SPRI Tiger Tail turns sore muscles into happy muscles — FAST!

- Muscle-friendly, easy-to-use massage tool
- Helps muscle recovery
- Consistent distribution of pressure
- Cushioned foam cover on spin ends
- Saves fingers and hands from fatigue
- Closed-cell, non-porous, zero rubber/latex, non-deteriorating, non-absorbing foam
- Easy to clean with antibacterial gel/spray
- Take it anywhere: portable/easy to pack
- Firm design won’t bend — apply as little or as much pressure as needed
- Made in USA: patent pending

**Just Say No**

- No muscle torture
- No hard, cold plastic or wood
- No spines, balls, beads or gaps
- No pinched skin, no pustule-out hair
- No breaking or bending out of shape

**Use the Tiger Tail all the time!**

1. Pre-activity/workout: Roll to help warm up muscles and help prepare muscles for activity. Simply roll each muscle group 15-30 seconds.
2. During activity/workout: Roll to help relieve cramps, aches, soreness and tightness.
3. Post-activity/workout: Total body roll and rubdown to help muscle recovery, as well as prevent aches, soreness and discomfort.

**General Instructions:**

6. When passing over a muscle knot, minor discomfort or tenderness may be experienced. The SPRI Tiger Tail may help with releasing the knot or cramp. To minimize a muscle knot, we recommend 3 sets of 10 seconds of firm, constant, focused rolls on the muscle knot with tight but firm rolling over the larger muscle in between the 10 second sets. Remember: Mild discomfort, not painful.

7. Re-occurring or stubborn muscle knots often need additional attention. Slowly and gradually work the SPRI Tiger Tail deeper into the muscle to work out the muscle knot. Using the SPRI Tiger Tail 2-3 times a day may help. Over the course of time, muscle knots should get smaller or go away completely.

8. The handles at each end of the SPRI Tiger Tail feature built-in muscle knot release tools we call “Thumb Tools” (see photo), offering the firmness and density of the human thumb. The SPRI Tiger Tail Thumb Tool saves thumb, finger and hand fatigue. Use the Thumb Tool to work muscle knots in difficult-to-reach spots or in areas you may otherwise have difficulty applying pressure.