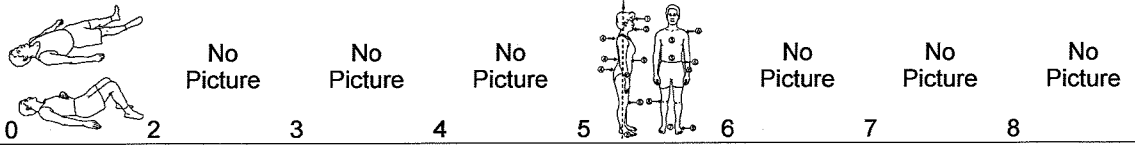
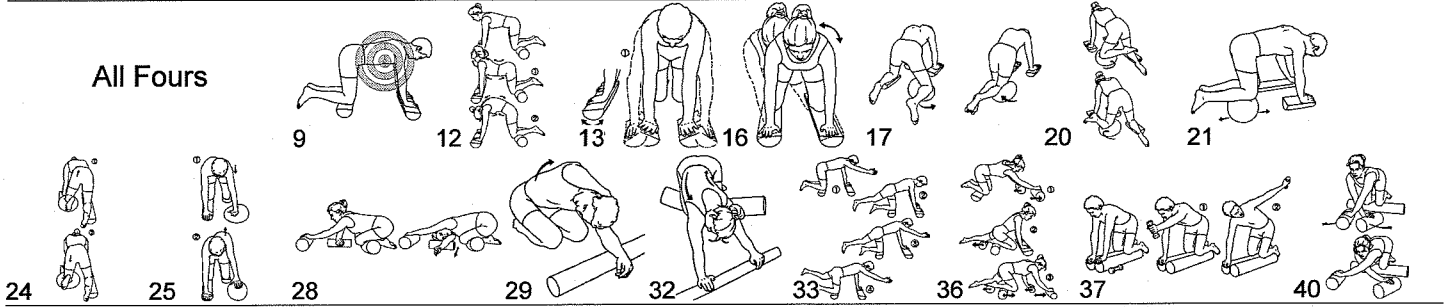


