

Soleus

Optimize foot mobility and strike.

Set Up
 Sit with calf rested on FootBaller™ (just below the meaty part of the calf)



Zones: 1 2 3

Programming


4 Foot Rotations (2R/2L) 4 Knee Bends



Quadriceps

Loosen up the quadriceps and regain a neutral pelvis.

Set Up
 Lie down in plank position with one knee bent towards hip. Position QuadBaller™ just above knee.



Zones: 1 2 3

Programming


4 Rolls Forward/ 2 Cross Frictions 2 Knee Bends



Piriformis

Unlock the glutes for optimal mobility and control of the foot, knee and hip.


Set Up
 Sit with MB1™ Massage Ball underneath glute/ piriformis. Apply compression with body weight.



Zones: 1

Programming


4 Knee Lifts 4 External Rotations 4 Pivots (2R/2L)



Psoas

Muscle Activation for torso stabilization.

Set Up
 Identify landmarks: Naval and ASIS. Place MB1™ Massage Ball in abdominal area between the two landmarks.




Zones: 1

Programming

Level 1: Lift into cobra. 4 Total Body Extensions

Level 2: Plant forearms & pull forward.


Level 3: Lift leg on working side.



Thoracic Spine

Maximize spinal rotation.


Set Up
 Identify landmarks: Bottom of the shoulder blades. Lay in a supine position with the TP2 Ball Sleeve in the highlighted area.



Zones: 1 2 3

Programming


4 Rotations 4 Shoulder Flexions



Pectorals

Release the pecs to restore movement in shoulders and neck.

Set Up
 Identify landmarks: front of shoulder, angle towards naval. Position MB1™ Massage Ball under heel of hand. Elbows up to apply compression to pec minor.



Zones: 1

Programming

4 Pivots (2R/2L) 4 Shoulder Retraction

