## GAIAM WELLBEING

## TEXTURED MASSAGE ROLLER MASSAGE GUIDE

## **CALVES**



**HAMSTRINGS** 



**GLUTES** 



**QUADS** 



**IT BANDS** 



**FEET** 



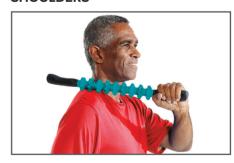
**LOWER BACK** 



**UPPER BACK** 



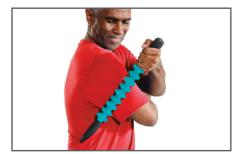
**SHOULDERS** 



NECK



**TRICEPS** 



**BICEPS** 



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