

## KEY TERMS

**Activation:** used to strengthen weak/dormant muscles

• When to use: before activity

**Priming:** used to facilitate the brain/body connection

• When to use: pre/mid activity

**Relaxation:** used to lengthen tight and restricted muscles

• When to use: before/after activity

### Attachment Hierarchy:

**Muscle Depth** (soft to deep)

1. Ball
2. Plate
3. Thumb
4. Apollo
5. Y
6. Point

