

COLD-THERAPY MASSAGE ROLLER

MASSAGE GUIDE

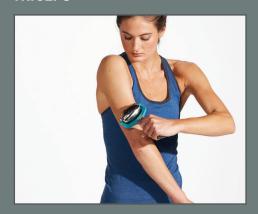
FOREARM



BICEPS



TRICEPS



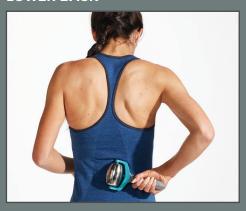
SHOULDERS



NECK



LOWER BACK



UPPER LEG



HAMSTRINGS



CALVES

