masseter, buccinator, temporalis relationships • S2–408-411, 413-416 • CSM–190, 228-231