

LACROSSE & SPIKY MASSAGE BALLS

Workout Guide



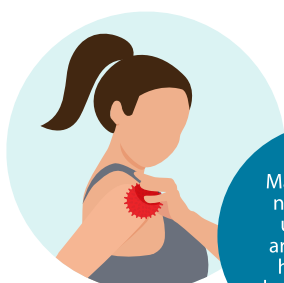
1

Tight Neck



2

Shoulder Stress



3

Arms



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

4

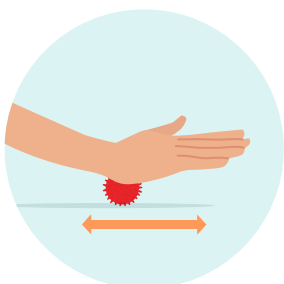
Forearm Pain



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

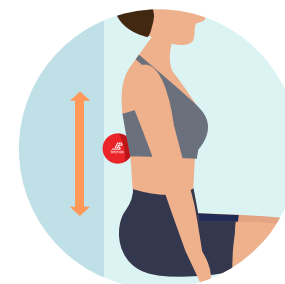
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Hands



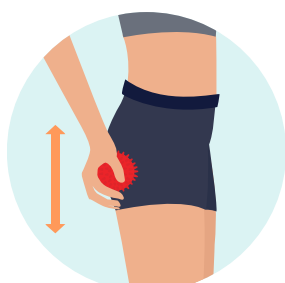
6

Back Pain



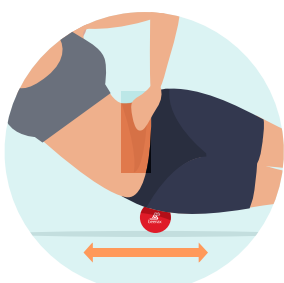
7

Glute Pain



8

Tight Hips



9

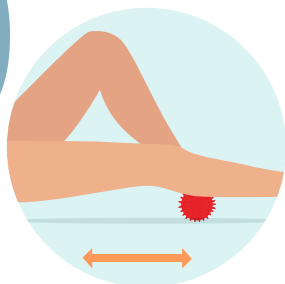
Thighs



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

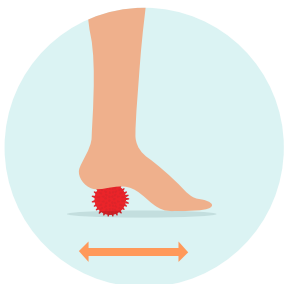
10

Calf Pain



11

Sore Foot



Keep these 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.

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Quick Start Guide



Benefits



Lacrosse & Spiky Massage Balls 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.



- Help to reduce muscle tension
- Improve blood flow
- Reduce pain levels
- Increase body awareness
- Improve joint motion and flexibility
- Aid in injury prevention and rehabilitation

How to use a trigger point massage ball?

To properly use your Lacrosse & Spiky balls, place them against your painful spots. Depending on the area and depending on how much pressure you can withstand, you can use a 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.

Lacrosse Ball

Size: Ø6.3cm

Target Areas:

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

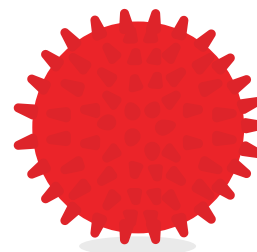


Spiky Ball

Size: Ø7.5cm

Target Areas:

Neck / Shoulders / Hands
Hips/ Glutes
Calves / Feet



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!