



# Peanut Massage Ball

Designed to hit those hard-to-reach spots of the body, utilize the contoured Peanut Massage Ball to target areas including the neck, forearms, Achilles tendon, shoulders, calves and more. Suitable for reflexology and both home and therapeutic use, the eco-conscious Peanut Massage Ball's gentle spikes stimulates blood flow and promotes circulation while loosening muscle knots.

## Includes 5 Exercises:

- Neck Massage
- Forearm Extensor Release
- Forearm Flexor Release
- Achilles Tendon Release
- Achilles Tendon Deep Release



leaders in mindful movement.™

# Neck Massage



**Starting position:** Lie facing up on a mat. Place Peanut Massage Ball just above the nape of the neck.

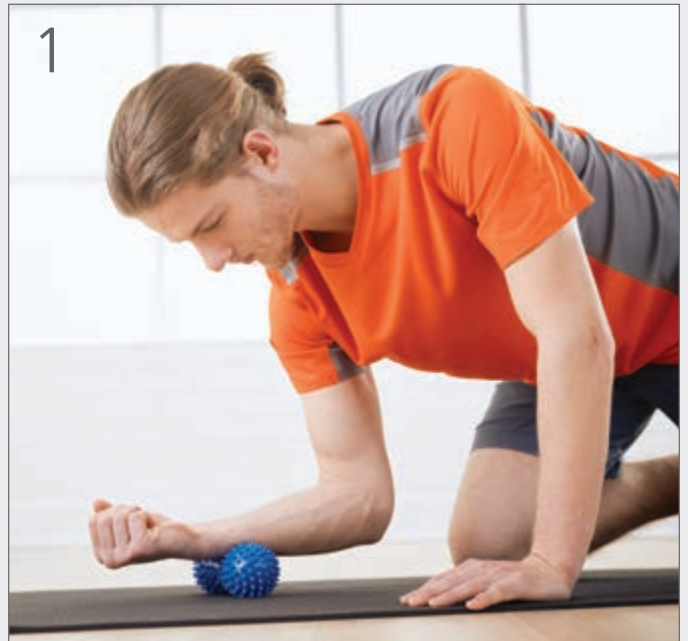


Nod head forward dropping the chin toward the chest.

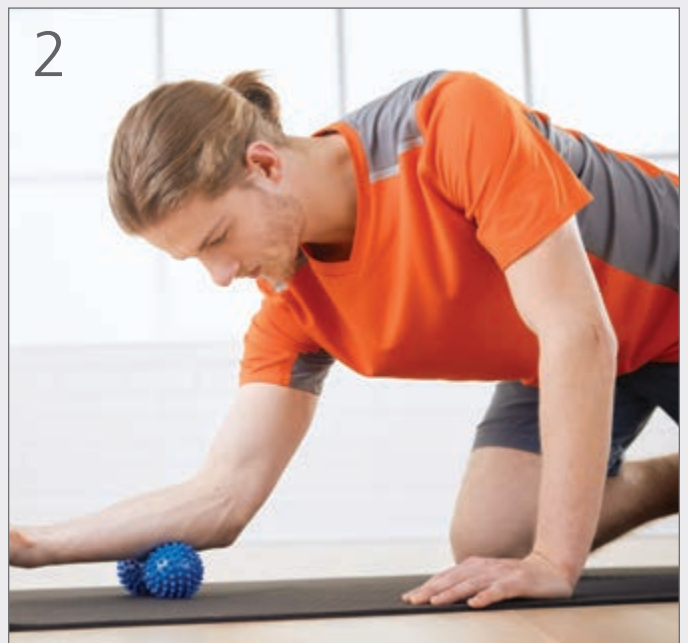


Lift chin up toward the ceiling, extending the neck.

# Forearm Extensor Release



**Starting position:** Kneel on a mat, hands down for support. Place Peanut Massage Ball under back of one forearm with palm up.



Roll the Massage Ball from the wrist to the elbow applying slight pressure.

# Forearm Flexor Release



**Starting position:** Kneel on a mat, hands down for support. Place Peanut Massage Ball under front of one forearm with palm down.



Roll the Massage Ball from the wrist to the elbow applying slight pressure.

# Achilles Tendon Release



**Starting position:** Sit on a mat in a comfortable position, hands behind torso supporting weight.

1. Bend knees, place one heel on Peanut Massage Ball.
2. Lengthen leg, applying pressure on Massage Ball and rolling it up the tendon.
3. Bend knee to return.
4. Increase the degree of stretch by keeping the ankle in dorsiflexion





## WARRANTY, CARE AND USAGE FOR PEANUT MASSAGE BALL

### Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

### Care and Cleaning

Clean your Peanut Massage Ball whenever necessary by wiping with a cloth dipped in soap suds or a combination of tea tree oil\* and water. Rinse with water and wipe dry with a towel or cloth.

\*Tea tree oil is a natural disinfectant available at most pharmacies or health food stores; mix according to directions on package.

### Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.

# Achilles Tendon Deep Release



**Starting position:** sit on a mat in a comfortable position, hands behind torso supporting weight.

1. Bend knees with one heel on Peanut Massage Ball, place the heel of the opposite foot on the toes.
2. Lengthen leg, applying pressure on Massage Ball and rolling it up the tendon.
3. Bend knee to return.
4. Increase the degree of stretch by keeping the ankle in dorsiflexion



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