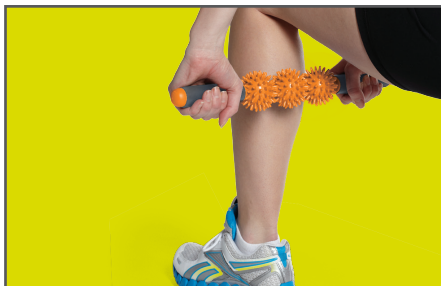


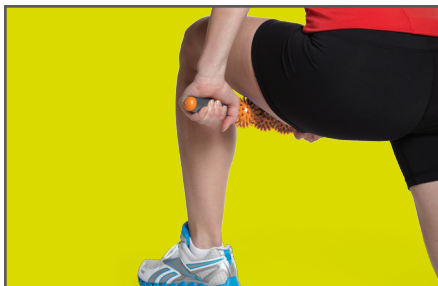
# GAIAM RESTORE™

## PRESSURE POINT MASSAGER MASSAGE GUIDE

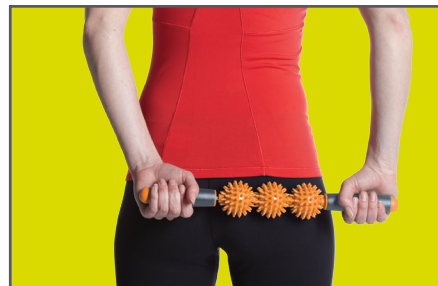
**CALVES**



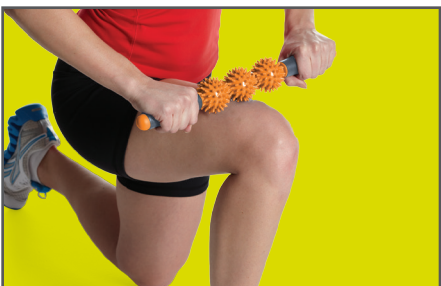
**HAMSTRINGS**



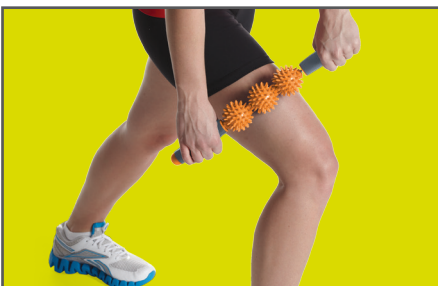
**GLUTES**



**QUADS**



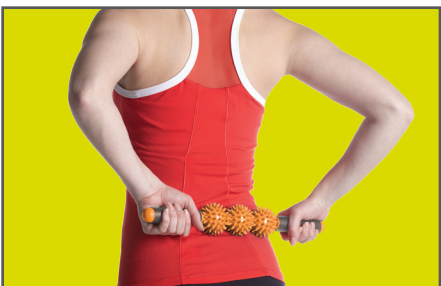
**IT BANDS**



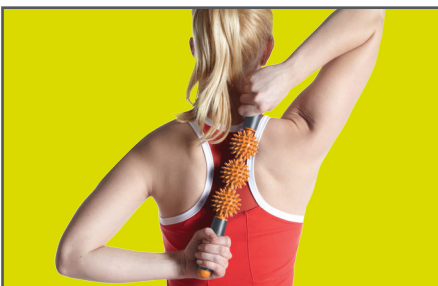
**FEET**



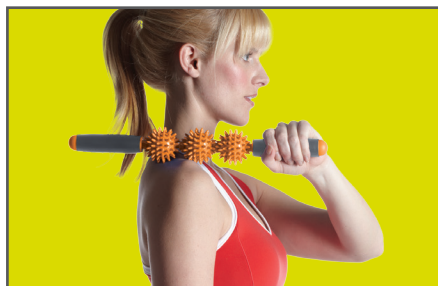
**LOWER BACK**



**UPPER BACK**



**SHOULDERS**



**NECK**



**TRICEPS**



**BICEPS**

