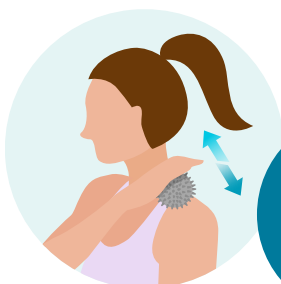


MASSAGE BALLS (SET OF 3)

Workout Guide



1 Tight Neck

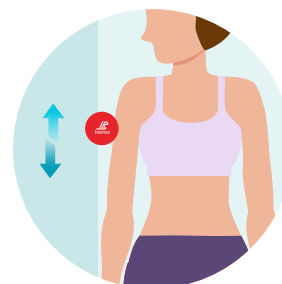


Massaging the neck and the upper back areas can also help reduce headache pain

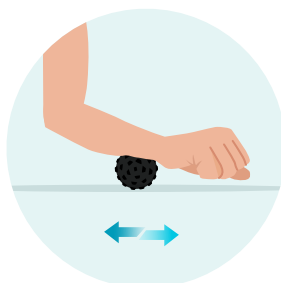
2 Shoulder Stress



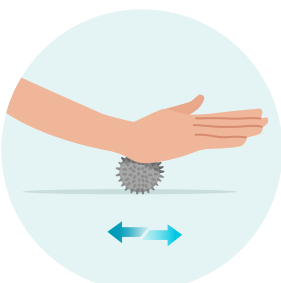
3 Arms



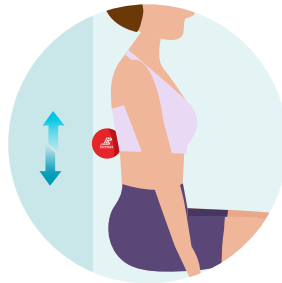
4 Forearm Pain



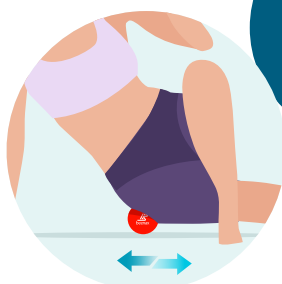
5 Hands



6 Back Pain

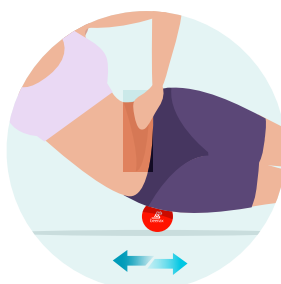


7 Glute Pain

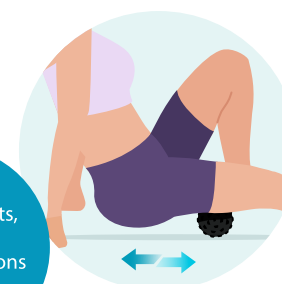


Maintain the pressure for 30 to 90 seconds or until you feel the tension released

Tight Hips

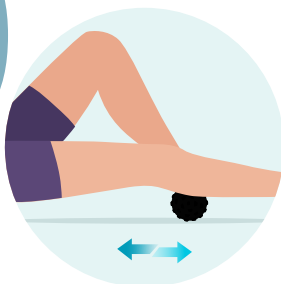


9 Thighs



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

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.



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



MASSAGE BALLS (SET OF 3)

Quick Start Guide



Benefits



Massage balls are beneficial tools from beginners to athletes, to perform safely self-therapy on varying muscles group of the body and to shorten recovery time. Massage balls are also used on the feet to help treat tight arches, achy heels and plantar fasciitis.

- Treat the myofascial system.
- Reduce muscle tension and pain levels.
- Calm inflammation.
- Increase blood flow.
- Improve range of motion and flexibility.
- Aid in injury prevention and rehabilitation.

Smooth Ball

Accurate muscle targeting



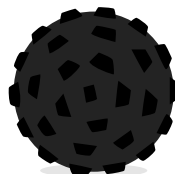
Target Areas:

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

Size: 6.5 cm

Trigger Ball

Trigger point tension relief



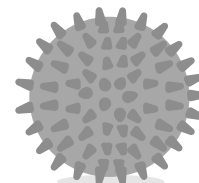
Target Areas:

Face / Neck / Shoulders
Arms / Lower Arms / Back
Hips / Glutes / Thighs / Calves

Size: 7.0 cm

Spiky Ball

Deep tissue massage



Target Areas:

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

Size: 7.5 cm

Care Instructions



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



- 2 Roll the balls across 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!