

sfera
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.



Massage Balls User Guide

Wolfgang Guggemos

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the author's name.

Massage Balls User Guide:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Massage Balls User Guide**

In a global inundated with screens and the cacophony of quick conversation, the profound power and mental resonance of verbal beauty usually diminish into obscurity, eclipsed by the constant assault of sound and distractions. However, nestled within the musical pages of **Massage Balls User Guide**, a interesting perform of fictional beauty that impulses with fresh emotions, lies an unique journey waiting to be embarked upon. Written by a virtuoso wordsmith, this interesting opus books visitors on an emotional odyssey, lightly revealing the latent possible and profound influence stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is main subjects, dissect its captivating publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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