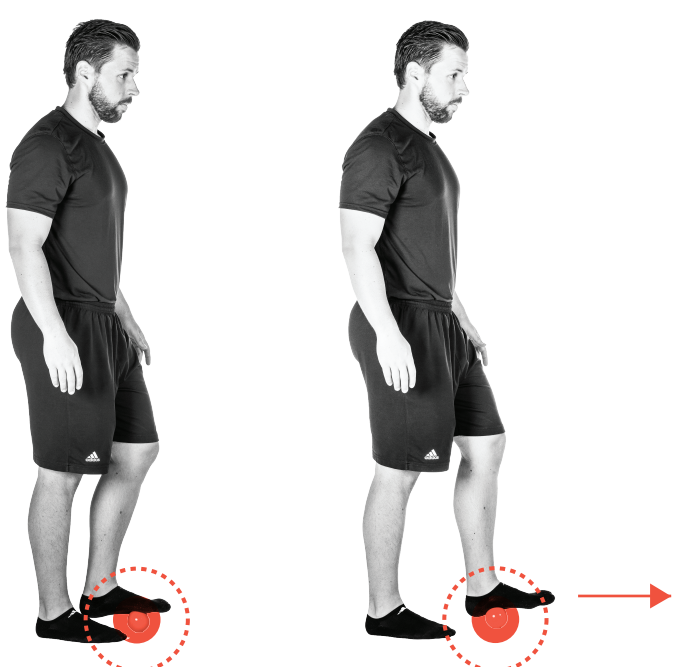


# REGENERATION

TRIGGERPOINT

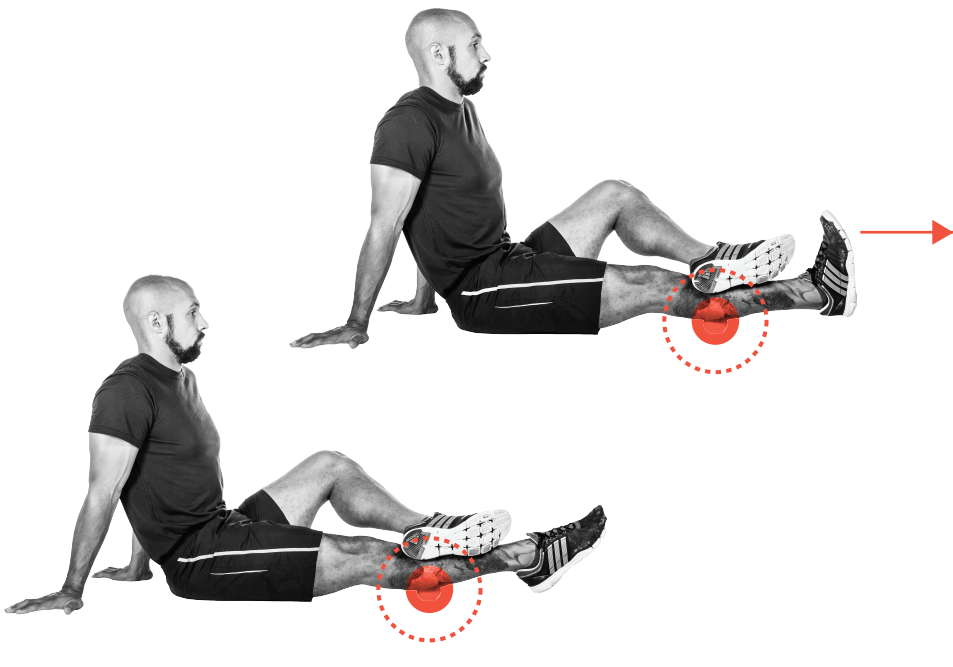
## ARCH



Stand with your shoes off and one foot on the massage ball.

TRIGGERPOINT

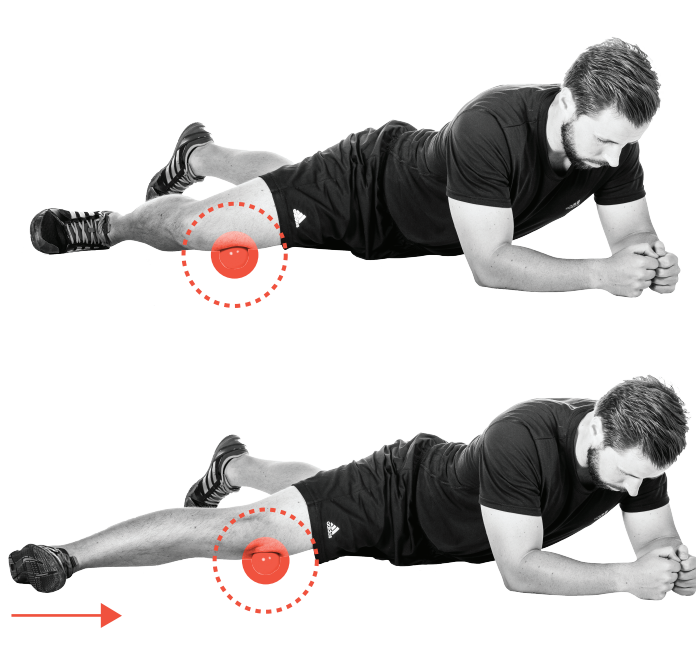
## CALF



Sit on the ground with your legs extended, one crossed over the other, and the massage ball under your bottom lower leg calf muscle.