Foam Roller Kit

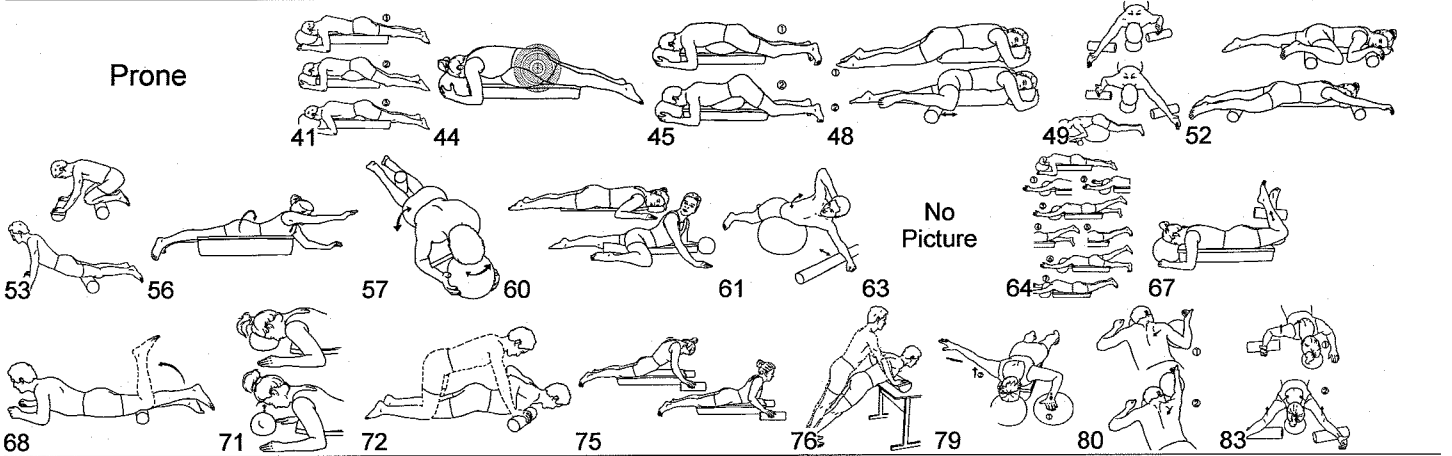
General Guidelines



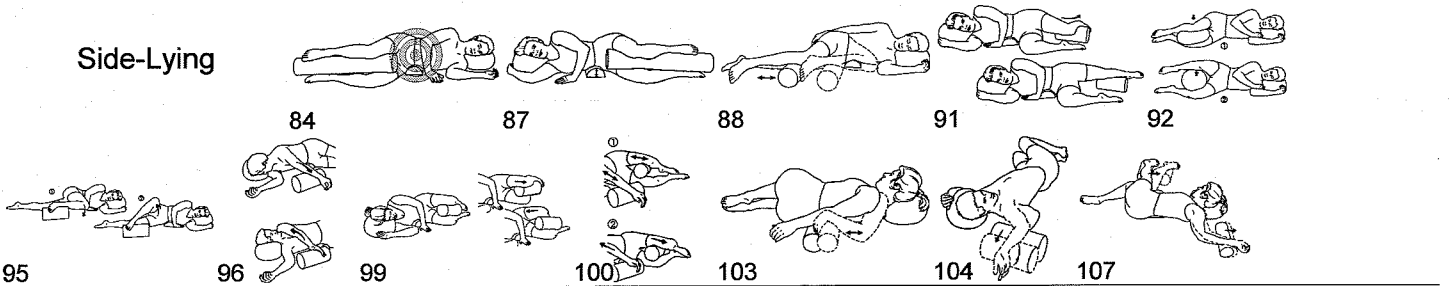
All Fours



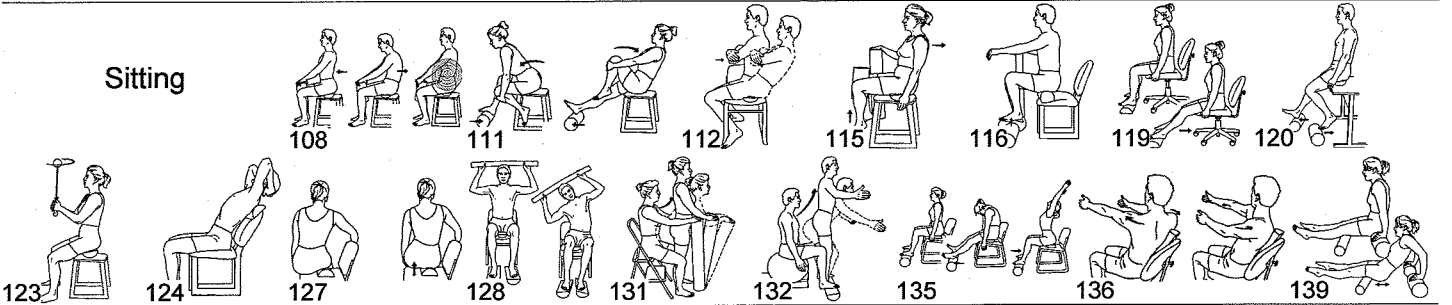
Prone



