

# 3DActive MASSAGE BALL SET

## EXERCISE GUIDE

### PEANUT BALL EXERCISES

#### LOWER BACK



- Place the ball under your lower back, then roll side to side while breathing deeply.

#### UPPER BACK



- With the massage ball under your upper back, push onto the ground and move in small circular motions.

#### HIP



- Lie on your side and extend your leg back, while bringing the other one forward. With the ball under your hip, move in small circular motions.

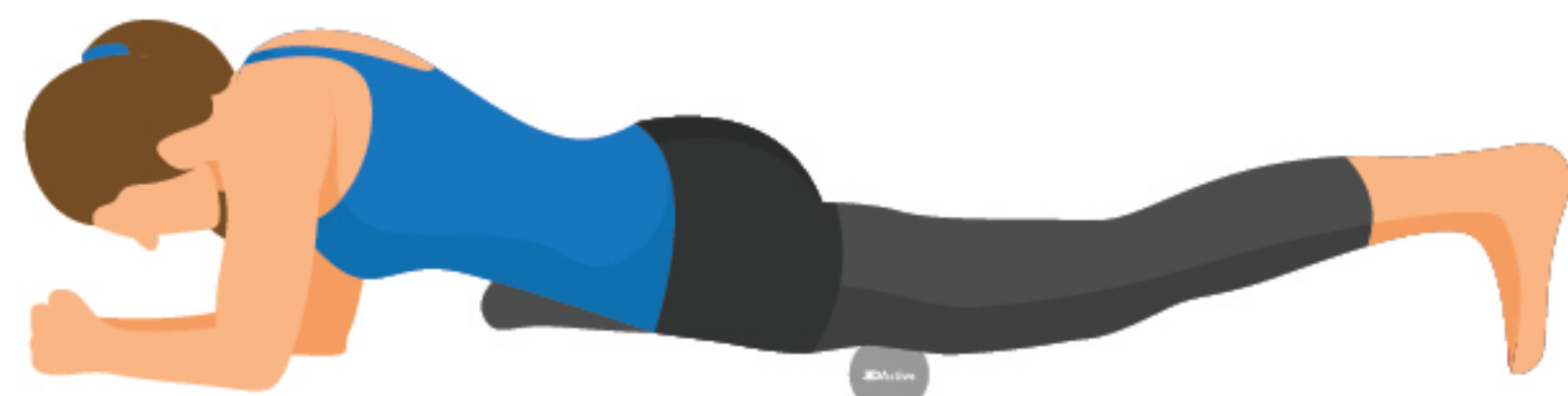
#### NECK



- Lie down with the ball on the base of your neck, then roll up & down avoiding contact with your bones.

### LACROSSE BALL EXERCISES

#### QUADS



- In the plank position, with one leg bent to the side, place the ball under the quad. Push yourself forward and backward.

#### HAMSTRINGS



- With the ball under your hamstring, push yourself off the ground with your hands. Roll over the ball by moving forward and backward.

#### CALVES



- With one leg bent, place the ball under the calf of the stretched leg. Move forward & backward over the ball, using your hands as support.

#### FOOT ARCH



- With the ball under the arch of your foot, roll it backward & forward while pushing onto the ground.

### ! 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.



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