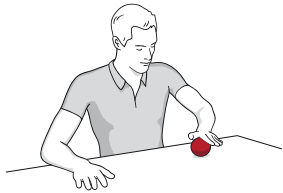
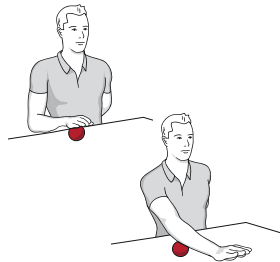


FASCIA TRAINING

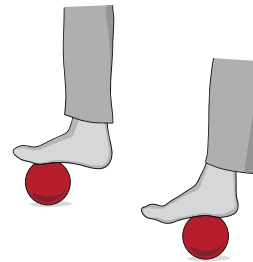
RELAXATION HAND



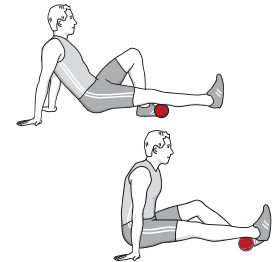
RELAXATION FOREARM



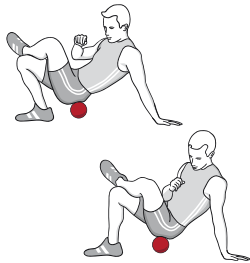
RELAXATION FOOT



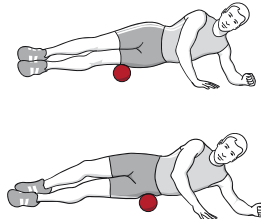
RELAXATION CALF



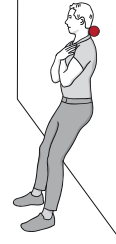
RELAXATION BUTTOCKS



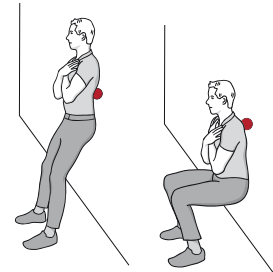
RELAXATION THIGH



RELAXATION NECK



RELAXATION BACK



USAGE:

Perform exercises with the fascia ball for about 30-60 seconds.

NOTICE:

Rolling over the spine and joints should be avoided.