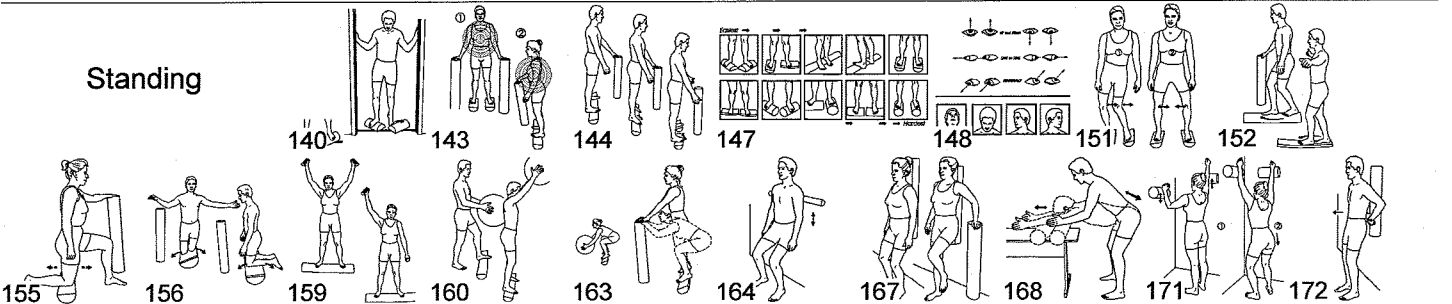
Side-Lying



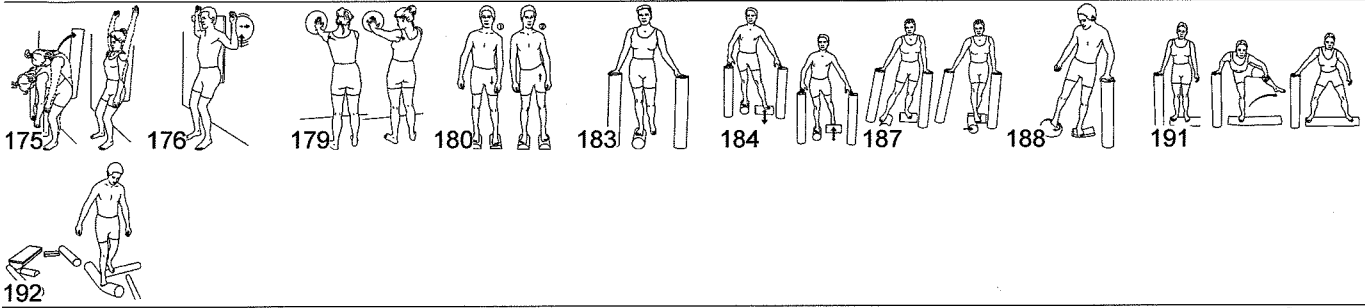
Sitting



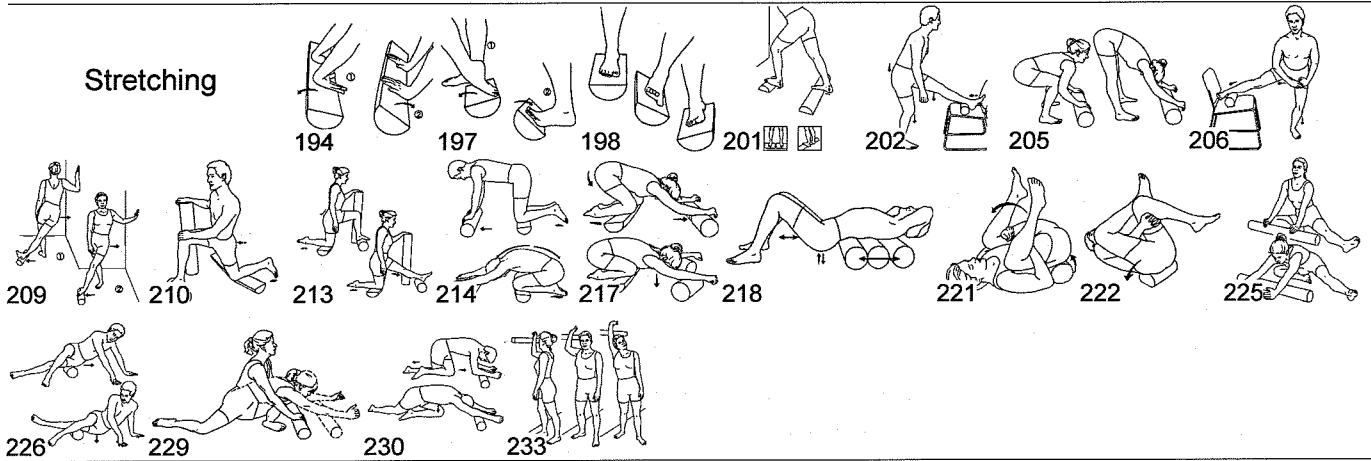
Standing



Foam Roller Kit



Stretching



Supine

