

PRESSURE POINT MASSAGER MASSAGE GUIDE

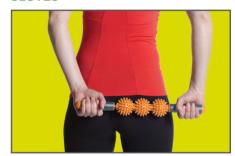
CALVES



HAMSTRINGS



GLUTES



QUADS



IT BANDS



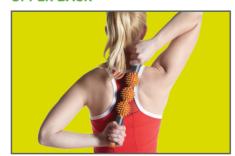
FEET



LOWER BACK



UPPER BACK



SHOULDERS



NECK



TRICEPS



BICEPS



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