

GAIAM RESTORE™

COLD THERAPY MASSAGER MASSAGE GUIDE

CALVES



NECK



QUADS



IT BANDS



LOWER BACK



UPPER BACK



Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program.

This product is not intended to cure any medical conditions.

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ACTUAL PRODUCT MAY DIFFER SLIGHTLY FROM THE ONE SHOWN.

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