

The Massage Ball Set is designed to massage deep-seated selective tension or smaller areas. Through regular and targeted training, you can regenerate your muscles and ensure long-term release of muscular tension.

THE SPECIAL FEATURES OF THE TWIN BALL:
Due to the distance between both balls, you achieve a more targeted massage of parallel muscles, e.g. in the neck or spine area, without the spine being put under pressure.

THE SPECIAL FEATURES OF THE MASSAGE BALL:

The massage ball is particularly suitable for massaging selective tension.

All parts of the body can be massaged with the ball.

The Massage Ball Set is an ideal aid during breaks at work, as many exercises can be done seated or at a desk. Release neck tension or irritations on the "mouse arm" or in the lumbar spine area with only a few exercises.

Vary the intensity of the self-massage with

your own body weight. You can exert the most pressure while seated and lying down.

By supporting the body with the unburdened arm or leg, you can increase or reduce the intensity.

A warmed-up body is always required for self-massage. Avoid heavy pressure on the spine and kidney area.

For all exercises, please note the following: 1-5 minutes of treatment time or 8-12 repetitions.

Generally, please note:

Use of the Massage Ball Set takes place at

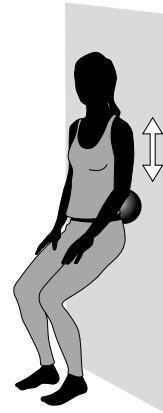
your own risk and under your own responsibility. It is recommended to wear light and sporty clothing.

Important! We recommend that you seek advice from a physiotherapist, manual therapist, masseur or specialist physician, if you have questions and/or intense pain after the self-massage or recurring injuries.

BACK

TWIN BALL

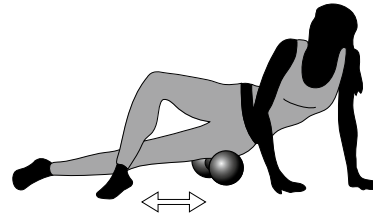
Stand up straight in front of a wall. Place the twin ball between your back and the wall. Then, move your back slowly up and down, by bending your knees and coming back up again with a fully straightened back.



OUTERTHIG

TWIN BALL

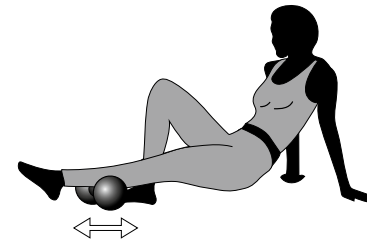
Lay on the twin ball with your thigh. Put the other leg in front of you on the floor and stabilise your position with your hands. Massage several times from the hip to the knee. Then, switch to the other side of the body.



CALVES

TWIN BALL

Sit on the floor and stretch out the leg to be massaged. Place the twin ball under your calf. The arms support the body towards the back. Lift your buttocks off of the floor and roll back and forth from the back of the knee to the ankles. Keep our upper body stable, your leg remains stretched.

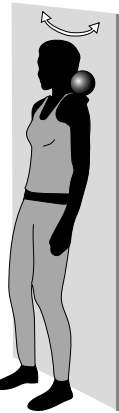


NECK

TWIN BALL

Stand up straight in front of a wall. Place the twin ball between your neck and the wall. Move your head slowly to the left and right, in order to relax the neck muscles.

Ensure that no pressure is put on the spinous processes - the bumps that can be felt in the spine.

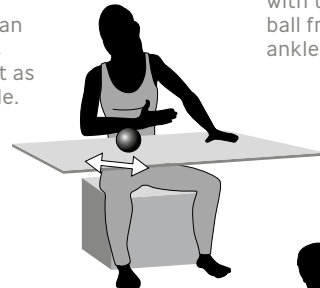


LOWER ARM

TWIN BALL AND MASSAGE BALL

Place your lower arm on the massage ball or the twin ball and move it along your lower arm muscle.

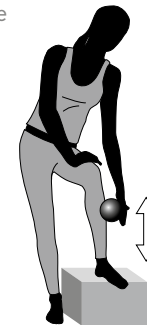
While doing so, you can rotate the lower arm, in order to massage it as completely as possible.



SHIN

TWIN BALL AND MASSAGE BALL

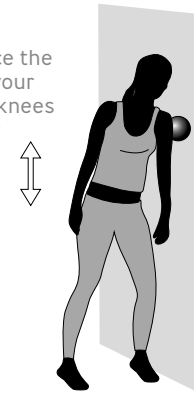
Put the leg to be massaged on a chair or stool. Massage your shin muscle with the twin ball or massage ball from below the knee to the ankle. Apply even pressure.



UPPER ARM AND SHOULDER

TWIN BALL AND MASSAGE BALL

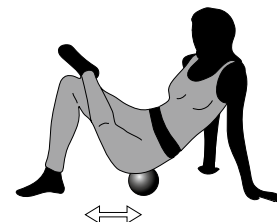
Stand up in front of a free wall. Place the twin ball or massage ball between your upper arm and the wall. Bend your knees and come back up again with a fully straightened back.



SOLE OF THE FOOT

MASSAGE BALL

Stand on the floor with one foot in a stable position. Place the foot to be massaged in the middle of the massage ball. Massage the sole of the foot, by moving the foot back and forth on the massage ball with circular movements.



BUTTOCKS

MASSAGE BALL

Support yourself with your hands in a seated position and sit down on the massage ball with the left buttock muscle. You can optionally bend one leg. Massage your buttocks muscles and then switch to the other side. Ensure that no pressure is put on the tailbone.

CHEST

MASSAGE BALL

Place the massage ball under the collarbone, next to the armpit. Now, apply even pressure with the massage ball. With small circular movements, massage the muscle area. If you use both hands, you can increase the pressure.

