

FOOT ROLLER & SPIKY MASSAGE BALL

Exercise Guide



1

Neck



Massaging the neck and the upper back areas can also help reduce headache pain.

2

Shoulder



3

Arm



4

Wrist



5

Hand



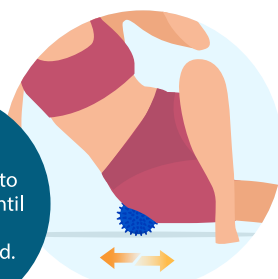
6

Back



7

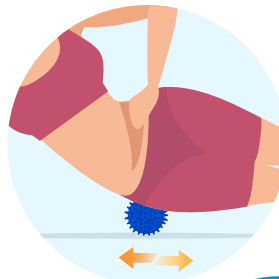
Glute



Maintain the pressure for 30 to 90 seconds or until you feel the tension released.

8

Hip



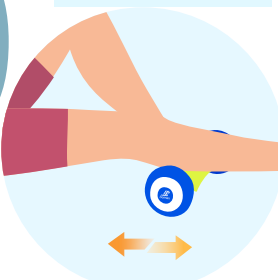
9

Thigh



10

Calf



11

Foot



Keep your socks on for a gentle massage, or go barefoot for an intense massage.

Keep these four pointers in mind:

1. Set aside 10 minutes.
2. Remember to breathe.
3. Target one area at a time.
4. Stop if you feel sharp pain.



WARNING: It is recommended that you consult with a physician before beginning any new exercise routine

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Quick Start Guide

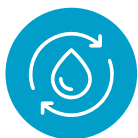


Benefits



Deep Tissue Massage

Using the foot roller and the spiky ball on a regular basis is a great way to maintain flexibility, ease muscle tension and optimise performance. They are particularly effective at releasing tightness due to myofascial trigger points, knots and contractions that form in response to poor posture and over-use.



Boost Blood Circulation

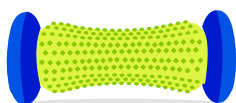
Stimulates blood circulation and allows you relax with a foot massage from the comfort of your own home, in the office or outdoors.



Full Body Relaxation

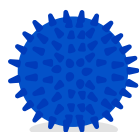
Let you self-massage large muscle groups and focus on painful knots in the neck, shoulders, arms, feet and the rest of your body. You can target those hard-to-get spots, such as the bottom of your feet, your chest, back, glutes and hamstrings.

Foot Roller



Length: 17cm / 6.7 in

Spiky Ball



Size: Ø7.5cm

- ✓ Easy to Clean
- ✓ Ergonomic Design
- ✓ Safe and Skin Friendly
- ✓ No Chemical Smell
- ✓ Durable & Sturdy

Storage and Care



Using a damp cloth, hand wash your Foot Roller and Spiky Ball with mild soap and water.



Do not use any strong or abrasive cleaning products as these can deteriorate them.



Let air dry and avoid drying and storing them near direct sunlight.

Warranty



We offer a 100% satisfaction guarantee for 1 year on all products. If you have any issues with a defective product, we will replace it free of charge!