

## MINI MUSCLE ROLLER MASSAGE GUIDE

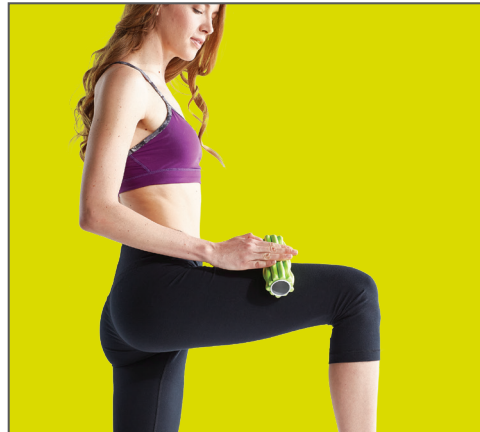
### INSTRUCTION:

- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- Perform an equal number of exercise repetitions with each arm/leg/foot to avoid the development of muscle imbalances.

### SHOULDERS



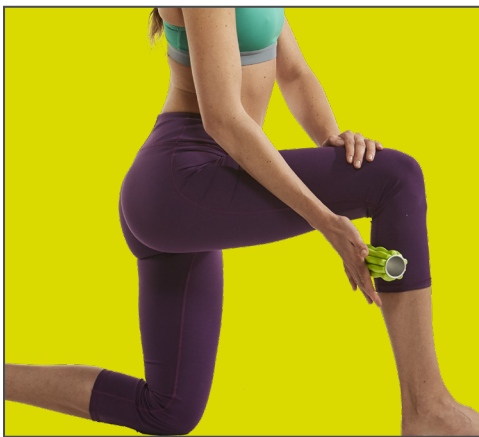
### QUADS



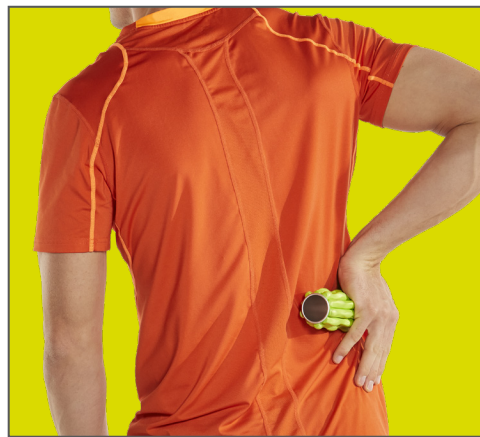
### FEET



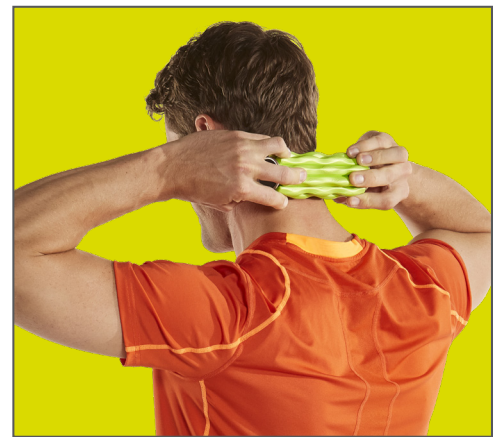
### CALVES



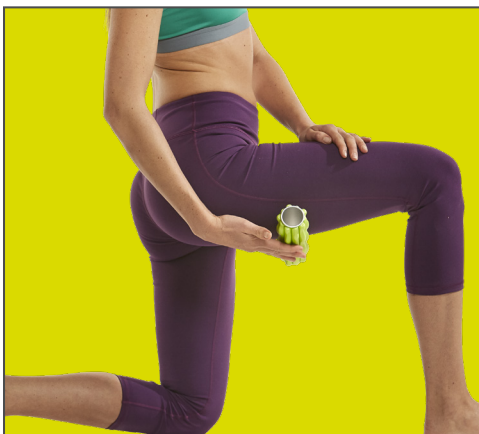
### LOWER BACK



### NECK



### HAMSTRINGS



### BUTTOCKS



### UPPER LEG (SIDE)

