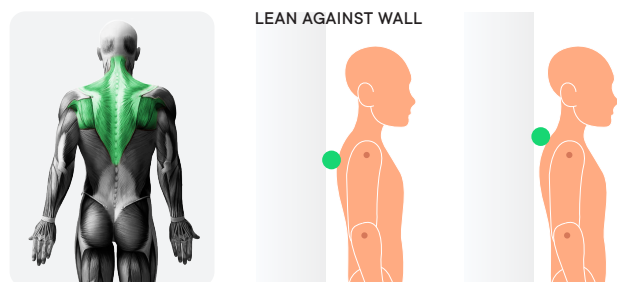




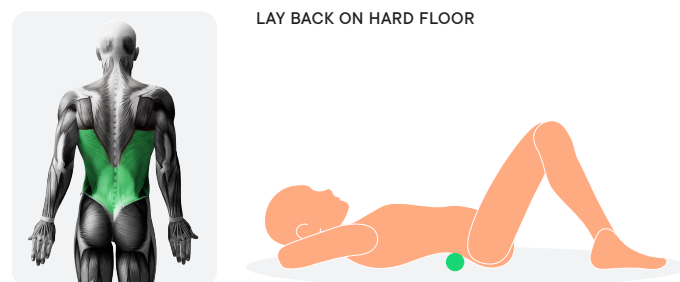
You will need
a tennis or
massage ball

Use the images below as a guide to relieve tight muscles. You do not need to apply a lot of pressure, it should feel uncomfortable but tolerable. Hold pressure until the discomfort eases, this may take up to 60 secs. Move the ball to other tight muscles and repeat.

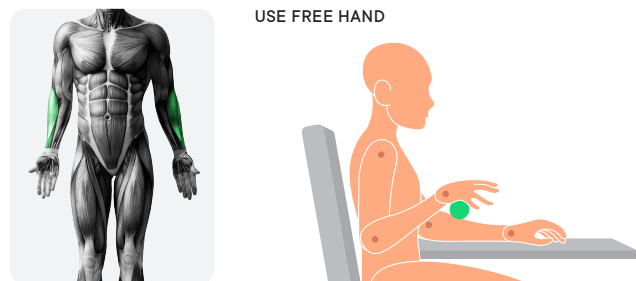
Neck and shoulders



Lower back



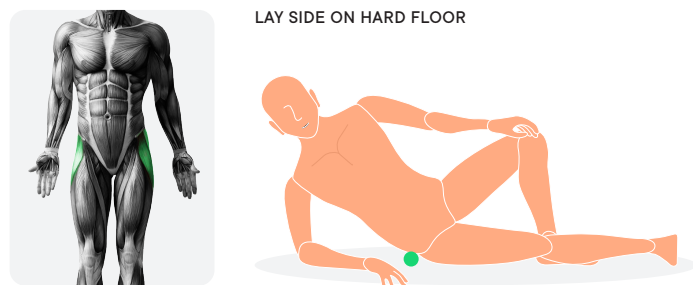
Topside of forearm



Underside of forearm



Hips



Glutes

