



THE ECLIPSE FOAM ROLLER

Calf Rolling



Hamstring Rolling



Quad Rolling



Hip Rolling



Glute Rolling



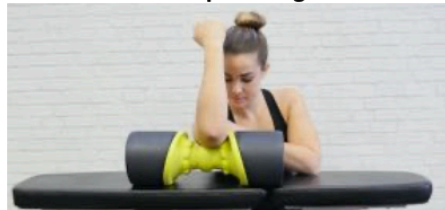
Lat Rolling



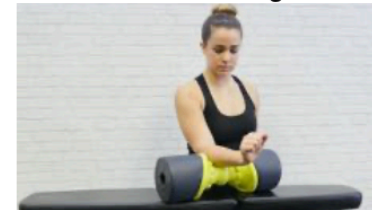
1 Side Low Back Rolling



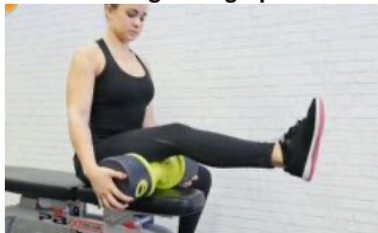
Triceps Rolling



Forearm Rolling



Hamstring Rolling Option 2



Deltoid Rolling



Back Rolling (note: very intense)

