



MUSCLE ROLLER

Workout Guide

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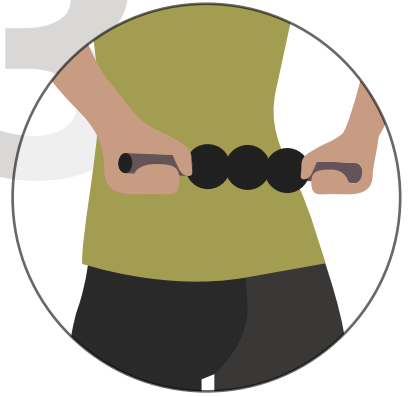
1 Neck



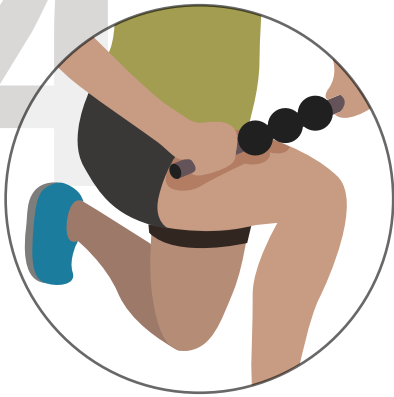
2 Upper Back



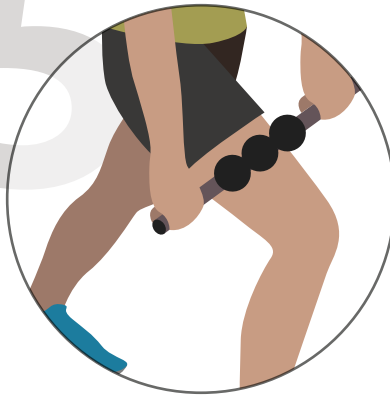
3 Lower Back



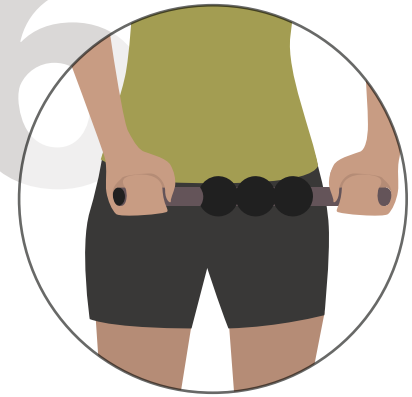
4 Quads



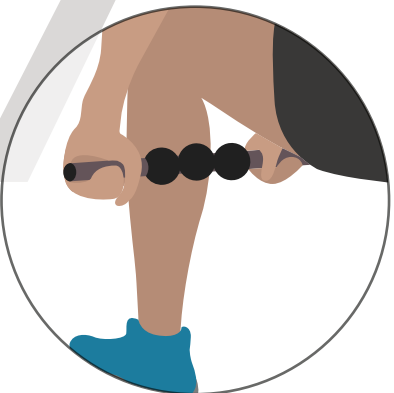
5 IT-Bands



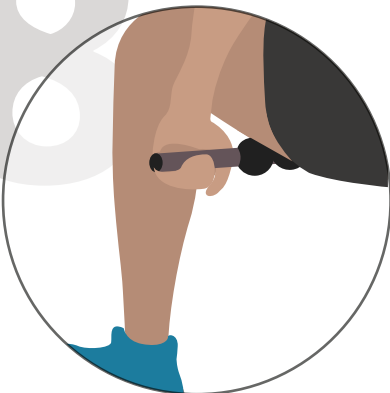
6 Glutes



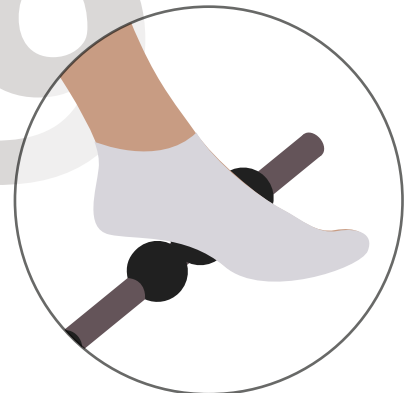
7 Calves



8 Hamstrings



9 Feet





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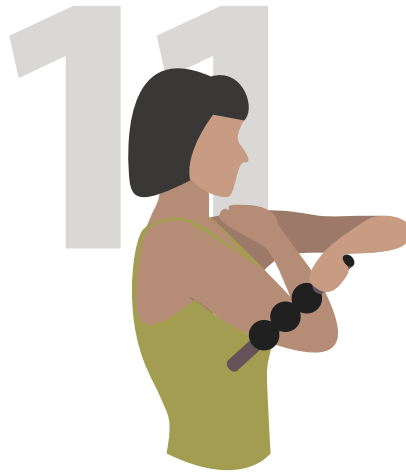
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Shoulders



Triceps



Biceps