

## TEXTURED MASSAGE ROLLER MASSAGE GUIDE

**CALVES**



**HAMSTRINGS**



**GLUTES**



**QUADS**



**IT BANDS**



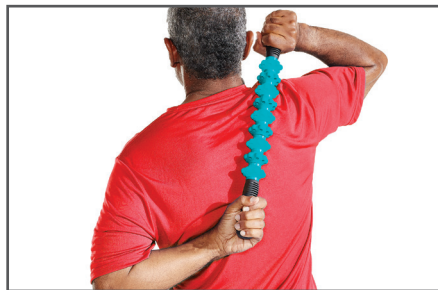
**FEET**



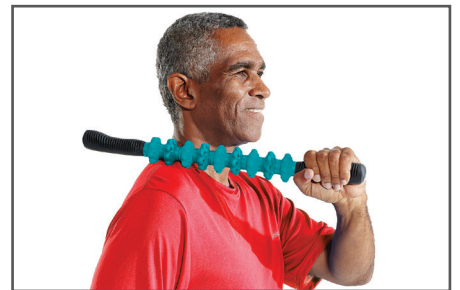
**LOWER BACK**



**UPPER BACK**



**SHOULDERS**



**NECK**



**TRICEPS**



**BICEPS**

