
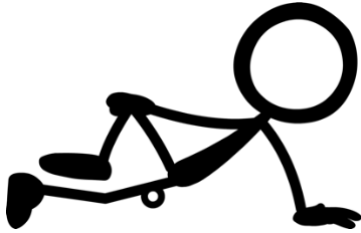
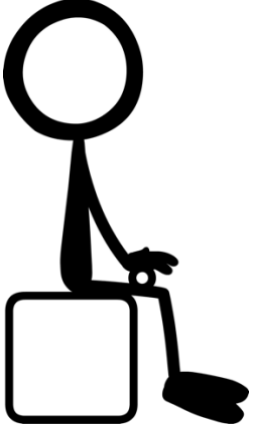
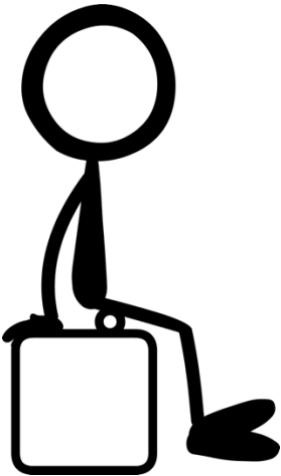
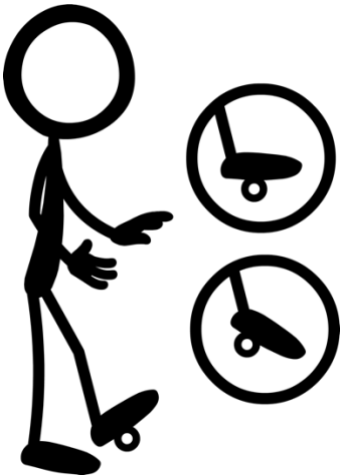



<p><b>Tips:</b></p> <ul style="list-style-type: none"> <li>• It takes 20 seconds to release tension in a tight area.</li> <li>• Don't forget to breathe!</li> <li>• Go slow and easy since some areas may feel tender.</li> </ul>	<p><b>Calf (Upper, Mid, Low)</b></p>  <ol style="list-style-type: none"> <li>1. Sit on ground and put ball under your lower calf.</li> <li>2. Bend other leg comfortably.</li> <li>3. Roll ball side-to-side. Move ball to mid-calf and repeat. Then to upper calf and repeat.</li> </ol>	<p><b>IT Band (Outer Thigh)</b></p>  <ol style="list-style-type: none"> <li>1. Sit on ground and put ball under your outer thigh.</li> <li>2. Bend other leg and plant foot for support.</li> <li>3. Lean against ball and roll up and down. Use your hands to your support body weight.</li> </ol>	<p><b>Quad (Top of Thigh)</b></p>  <ol style="list-style-type: none"> <li>1. Put ball on top of thigh.</li> <li>2. Push down on ball and roll it in a circular motion.</li> <li>3. Roll the ball forward and backward, then left and right.</li> </ol>
	<p><b>Hamstring (Under Thigh)</b></p>  <ol style="list-style-type: none"> <li>1. Sit with ball under thigh.</li> <li>2. Roll in a circular motion.</li> <li>3. Scoot down and do the same on your butt.</li> </ol>	<p><b>Foot (Arch, Heel, Toes)</b></p>  <ol style="list-style-type: none"> <li>1. Stand with one foot on ball.</li> <li>2. Roll forward and backward under your arch, then under your heel.</li> <li>3. Stretch your toes by wrapping them around the ball.</li> </ol>	<p><b>Shoulder &amp; Upper Back</b></p>  <ol style="list-style-type: none"> <li>1. Put your back against a wall.</li> <li>2. Put ball on upper back muscles.</li> <li>3. Lean against ball and roll it up and down between your shoulder blade and spine.</li> </ol>