

# MUSCLE THERAPY MASSAGE ROLLER MASSAGE GUIDE

**CALVES**



**HAMSTRINGS**



**GLUTES**



**QUADS**



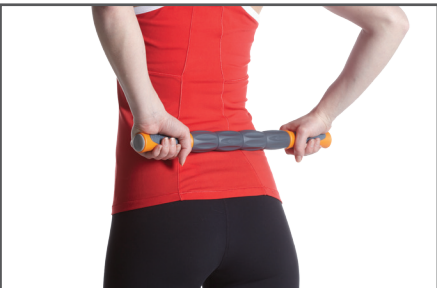
**IT BANDS**



**FEET**



**LOWER BACK**



**UPPER BACK**



**SHOULDERS**



**NECK**



**TRICEPS**



**BICEPS**

