

MASSAGE BALL EXERCISE CHART



Active

TARGETED PRESSURE POINT RELEASE TO COMBAT MUSCULAR TENSION

The **Massage Ball** facilitates a multi-directional, deep tissue massage to combat tightness and prevent injury. Suitable for people of all fitness and ability levels, the **Massage Ball** is a great tool to reduce muscle fatigue and tightness, while enhancing performance and mobility.

The **Massage Ball's** multi-elevated texture combined with its multi-directional range of motion provides a premium level of precision. The **Massage Ball** is particularly effective for lower body muscle groups.

The **360° rolling** capacity promotes focused massage and targeted pain relief of vulnerable areas.

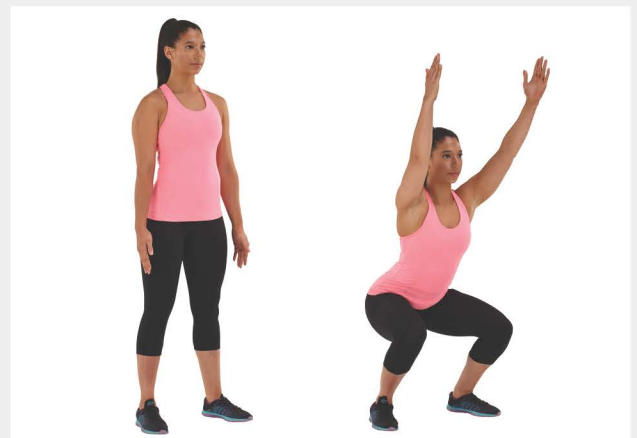
USE THIS CHART AS A GUIDE

These exercises have been tailored to assist with tight and tired legs. It is important to listen to your body as you undertake the suggested rolling movements. Identifying what feels good and what provides the most relief will help you to develop your own, truly customised experience.

“**CHANGE** comes
when you **SAY**
to **YOURSELF**” yes!

WARM UP

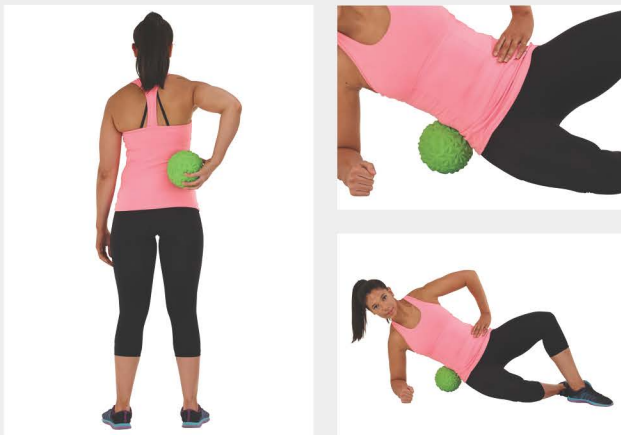
1. Squat with Reach



Stand with your feet shoulder width apart. Sit into a squat, pushing your weight through the heels whilst reaching your arms over your head. Keep your chest up, back straight and core braced. Return to the start position and repeat.

ROLLING

2. Lower Back



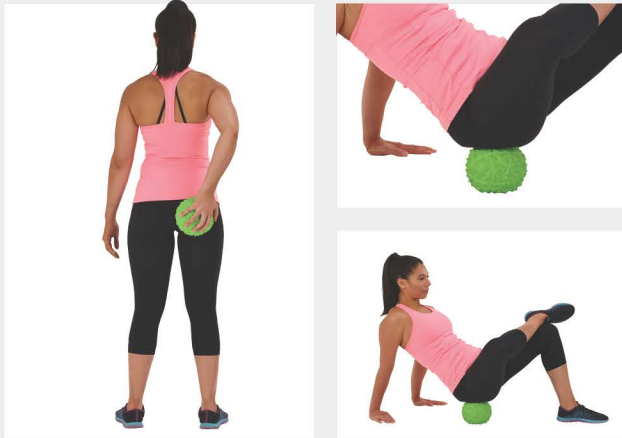
Sit on the floor and place the Ball under one side of the lower back. Facing the same side, place your forearm on the floor for support and rest the opposite hand on your hip. Push your bodyweight onto the Ball and move in a circular motion. When you feel a tight point in the muscle, hold and relax into the Ball until you feel the tightness release. Repeat on the other side.

3. Quads



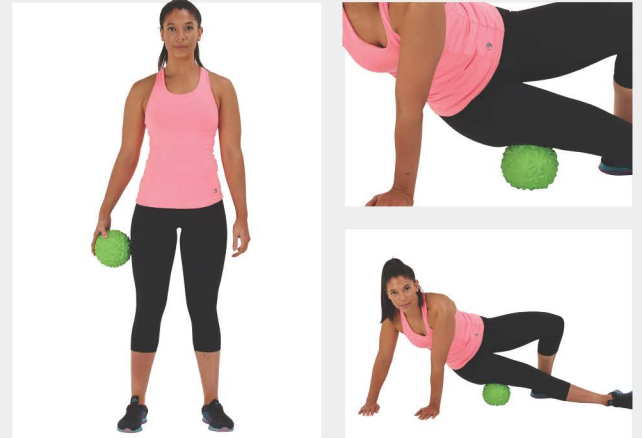
Starting on all fours, extend one leg behind and place the Ball in the middle of the quad. Keep the other knee bent and ensure the chest is facing the floor. Using your arms for support, roll the Ball up and down the length of the quad. Ensure the Ball rolls to the inside and outside of the quad for a complete muscle release. Repeat on the other side.

