

# LACROSSE MASSAGE BALLS

## SET OF 3 - Workout Guide



1

Neck



2

Jaw



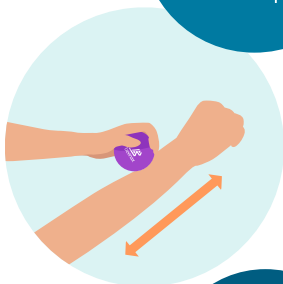
3

Shoulders



4

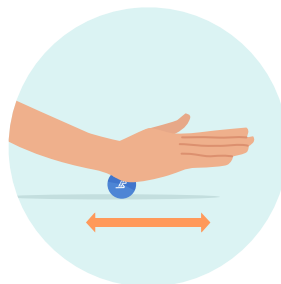
Arms



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

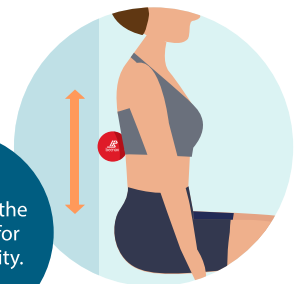
5

Hands



6

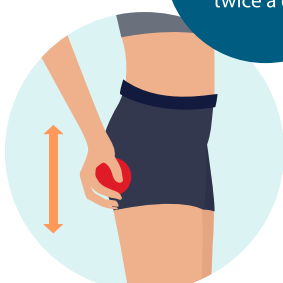
Back



Place against the wall or floor for added intensity.

7

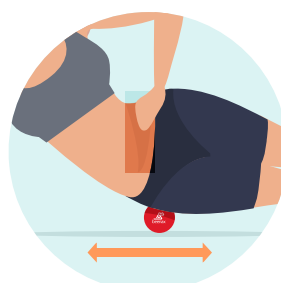
Glutes



For best results, repeat your massage sessions twice a day.

8

Hips



9

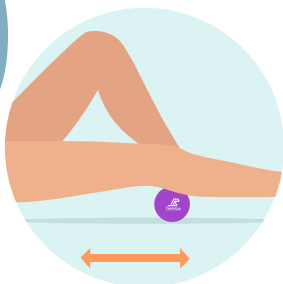
Thighs



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

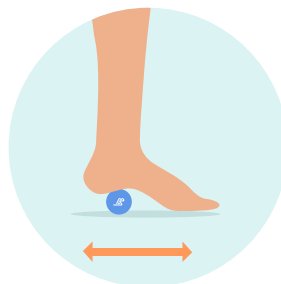
10

Calves



11

Feet



### KEEP THIS IN MIND:

You can perform gentle massage across large muscle groups or focus on painful knots or trigger points.

# LACROSSE MASSAGE BALLS

## SET OF 3 - Quick Start Guide



### Benefits



The lacrosse massage ball let you self-massage large muscle groups and focus on painful knots in the neck, shoulders, arms and feet. You can target those hard-to-get spots, such as the bottom of your feet (plantar fascia), your chest, back, glutes and hamstrings.



Helps to decrease muscle tension, relieve pain and restore movement while increasing blood flow (circulation) and overall flexibility from prolonged sitting, poor posture or exercising.

### 3 Different Sizes

#### Small: 3cm



##### Target Areas:

- Jaw
- Hands
- Feet

#### Medium: 5cm



##### Target Areas:

- Arms
- Shoulders
- Calves
- Feet

#### Large: 6.5cm



##### Target Areas:

- Neck
- Shoulders
- Back
- Hips
- Glutes
- Thighs

### Care Instructions



1

After every use with oils or lotion, wash the massage balls with mild soap and warm water.



2

Roll the balls on a dry towel to promote drying.

### 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!