



Set Up

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



Zones: 1 2 3

Programming

Foot Rotations (2R/2L)





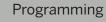
Quadriceps

Set Up

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



Zones: 1 2 3



4 Rolls Forward/









Piriformis

Set Up

Sit with MB1[™] Massage Ball underneath glute/ piriformis. Apply compression with body weight.



Programming















Psoas

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.



Total Body Extensions





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Thoracic Spine

Set Up

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



Programming







Pectorals

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.



Programming