TRIGGERPOINT

## VMO



Lie face down on the ground supported on your forearms with the massage ball under your thigh just above the inside of the knee.

TRIGGERPOINT

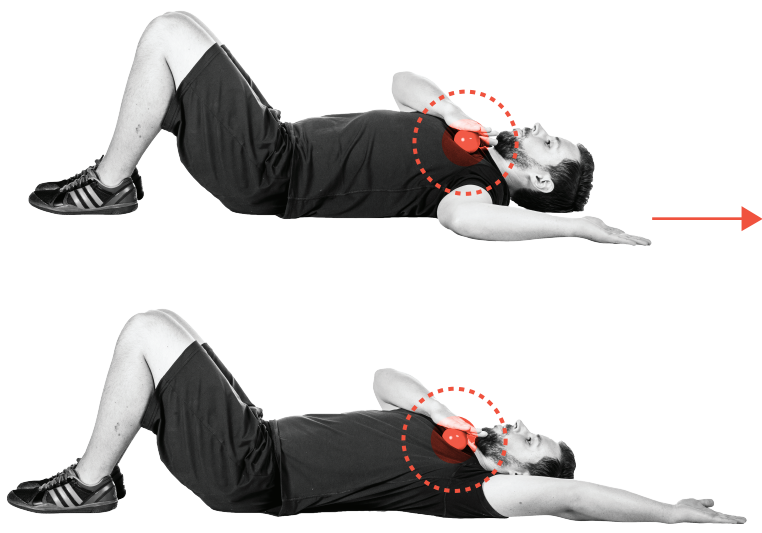
## PIRIFORMIS



Sit with the massage ball under the outside of one of your glutes and the opposite leg crossed over your knee.

TRIGGERPOINT

## PEC

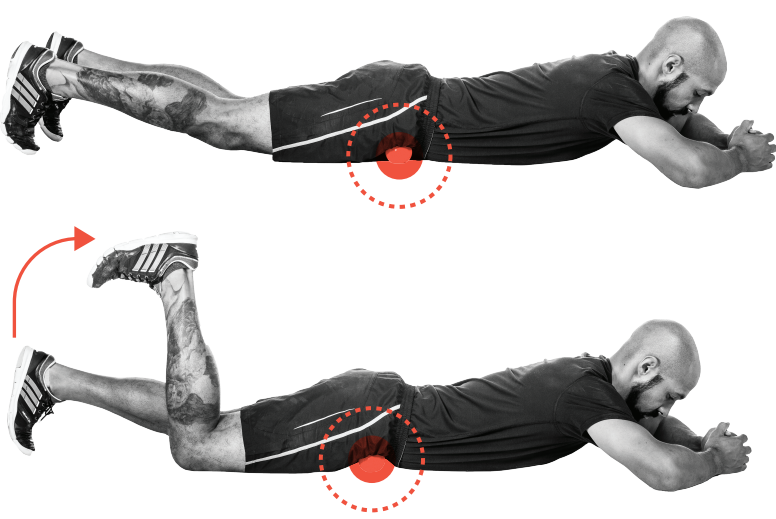


Lie on your back and press the massage ball against your pec just above your armpit with your opposite hand.

MASSAGE  
BALL  
EXERCISES  
30 SECONDS  
EACH

TRIGGERPOINT

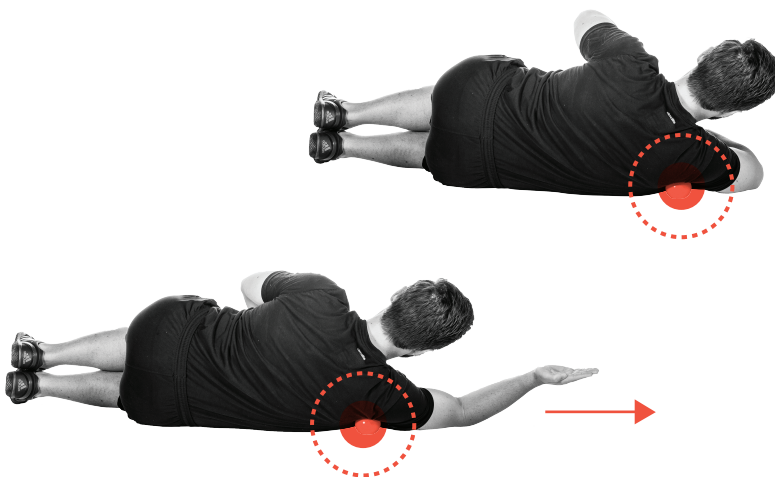
## HIP FLEXOR



Lie face down with the massage ball under the front of your hip.

TRIGGERPOINT

## ROTATOR CUFF



Lie on your side and place the massage ball under your shoulder with your bottom upper arm on the ground in front of you and your elbow bent straight up to 90 degrees.

TRIGGERPOINT

## HAMSTRING



Sit on the ground with the massage ball under your hamstrings (back of your thigh).