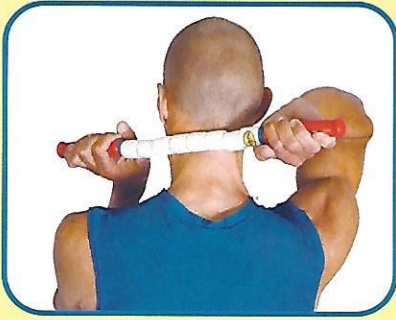


Over 32 Years of Research in Every Stick

ULTIMATE MUSCLE HYGIENE



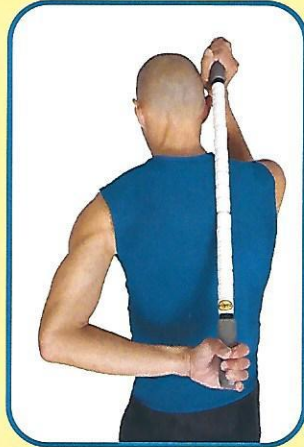
Roll sides of neck,
stay on the muscle,
and off the spine



Use short back
and forth strokes



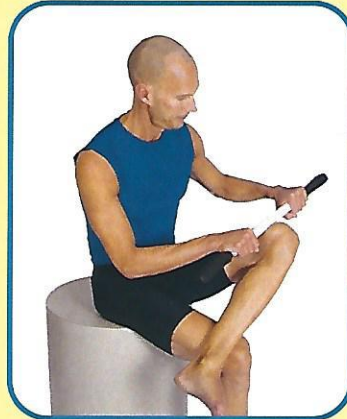
Use belt or pocket to anchor



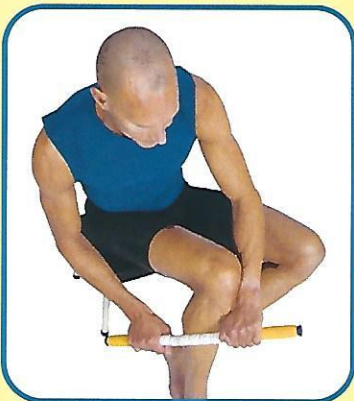
Roll one side at a time,
stay off the spine



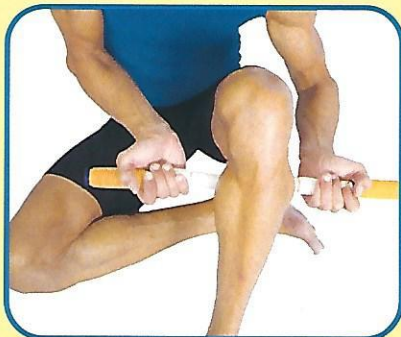
Standing or seated,
muscles must be
relaxed for best results



Pressure to tolerance



Stay off the shin



Dispensing Notes:
