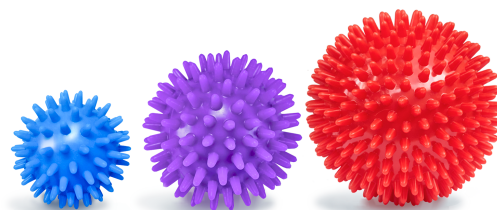


# SPIKY MASSAGE BALL

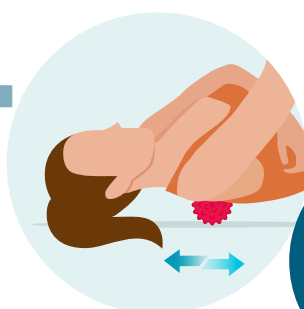
## SET OF 3 - Workout Guide



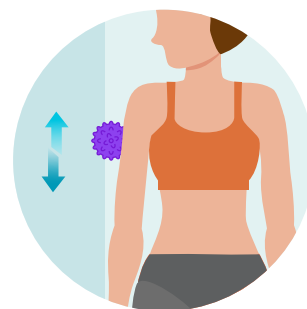
### 1 Tight Neck



### 2 Shoulder Stress

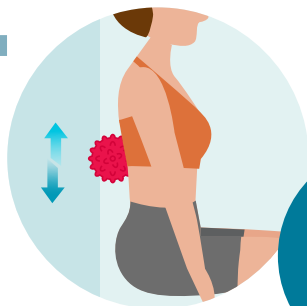


### 3 Arms



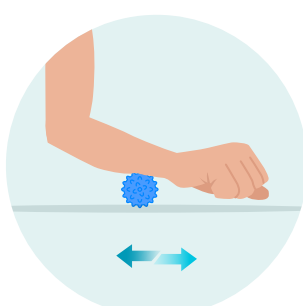
Place a yoga mat, towel, or soft surface underneath you for added comfort.

### 4 Back Pain

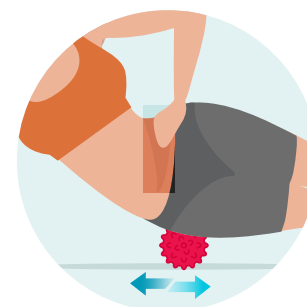


You can control the intensity of the massage by either pressing more or less firmly on the ball.

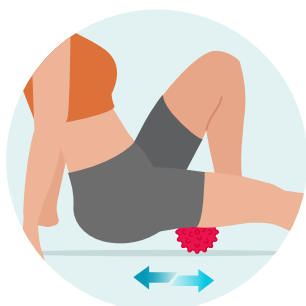
### 5 Forearm Pain



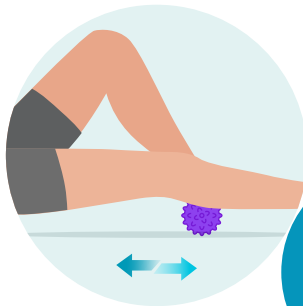
### 6 Tight Hips



### 7 Thighs



### 8 Calf Pain



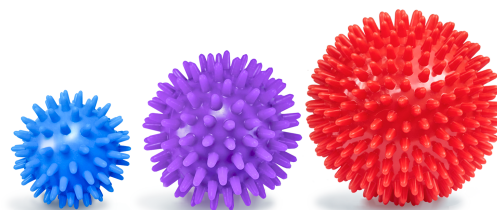
Focus on your breathing to help relax your muscles.

### 9 Sore Foot



# SPIKY MASSAGE BALL

## SET OF 3 - Quick Start Guide



### Benefits



- Helps to relieve pain, rejuvenate and revitalise all parts of the body, The spiky texture of the ball helps stimulate the muscles and target trigger points.
- Roll away tension in your neck, shoulders, back, feet and the rest of your body. Target areas other massage tools simply can't reach. Carry and store it anywhere you want.
- It can provide relief from discomfort related to muscle knots and stiffness.

### How to use a spiky massage ball?

Apply gentle pressure by adjusting the weight of your body. You can control the intensity of the massage by either pressing more or less firmly on the ball. Slowly move your body to roll the ball over the targeted area. You can move the ball in small circles, back and forth, or side to side. As you roll the ball, you'll likely encounter tight or tender spots. Spend extra time on these areas, using gentle movements to help release tension.

### Maintenance & Care



- 1 Using a soft cloth, wash the massage balls with mild soap and warm water,



- 2 Dry the massage balls using a soft towel.



- 3 Do not use abrasive or chemical cleaners as these can deteriorate the condition of the ball.



- 4 Avoid 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!