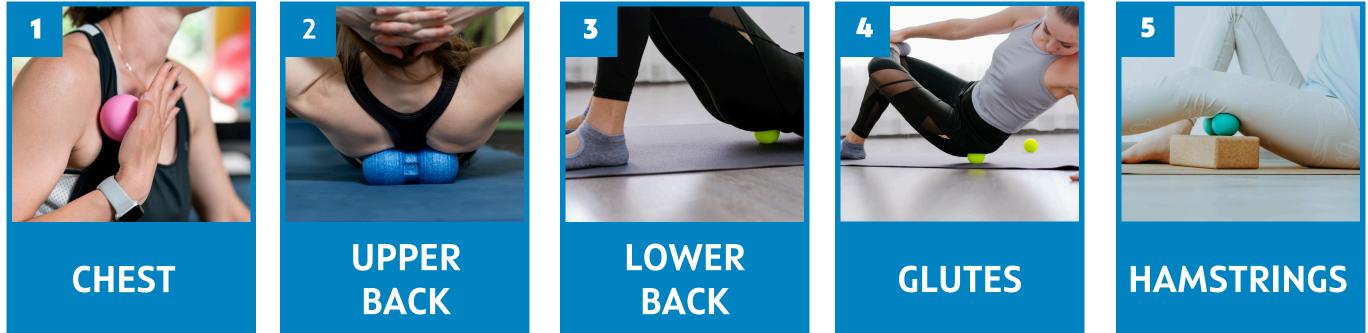
Self-Massage with Foam Roller & Massage Ball

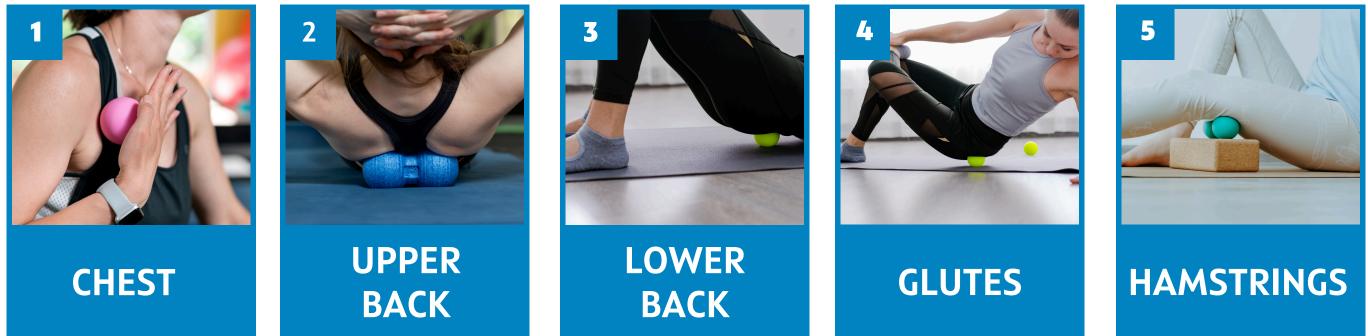
Quick Exercise Guide

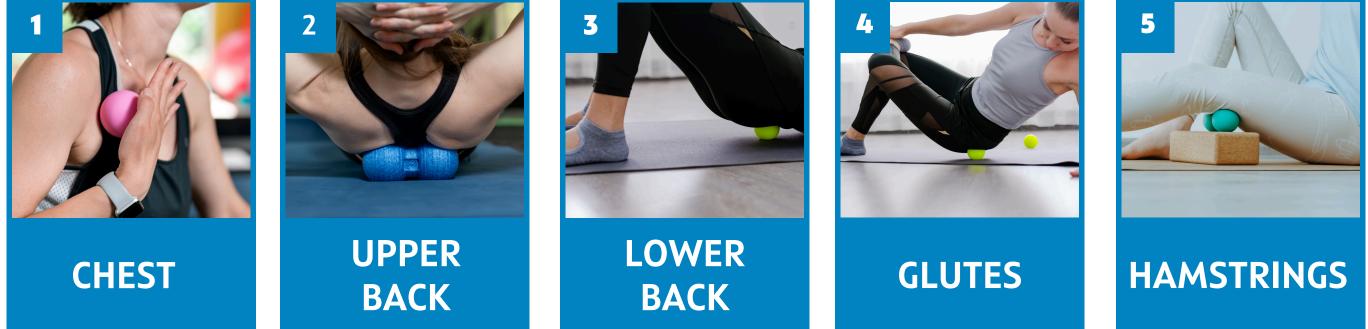
Exercise Instructions

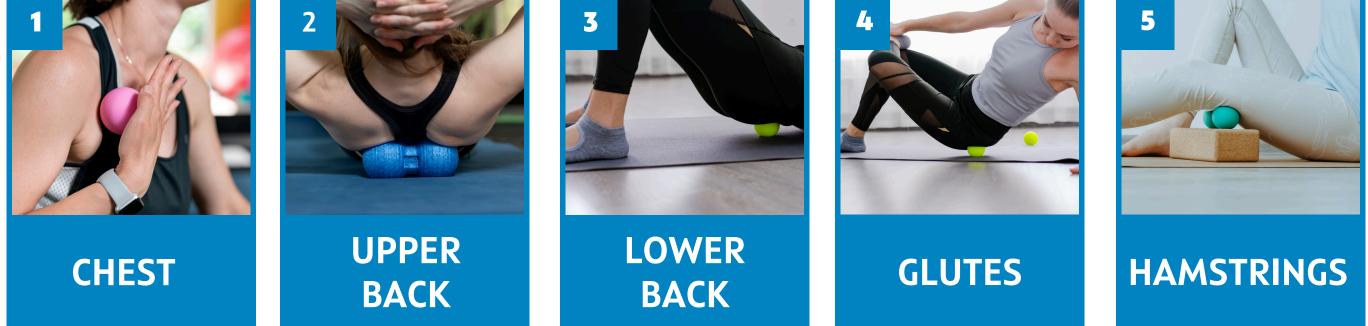
- Complete 1 to 2 sets of each exercise.
- Complete exercises on right and left sides.
- Exercise each muscle with gentle pressure, avoid major discomfort.
- Complete exercises 2 to 3 times per week.
- Complete exercises slowly being aware of tense areas and pausing on target area for a few breaths.
- Upon completion of exercises, be sure to stretch each muscle group.

MASSAGE BALL EXERCISES











FOAM ROLLER EXERCISES



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