

GAIAM RESTORE™

COLD THERAPY TOTAL BODY MASSAGER MASSAGE GUIDE

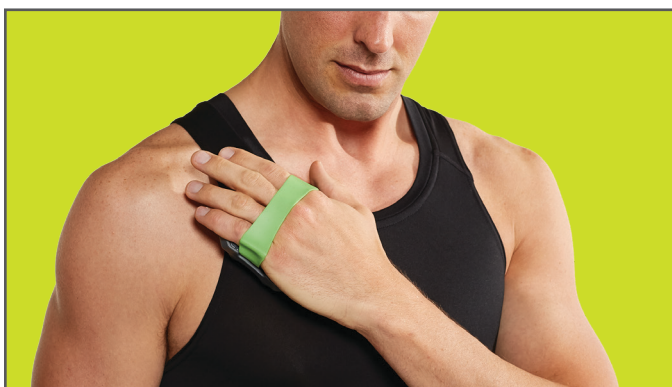
ARMS



NECK



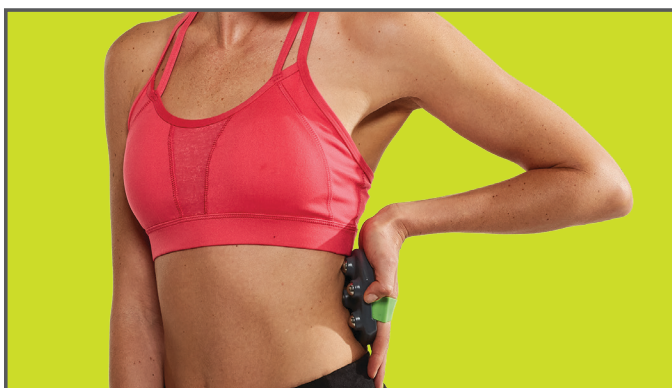
CHEST



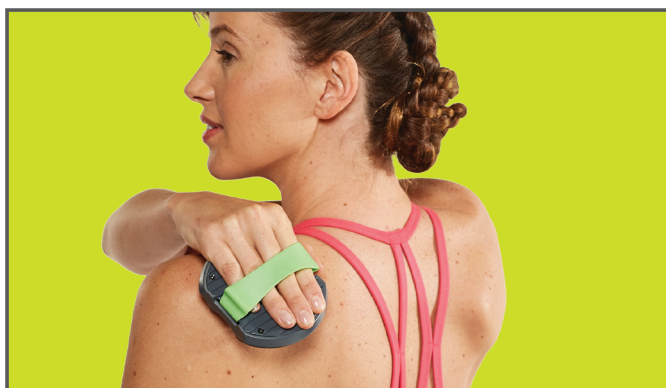
IT BANDS



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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