



ACUMOBILITY BALL EXERCISES



FREE EDUCATIONAL VIDEOS ON ACUMOBILITY.COM + INSTAGRAM @ACUMOBILITY



Neck release



2 ball Upper Back release



2 ball Midback release



2 ball Lower Back release



Traps release against a door frame



Pec release against a door frame



Hamstring release on a chair



Tib Anterior release on a chair



2 ball Quad Release



2 ball Calf release



2 ball Triceps release



2 ball Forearm release



Back of the Shoulder release



Lat release

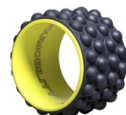


Abdomen + Psoas release



Foot + Plantar fascia release

ACUMOBILITY.COM



Ultimate Back Roller



Resistance Loop Bands



Eclipse Foam Roller



Floss Compression Bands



Boomstick Deep Pressure Tools