

Tone Up & Be the Best You Can Be!

MANYTONEZ



Muscle Massage Therapy Guide

Massage Balls

**Three Massage Ball Styles
Made From High Quality TPR Material**



**5" Weighted (1.3Lb)
Massage Ball**
alternate mini medicine ball



**Peanut
Massage Ball**



**Deep Tissue Spiky
Massage Ball**

Muscle Therapy Trigger Points



Massage Ball Tips



The 5" weighted massage ball covers large areas of the body which are perfect for relieving muscles such as the hamstrings, back, quads, buttocks, The 5" massage ball can also be used for light exercise to get the muscles stretched and active because it is weighted (1.3lbs).



The peanut massage ball is perfect for covering wide muscle areas of the body and getting a firm muscle myofascial tissue release because of the firm hardness of the ball and one line movement direction when used.

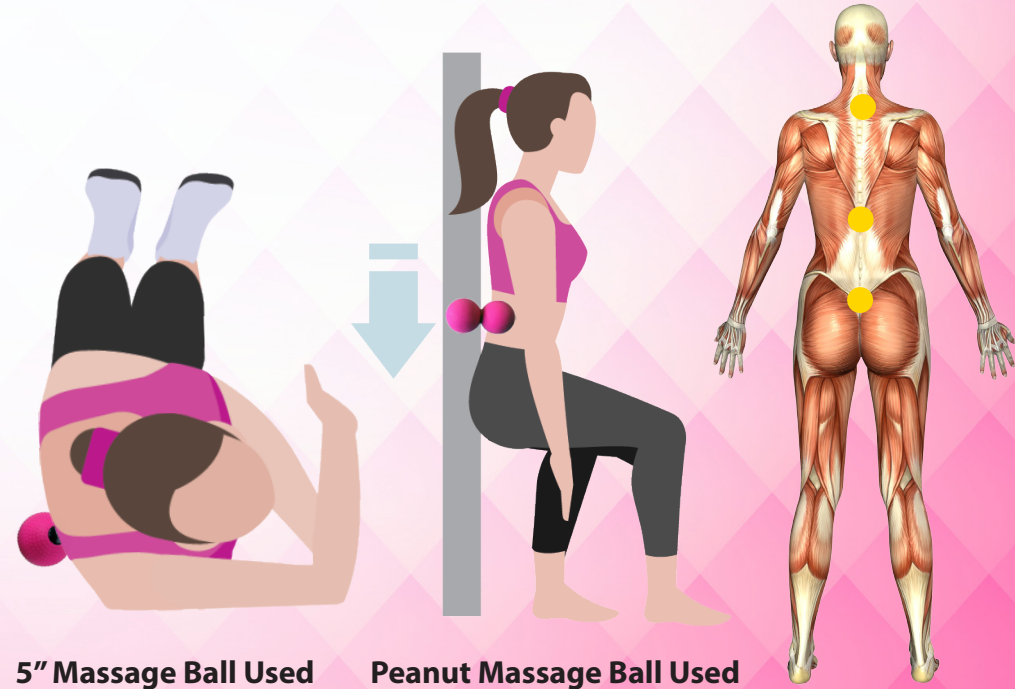


The deep tissue spiky massage ball is perfect for getting a deeply penetrated but medium softness muscle relief in specific dedicated small areas of the body. Perfect for the feet, arms, and shoulders.

- Place massage ball on muscle area when ready to use.
- Ensure you are injury free before using the massage balls.
- Relieve your sore and tight muscle trigger points with the massage balls by using them for 2 minutes pre/post workout per muscle needed.
- Can clean massage balls with a damp cloth.

