

# 3DActive MASSAGE STICK | EXERCISE GUIDE

## NECK



- Place the Massage Stick against the nape of your neck. Roll the Stick up and down. Apply pressure to sore or tight spots while avoiding the spine.

## LOWER BACK



- Holding the Massage Stick with both hands, lean it against your lower back and push it upwards in a rolling motion.

## THIGHS



- Assume a half-forward lunge and roll the Massage Stick over your thigh in a back and forward movement, applying pressure where needed.

## HAMSTRINGS



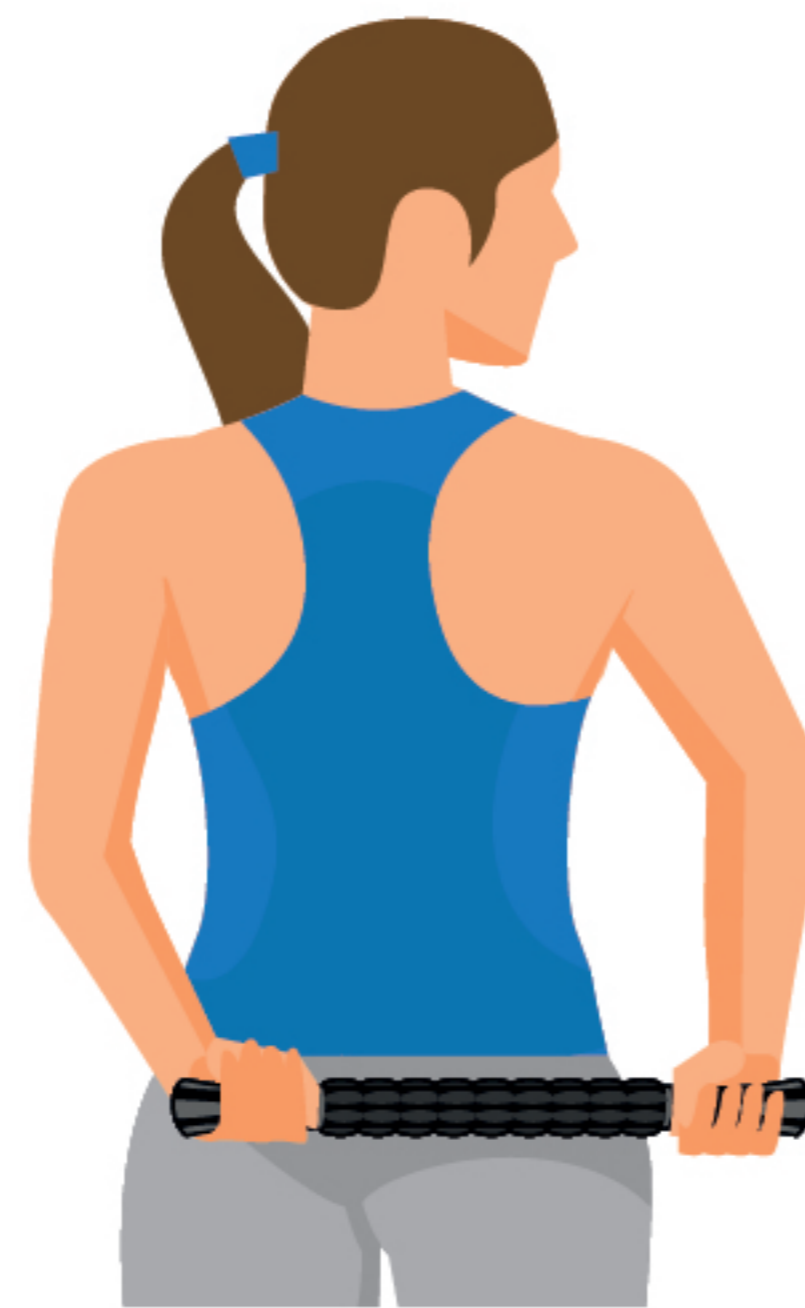
- In a lunge position, hold the Massage Stick beneath one of your hamstrings. Pull upwards and roll back and forth.

## UPPER BACK



- With short back and forth strokes, roll the Massage Stick over and above your shoulder blade. Avoid rolling over bone with pressure as it may cause injury.

## GLUTES



- With the Massage Stick over one side of your glutes, apply pressure and roll from that area down, making sure to massage the desired spots.

## CALVES



- In a lunge position, place the Massage Stick on the calf of one leg and apply pressure rolling over the desired area. Apply proper pressure.

## FOOT ARCH



- Making sure you have something to hold on to, place your foot over the Massage Stick and, applying pressure, roll your foot arch over it.

## ! SAFETY WARNING

The exercises described in this Exercise Guide are to be used as guidelines only. If you experience any pain, dizziness or shortness of breath when performing any of the movements described, stop all activity immediately and consult your Doctor. Do not take any risks beyond your level of experience and fitness.

## CUSTOMER SUPPORT

 **SUPPORT CENTER**  
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