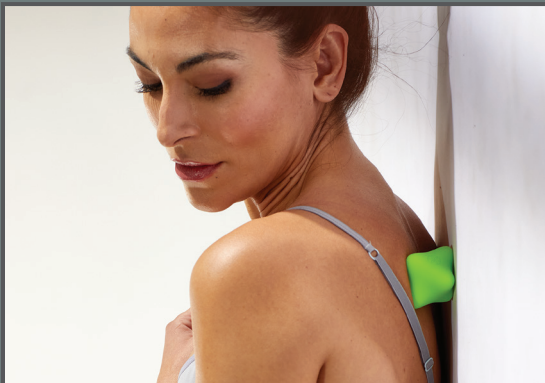


TRIGGER POINT MASSAGERS

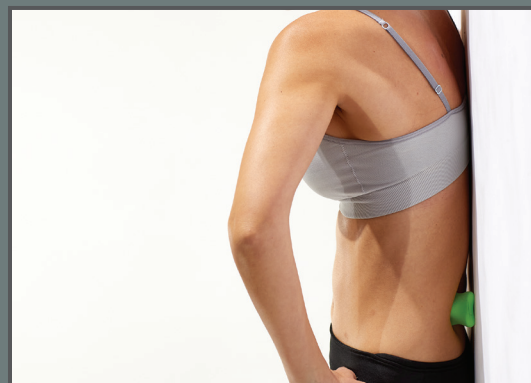
MASSAGE GUIDE

For maximum massage benefit by body part follow the images below applying minimal pressure initially, gradually increasing to desired pressure.

UPPER BACK



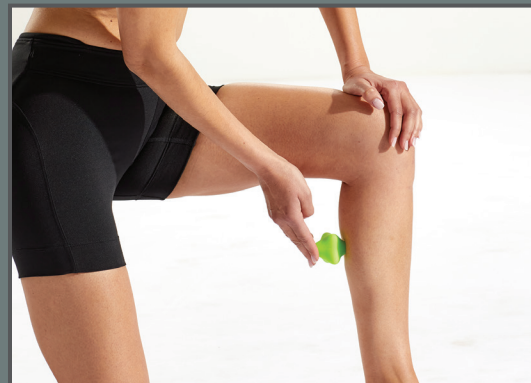
LOWER BACK



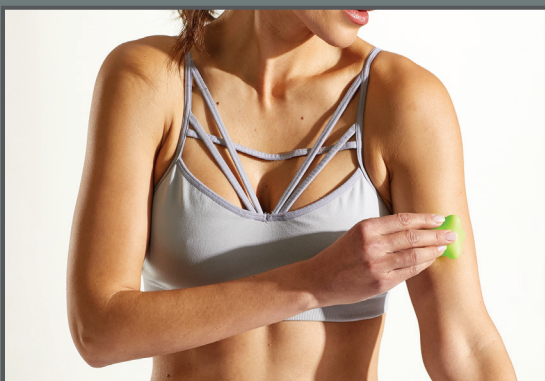
KNEES



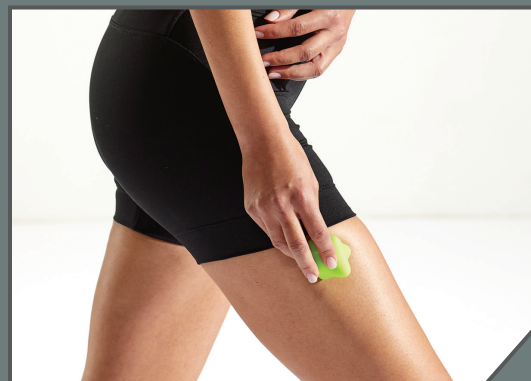
CALVES



ARMS



LEGS

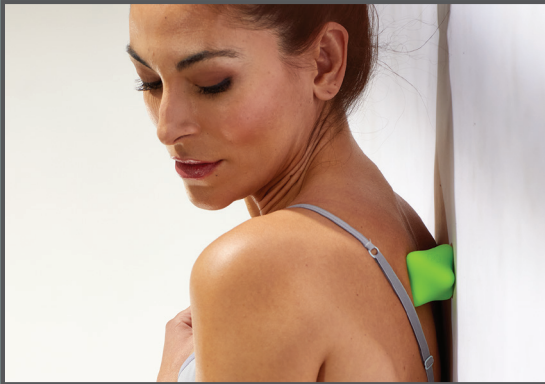


BLOCS-MASSEURS THÉRAPEUTIQUES

GUIDE DE MASSAGE

Pour que chaque partie de votre corps profite de tous les bienfaits du massage, suivez les directives sur les images ci-dessous. Commencez par appliquer une pression faible, puis augmentez-la progressivement jusqu'à ce qu'elle vous convienne.

HAUT DU DOS



BAS DU DOS



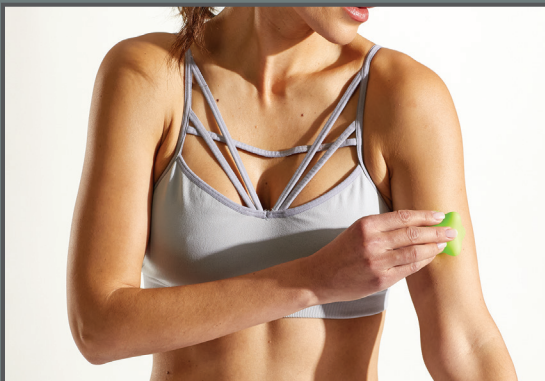
GENOUX



MOLLETS



BRAS



JAMBES

