

# TRAINING GUIDE

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## TRAINING TIPS

### WARM-UP

Prepare your body to move before you train. This helps to reduce the likelihood of injury.

### TRAIN

Use these drills as part of a comprehensive session.

### RECOVER

Take time to recover after every session. This can help to accelerate muscle repair.

## DRILLS

Perform these movements after your training session. Take your time with each muscle group but aim to get at least 60 seconds of trigger-point release on each side. Control your breathing to help ease the discomfort. This will also keep your body in a relaxed state to compliment your recovery.

### LATS



#### STEP 1

Lie on your side and place the Targeted Massage Ball under your shoulder with your arm stretched above your head.

#### STEP 2

Adjust the position of the ball until you find a sore spot.

#### STEP 3

Holding pressure on this spot, keep your bottom arm straight and sweep it along the ground.

#### STEP 4

Return to starting position. Readjust your position on the ball and repeat the movement on any other sore spots you find. Repeat on your other side.

### PIRIFORMIS



#### STEP 1

Sit with the Targeted Massage Ball under the outside of one of your glutes and your opposite leg crossed over your knee.

#### STEP 2

Adjust your position on the ball until you find a sore spot. Hold pressure there.

#### STEP 3

Readjust your position on the ball and repeat on any other sore spots you find.

#### STEP 4

Repeat on your other side.

**COACHING TIP:** Maintain pressure on the Targeted Massage Ball throughout the movement.

**FEEL IT:** Releasing tension in your hips.

### QUADRICEPS



#### STEP 1

Lie face down with the Targeted Massage Ball under one of your quadriceps (the front of your thigh).

#### STEP 2

Adjust your position on the ball until you find a sore spot.

#### STEP 3

Holding pressure on this spot, slowly bend and extend your knee to help release tension.

#### STEP 4

Readjust your position on the ball and repeat the movement on any other sore spots you find. Repeat on your other leg.

**COACHING TIP:** Maintain pressure on the Targeted Massage Ball throughout the movement.

**FEEL IT:** Releasing tension in your quadriceps.

### SCAPULA RELEASE

#### STEP 1

Lie on your back with your hips and knees bent, creating 90-degree angles. Place your arms at your sides with the Targeted Massage Ball between your spine and one shoulder blade.

#### STEP 2

Adjust your position on the ball until you find a sore spot and hold.

#### STEP 3

Bring your arm from the same side across your body toward your opposite hip.

#### STEP 4

Slowly raise your arm diagonally across your body until your upper arm is next to your ear.

#### STEP 5

Reverse the direction and return your arm to your opposite hip. Repeat on your other side.

**COACHING TIP:** As you reach across your body and overhead, rotate your arm so your palm faces up.

**FEEL IT:** Releasing tension in your shoulder blade.

