



Supraspinatus
CENTRAL

Teres Major
GOVERNING

Subscapularis

11 AM - 1 PM

Latissimus Dorsi
Middle Trapezius
Lower Trapezius
Opponens Pollicis
Triceps

7 - 9 AM

Pectoralis Major
Clavicular
Levator Scapularis
Anterior Neck Flexors
Posterior Neck Extensors
Brachioradialis

5 - 7 AM

Facia Lata
Hamstring
Quadratus Lumborum

3 - 5 AM

Anterior Serratus
Coracobrachialis
Deltoids
Diaphragm

1 - 3 AM

Pectoralis Major Sternal
Rhomboids

11 PM - 1 AM

Anterior Deltoid
Popliteus

9 - 11 PM

Teres Minor
Sartorius
Gracilis
Soleus
Gastrocnemius

HEART

1 - 3 PM

SMALL INTESTINE

Quadriceps
Rectus Abdominis
Transverse Abdominals
Oblique Abdominals

3 - 5 PM

BLADDER

Peroneus
Sacrospinalis
Anterior Tibial
Posterior Tibial

5 - 7 PM

Psoas
Upper Trapezius
Iliacus

7 - 9 PM

Gluteus Medius
Adductors
Piriformis
Gluteus Maximus

WOOD

Gall Bladder
Liver

EARTH

Spleen
Stomach

WATER

Kidney
Bladder

METAL

Lung
Large Intestine

LIVER

GALL BLADDER

TRIPLE WARMER

CIRCULATION SEX

LUNG

LARGE INTESTINE

STOMACH

SPLEEN