

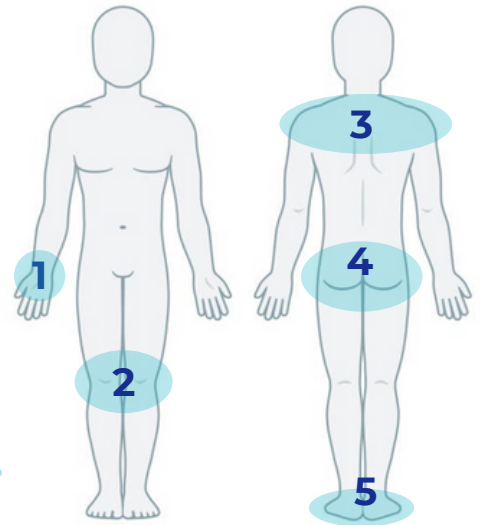
1. WRISTS

- MyT-Roll forearm from wrist to distal elbow
- Release tension in musculature
- Strengthen: elbow plank & banded arm reaches



TO USE THE MYT-ROLLER:

Press onto balls with relaxed hand; flex and flip palm for added massage



2. KNEES AND CALVES

- MyT-Roll front, back, sides of distal thigh, calf, and Achilles
- Release tension in musculature
- Strengthen: squats, elbow plank, & marches



TO USE THE MYT-ROLLER

Press onto balls in seated position for back of leg; on stomach for front of leg



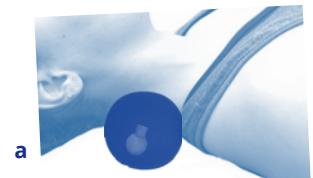
3. NECK AND UPPER SHOULDERS

- MyT-Roll traps from cervical spine to shoulder blades and front & back upper arm (near armpit)
- Release tension in musculature
- Strengthen: bird dog, neutral neck push-away, banded arm reaches, extensions



TO USE THE MYT-ROLLER

Press onto balls in bridge position; overhead & side arm actions for added massage



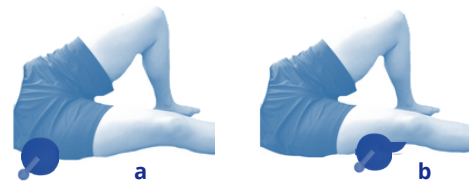
4. BUTTOCKS AND HIPS

- MyT-Roll IT Band, sides of hips, along sacrum, gluteals
- Release tension in musculature
- Strengthen Tissue: lateral steps, bridge, deadlift, & squats



TO USE THE MYT-ROLLER

Press onto balls in side-lying position for hips; on back for gluteals



5. FEET AND PLANTAR FASCIA

- MyT-Roll toes, arch, and heel
- Release tension in musculature
- Strengthen Tissue: marches, forward body leans, toe sits, elbow saw planks



TO USE THE MYT-ROLLER

Press onto small wooden knob; opposite leg positioned for balance support

