



MASSAGE BALL WORKOUT

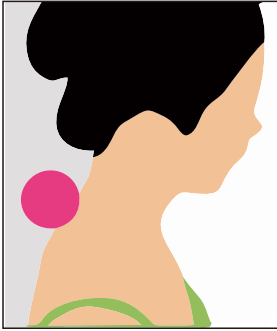
SP0377

<http://www.iodoland.com/>

○ PART 1. TOTLA BODY MASSAGE

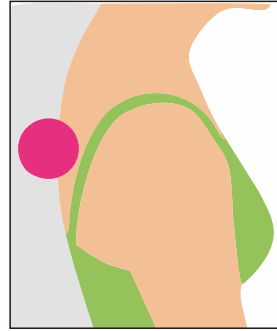
1. FOR NECK

30-45 Seconds



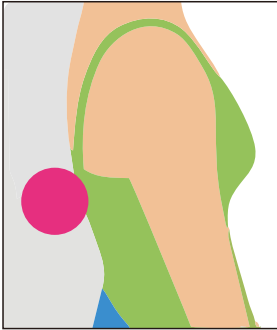
2. FOR UPPER BACK

30-45 Seconds



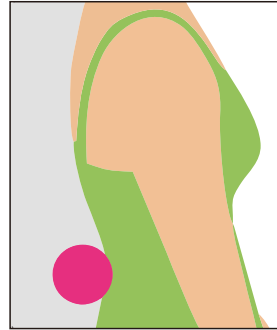
3. FOR MIDDLE BACK

30-45 Seconds



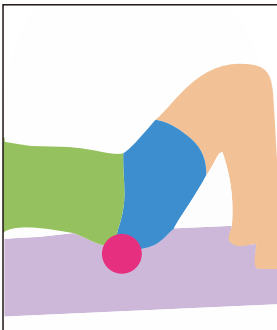
4. FOR WAIST

30-45 Seconds



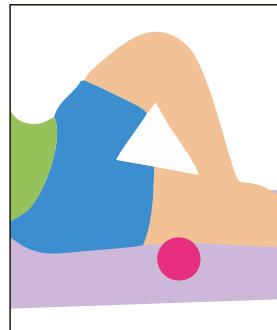
5. FOR HIPS

30-45 Seconds

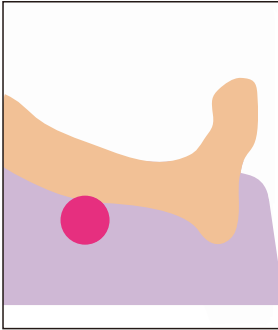


6. FOR UPPER LEG

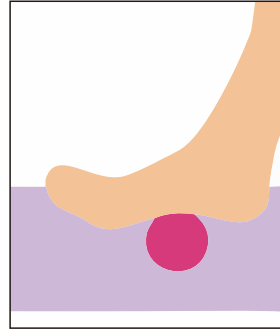
30-45 Seconds



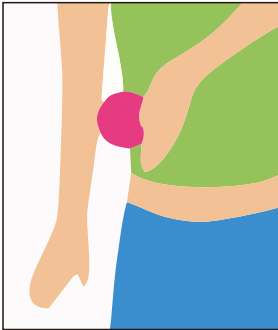
7. FOR CALF
30-45 Seconds



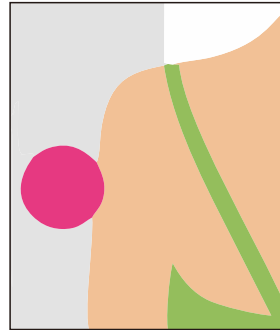
8. FOR SOLE
30-45 Seconds



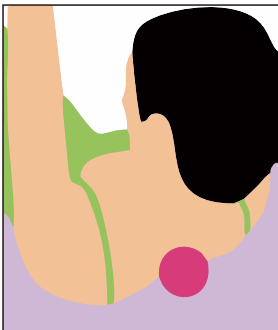
9. FOR ARM
30-45 Seconds



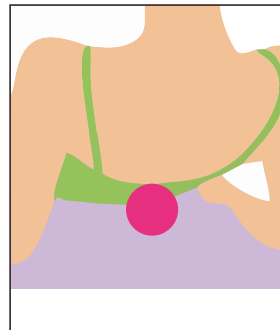
10. FOR SHOULDER
30-45 Seconds



11. FOR SPINE – UPPER BACK
30-45 Seconds



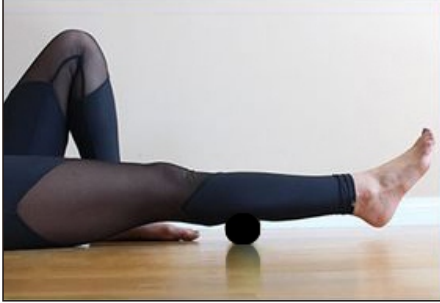
12. FOR SPINE – MIDDLE BACK
30-45 Seconds



