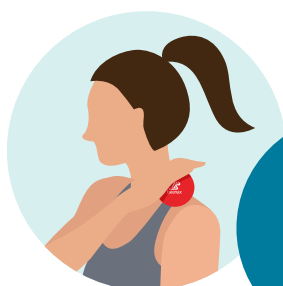


LACROSSE MASSAGE BALL

Workout Guide

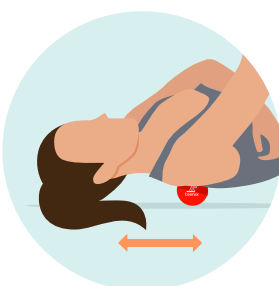


1 Tight Neck

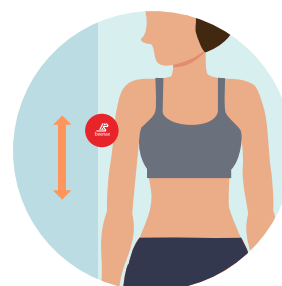


Massaging the neck and the upper back areas can also help reduce headache pain.

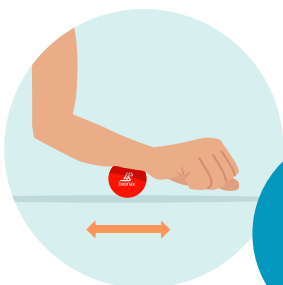
2 Shoulder Stress



3 Arms

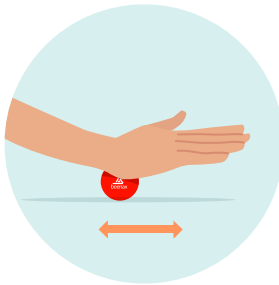


4 Forearm Pain

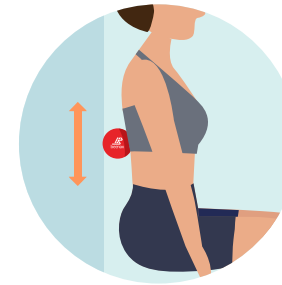


For best results, repeat your massage sessions twice a day.

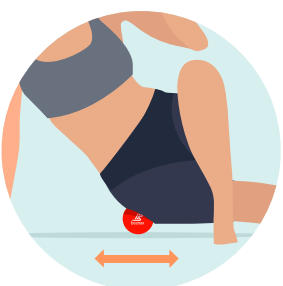
5 Hands



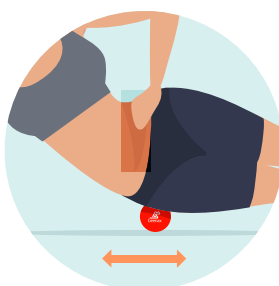
6 Back Pain



7 Glute Pain



8 Tight Hips

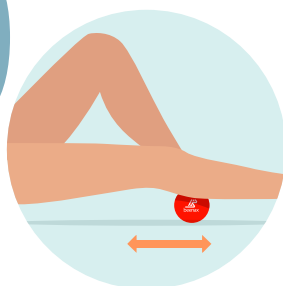


9 Thighs

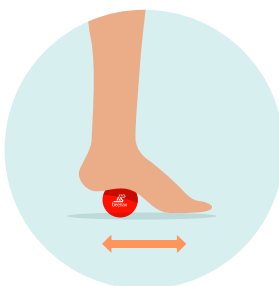


Maintain the pressure for 30 to 90 seconds or until you feel the tension released.

10 Calf Pain



11 Sore Foot



KEEP THESE 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.

LACROSSE MASSAGE BALL

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 reduce muscle tension.
- Improves blood circulation.
- Reduces pain levels.
- Increases body awareness.
- Improves joint motion and flexibility.
- Aids in injury prevention and rehabilitation.

How to use a trigger point massage ball?

To properly use your lacrosse massage ball, place it against your painful spots. Depending on the area and how much pressure you can withstand, you can use variety of surfaces. The floor, the wall, the back of a chair are all viable options. Apply gradual pressure, roll the ball to release tension, focus on tender spots, breathe, and adjust intensity if needed.



Target Areas:

Neck / Arms / Hands / Shoulders
Back / Hips/ Glutes / Thighs / Calves / Feet

Size: Ø6.3cm

Care Instructions



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



- 2 Roll the ball 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!