4. Gluteals



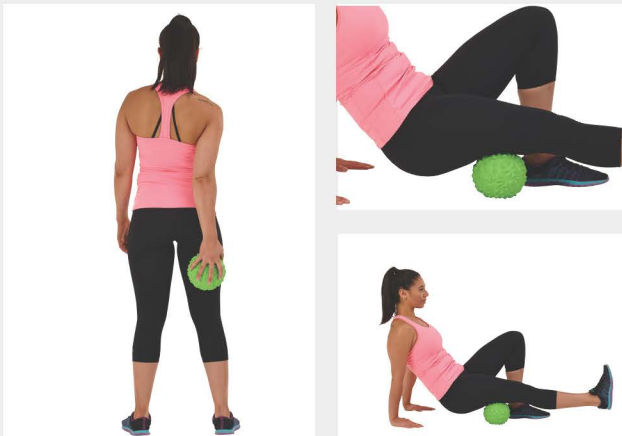
Position the Ball on one side of your glutes and sit on it, placing your arms behind for support. On the same side, cross your leg with the opposite foot pressed firmly to the floor. Roll the Ball in a circular motion around the entire region of the glute. When you feel a tight area stop and allow the weight of your body to press down onto the Ball until you feel the tightness release. Repeat on the other side.

5. Outer Thigh (ITB)



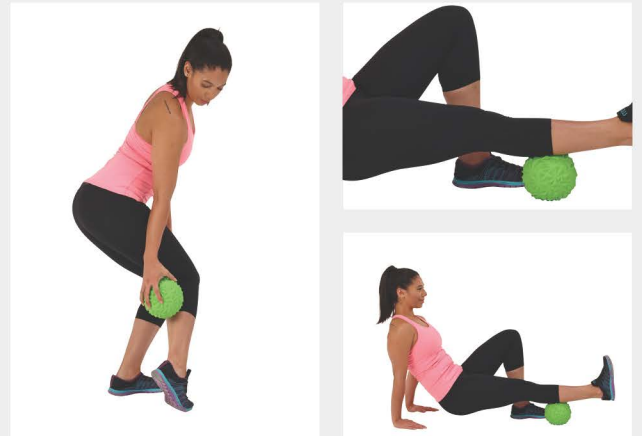
Lay on your side with your bottom leg straight, top leg bent and your foot placed behind your body. Place the Ball under the bottom leg below the hip. Using your arms for support, roll the Ball along the length of the outer thigh. When you feel a tight area, stop and allow the weight of your body to press down onto the Ball until you feel the tightness release. Continue moving until you feel the next tight area. Repeat on the other side.

6. Hamstrings



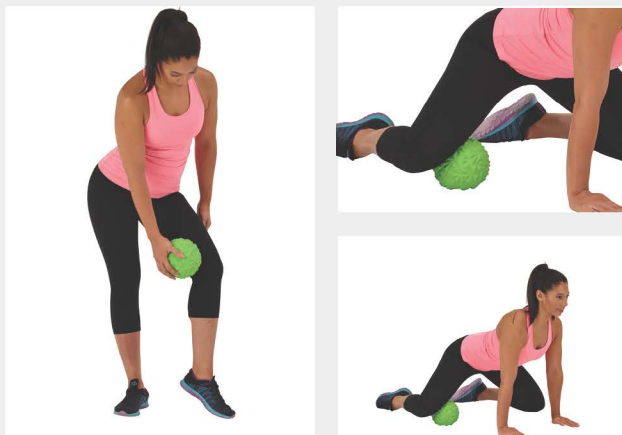
Sit on the floor with one leg extended and the other knee bent. Place the Ball under the upper thigh of the straight leg. Using your arms for support, move the Ball from left to right. When you feel a tight area, stop and allow the weight of your body to press down onto the Ball until you feel the tightness release. Continue moving in a cross directional motion until you feel the next tight area. Repeat on the other side.

7. Calves



Sit on the floor with one leg extended and the other knee bent. Place the Ball just below the knee of the straight leg. Using your arms for support, roll the Ball in a circular motion rather than up and down. Ensure you are moving the Ball from the inside to the outside of the calf. Repeat on the other side.

8. Inner Knee



Start on all fours with one knee bent out to the side, in line with your hip. Place the Ball on the inner part of your lower thigh, just above the knee. Using your arms for support, move your bent knee in a circular motion. When you feel a tight area, stop and allow the weight of your body to press down onto the Ball until you feel the tightness release. When you feel the muscle release, continue moving in a circular motion until you feel the next tight area. Repeat on the other side.

Every time you use this item, you are saying **YES** to your goals and **YES** to the person you want to be.

For more tools, tips and exercises or if you want to know more about "YESOLOGY", go to www.michellebridges.com.au