

# Boomstick (B) + Mini Boomstick (MB)

Upper Trap w/ (MB)



Lat Vise w/ (MB)



Pec Release w/ (MB)



Adductor + Quad Vise w/ (MB)



Quad + Hamstring Vise w/ (MB)



Calf Vise w/ (MB)



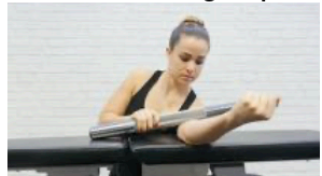
Biceps + Triceps Vise w/ (MB)



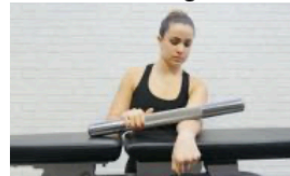
Forearm Vise w/ (MB)



Boomstick rolling biceps



Boomstick rolling forearm



Boomstick + Adductor Roll



Boomstick + Calf Trig Point



Quad Vise w/ (B)



Calf assisted release w/ (B)



Hamstring Assisted release w/ (B)



Quad assisted release w/ (B)