More information on the massage ball usage can be found on www.manytonez.com

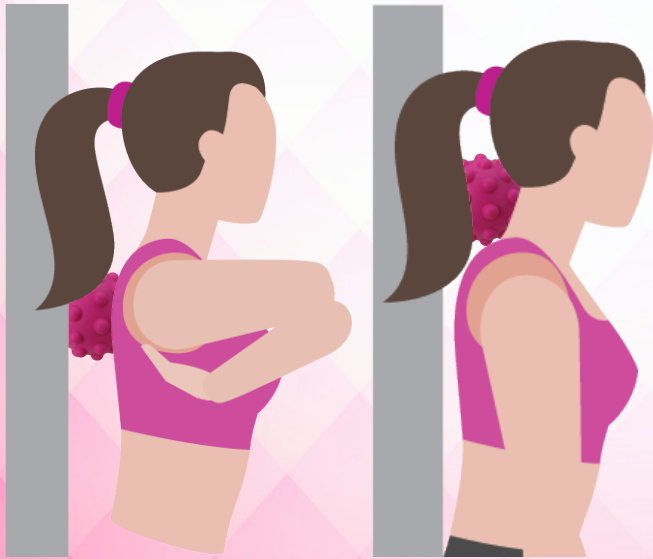
Upper, Mid, Lower Back



5" Massage Ball Used

Peanut Massage Ball Used

Shoulders & Neck



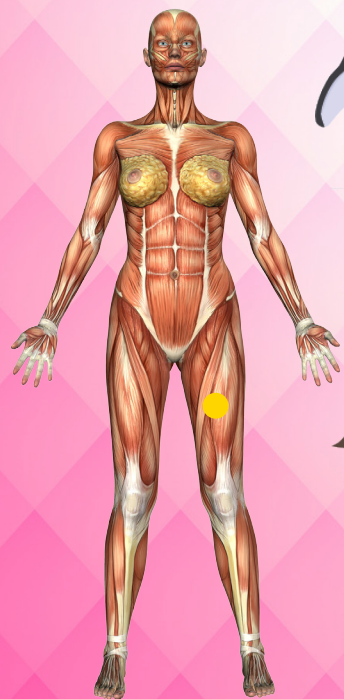
Spiky Massage Ball Used

Arms & Feet



Spiky Massage Ball Used

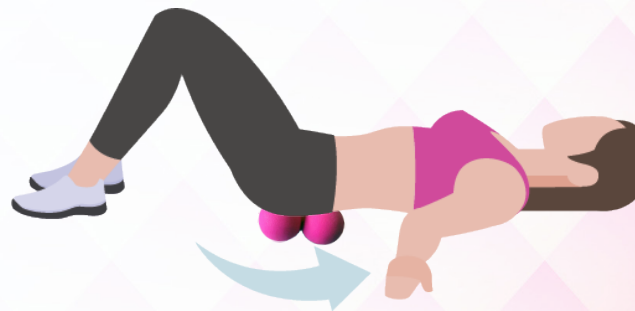
Quads & Hamstrings



5" Massage Ball Used



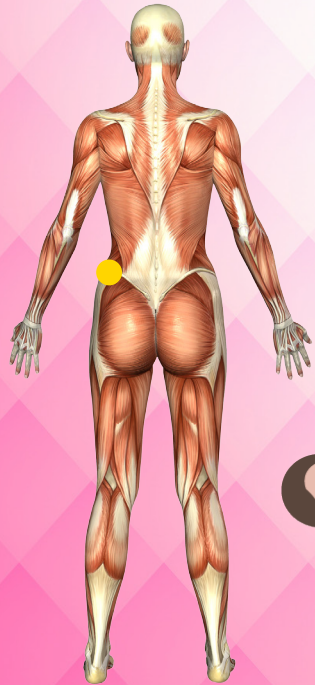
Buttocks & Calves



Peanut Massage Ball Used



Hips

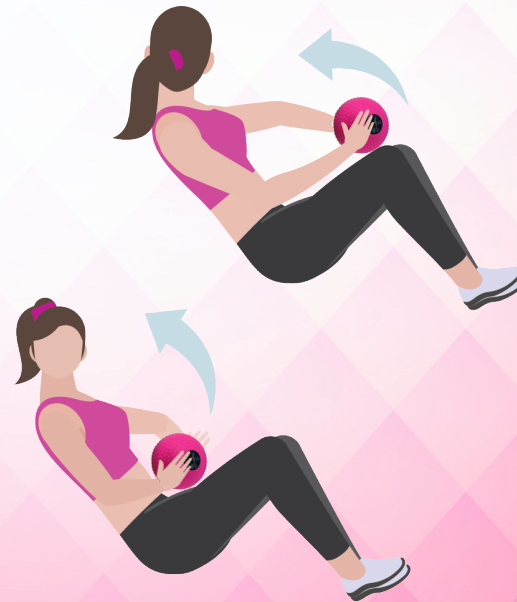


5" Massage Ball Used



Pre/Post Massage Lightweight Exercise

Russian Twist:



Hold Squat Raises:



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We want to continue to allow you to **tone up and be the best you can be** and inspire others to do the same:

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We look forward to hearing from you!

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