○ PART 2. TIGHT LEGS WORKOUT

1 FOR CALVES

Roll for 2-3 Minutes



A. FULL CALF RELEASE



B. SOLEUS RELEASE



C. MEDIAL SOLEUS RELEASE



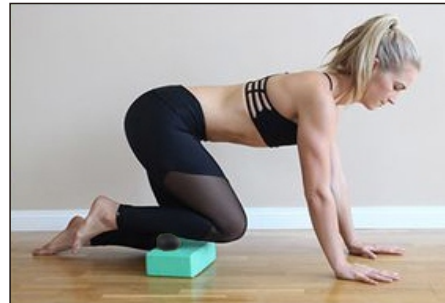
D. GASTROCNEMIUS RELEASE

2 FOR TIBIALIS ANTERIOR

Roll for 1-2 Minutes



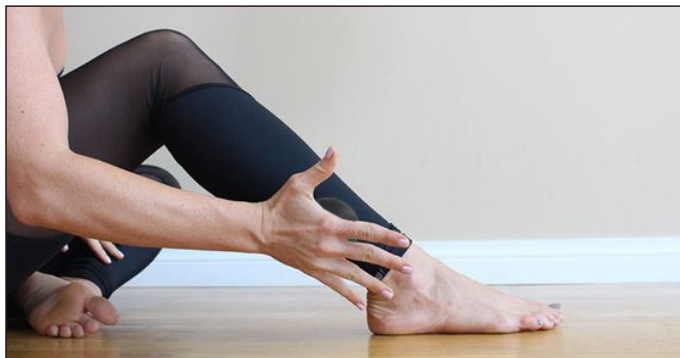
A. TIBIALIS ANTERIOR RELEASE



B. TIBIALIS ANTERIOR RELEASE WITH BLOCK

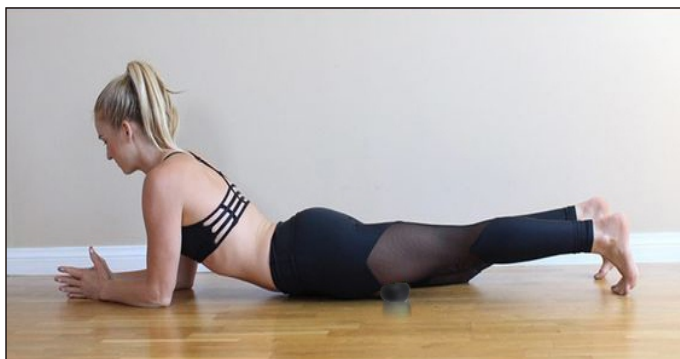
3. FOR PERONEALS

Roll for 1-2 Minutes



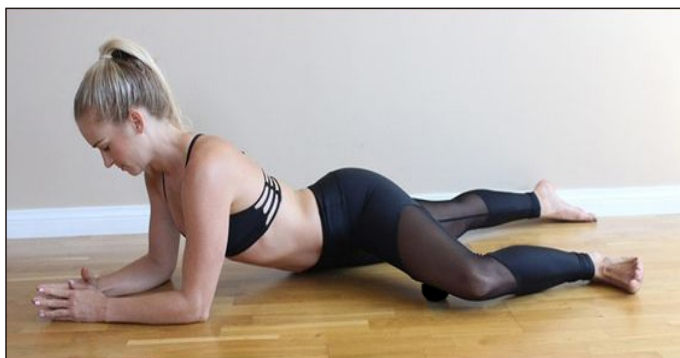
4. FOR QUADRICEPS

Roll for 1-2 Minutes



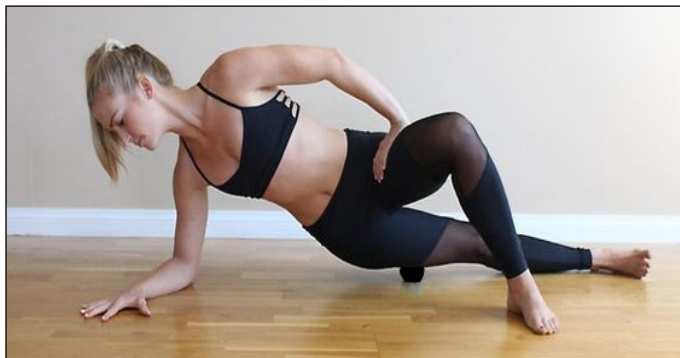
5. FOR VASTUS MEDIALIS AND SARTORIUS

Roll for 1-2 Minutes



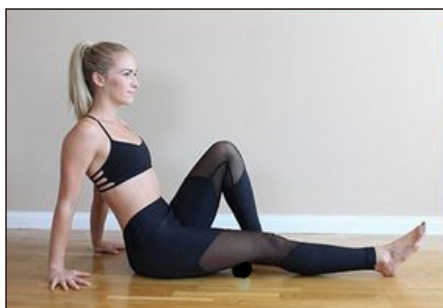
6. FOR IT BAND

Roll for 1-2 Minutes

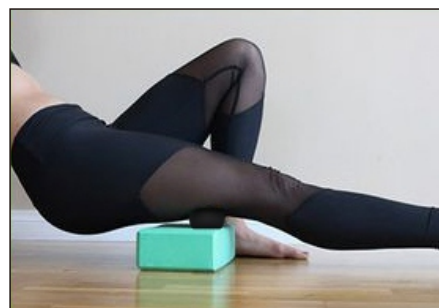


7. FOR HAMSTRINGS

Roll for 2-3 Minutes



A. HAMSTRINGS RELEASE



B. HAMSTRINGS RELEASE WITH
BLOCK



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