

PEANUT MASSAGE BALL

Exercise Guide



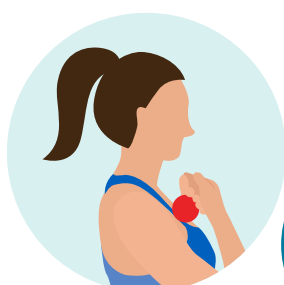
1

Tight Neck



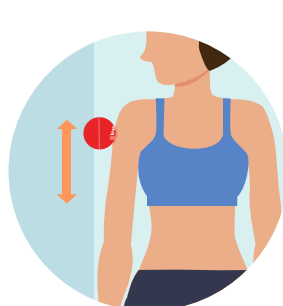
2

Chest



3

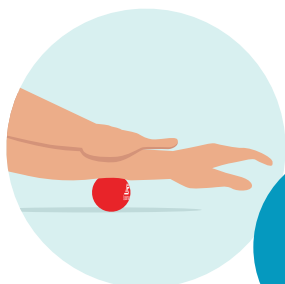
Shoulder Relief



Use the wall instead of the ground if you want less pressure.

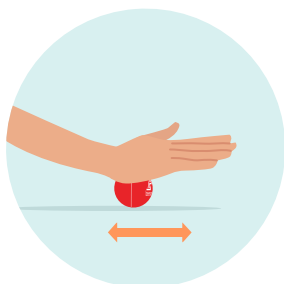
4

Forearm Pain



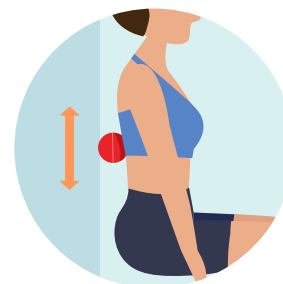
5

Hands



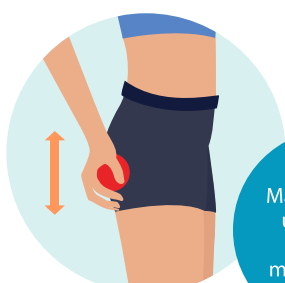
6

Back Pain



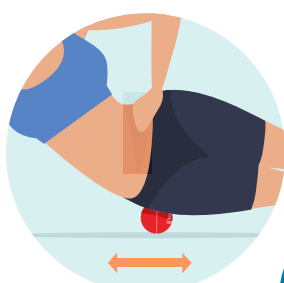
7

Glute Pain



8

Hip Release



9

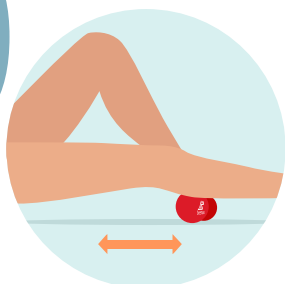
Thighs



Throw the massage ball in the freezer and come home to a cold foot massage.

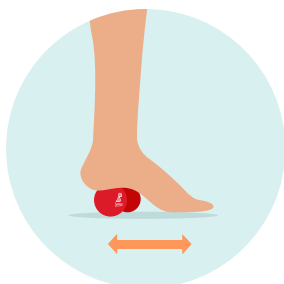
10

Calf Pain



11

Sore Feet



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.
6. Make sure to use it for 5 min daily.



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



PEANUT MASSAGE BALL

Quick Start Guide



Benefits



Peanut 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), chest, hips, hamstrings and calves.



- Helps 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 do you use a trigger point ball?

To properly use your peanut massage ball, place it 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, your bed, the wall, the back of a chair or car seat are all viable options. Experiment with what works best for you.



Peanut Massage Ball

Size: 12 cm - Ø 6cm each side

Other available colors:



SKY BLUE



BLACK

Storage and Care



Using a damp cloth, hand wash your Peanut Massage Ball with mild soap and water.



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



Avoid drying and storing the ball 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!

DISCLAIMER: No responsibility or liability is accepted for any pain or injury suffered by any person using this product. Discuss the suitability of this tool with a professional before use. Do not continue to use this product if it is causing you pain.