

PINPOINT MASSAGE BALLS

EXERCISE GUIDE

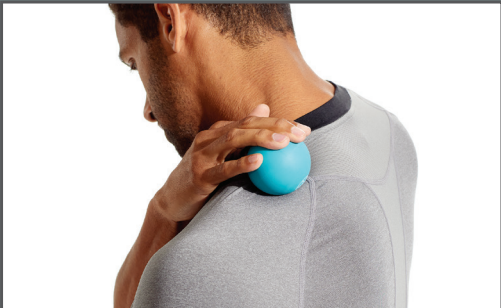
CALVES



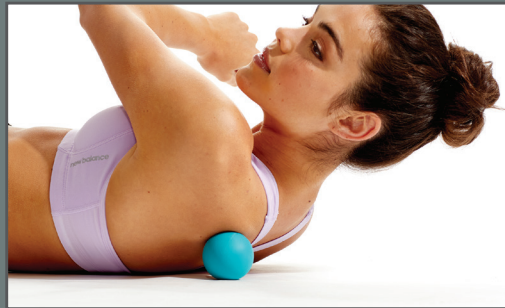
FOOT



SHOULDER



UPPER BACK



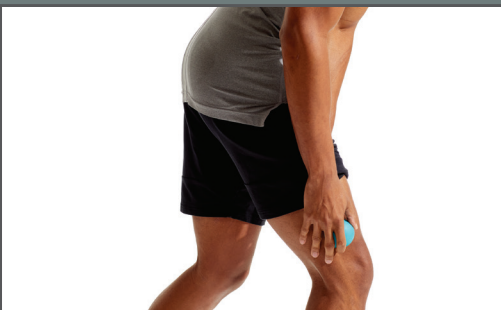
LOWER BACK



ARMS



QUADS



KNEE

