

GAIAM RESTORE™

TOTAL BODY MASSAGE ROLLER MASSAGE GUIDE

CALVES



HAMSTRINGS



GLUTES



QUADS



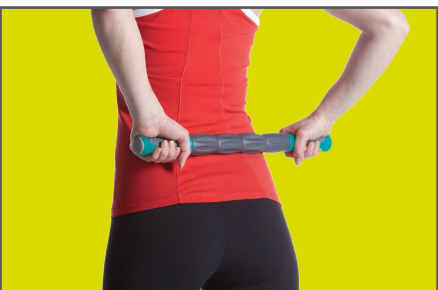
IT BANDS



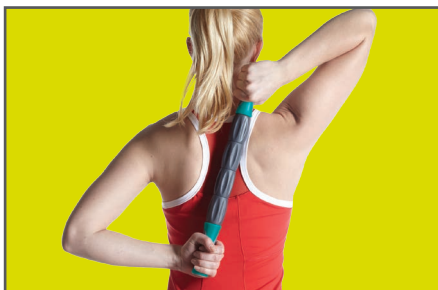
FEET



LOWER BACK



UPPER BACK



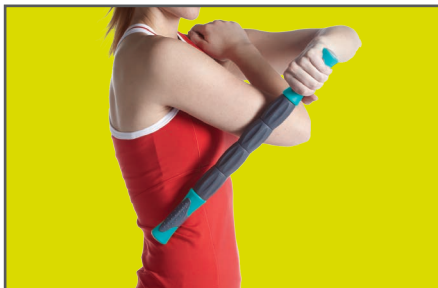
SHOULDERS



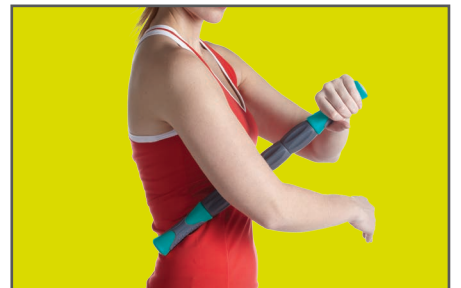
NECK



TRICEPS



BICEPS



GAIAM RESTORE™

ROULEAU-MASSEUR POUR TOUT LE CORPS GUIDE DE MASSAGE

MOLLETS



CUISSES



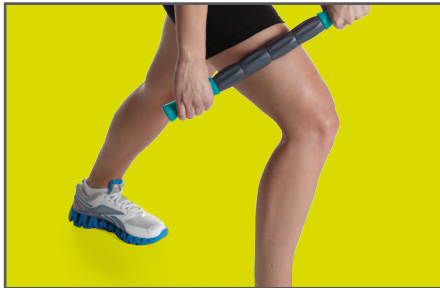
FESSIERS



QUADRICEPS



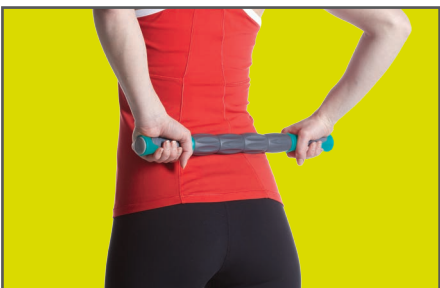
BANDELETTES DE MAISSIAT



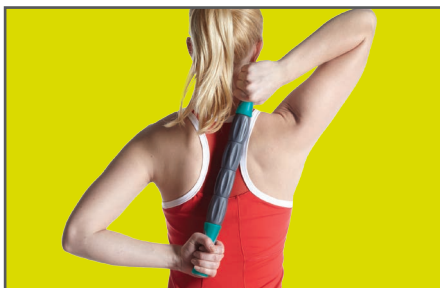
PIEDS



BAS DU DOS



HAUT DU DOS



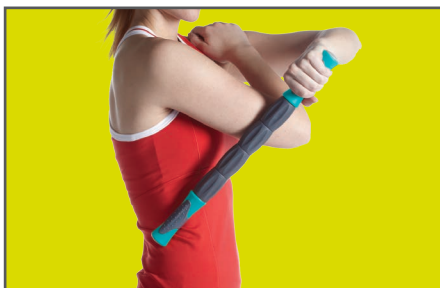
ÉPAULES



COU



TRICEPS



BICEPS

