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PRO THERAPY
MASSAGE BALLS
 Quick Exercise Guide

Exercise Instructions

- Complete all of the moves for a total body release and self-massage or pick a few to focus on every day.
- Perform 1-2 set of each selected movement.
- Complete movements on both sides of the body.
- Apply comfortable amount of pressure against the ball without causing discomfort.
- Move the Ball slowly over muscle avoiding prominent bony areas. Hold a position for 20-30 seconds.
- Breathe deeply and relax into the Ball.
- Repeat the sequence 2-3 times a week.
- **BONUS Strength and Balance Exercises** for the balls to challenge the body during your regular workouts.



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Xiang Xie



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