GAIAM RESTORE

TOTAL BODY MASSAGE ROLLER MASSAGE GUIDE

CALVES



HAMSTRINGS



GLUTES



QUADS



IT BANDS



FEET



LOWER BACK



UPPER BACK



SHOULDERS



NECK



TRICEPS



BICEPS



©2015 Gaiam Americas, Inc. All rights reserved. GAIAM and the "Flower of Life" logo design are registered trademarks of Gaiam, Inc. or its subsidiaries. Manufactured and distributed by Gaiam Americas, Inc., Louisville, CO 80027-2452.