

PERFORMANCE MASSAGER

MASSAGE GUIDE

CALVES



HAMSTRINGS



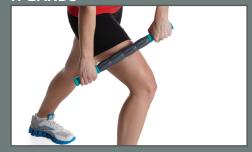
GLUTES



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 © & TM 2020 Gaiam Americas, Inc. All Rights Reserved. Manufactured and distributed under license by Fit for Life LLC, Louisville, CO 80027-2452 ACTUAL PRODUCT MAY DIFFER SLIGHTLY THAN THE ONE SHOWN.