

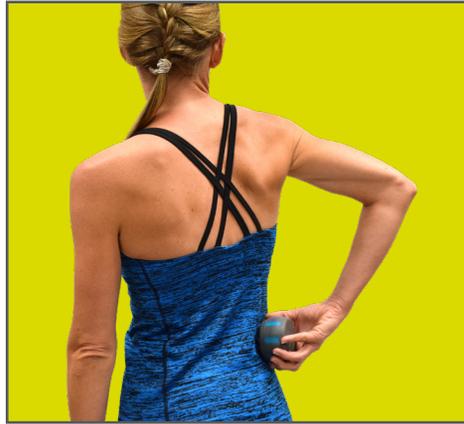
GAIAM RESTORE™

COLD THERAPY ROLLER BALL BOULE DE MASSAGE POUR THÉRAPIE PAR LE FROID MASSAGE GUIDE | GUIDE DE MESSAGES

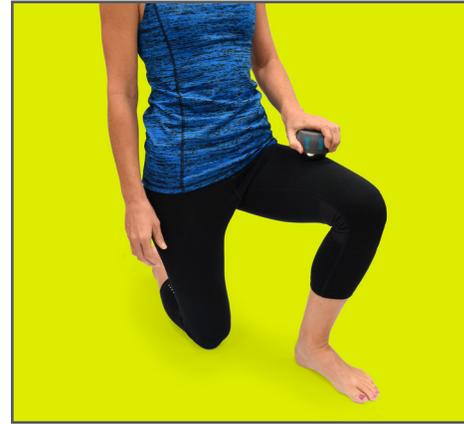
CALVES | MOLLETS



LOWER BACK | BAS DU DOS



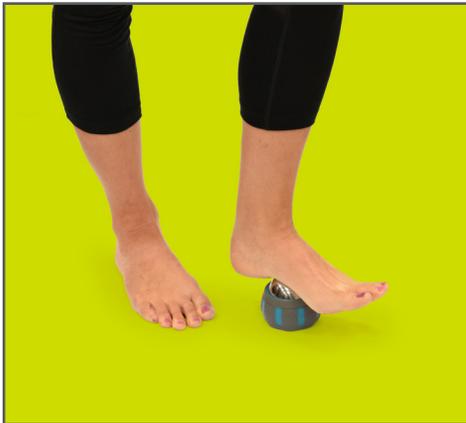
QUADS | QUADRICEPS



SHOULDERS | ÉPAULES



FEET | PIEDS



HAMSTRINGS | ISCHIO-JAMBIERS



NECK | COU



GLUTES | FESSIERS

