

TEXTURED TOTAL BODY MASSAGER

MASSAGE GUIDE

CALVES



HAMSTRINGS



GLUTES



QUADS



IT BANDS



FEET



LOWER BACK



UPPER BACK



SHOULDERS



NECK



TRICEPS



BICEPS



Consult your doctor or physical therapist before beginning this or any other self-treatment program. This product is not intended to cure any medical conditions.

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ACTUAL PRODUCT MAY DIFFER SLIGHTLY THAN THE ONE SHOWN.