



ULTIMATE MASSAGE BALL

EXERCISE GUIDE

- Complete 1-3 sets per exercise, 15-60 seconds per set.
- Perform each exercise with a comfortable amount of muscle pressure.
- When applicable, perform selected exercise for an equal amount of time on each side of body.
- Roll the ball along the entire area of the tight and (or) sore muscles.
- If desired, stop and apply pressure with the ball directly over the knotted muscle area(s) for 3-5 seconds.
- Ball exercises may be performed daily, or as needed.
- **IMPORTANT!** Remember to always roll the ball over the muscles and soft tissue areas, while avoiding prominent boney areas.

FOOT



Sit or stand and position ball under arch of foot. Roll ball forward and backward along underside of foot. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

LOWER LEG



Sit and position ball under back of lower leg. Roll ball forward and backward along underside of lower leg. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

SHOULDER



Lie on side and position ball under back of shoulder. Roll ball in a small circular motion along back of shoulder. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

UPPER BACK



Lie on back and position ball along the side of the spine just above the shoulder blade. Roll ball up and down the upper back along length of spine. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.



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EXERCISE GUIDE

LOWER BACK



Lie on back and position ball along the side of the spine just above the hips. Roll ball side to side from spine to side of waist. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

BUTTOCKS



Lie on back and position ball under buttock. Roll ball in a small circular motion. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

HIP



Lie on side and position ball along side of upper thigh just below hip. Roll ball up and down the side of the leg. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

MID BACK



Lie on back and position ball along the side of the spine between the shoulder blades. Roll ball up and down the mid back along length of spine. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.