



## Massage Balls

### DISCLAIMER

The following guidelines should be observed when using a Massage Ball:

- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Always use the Massage Ball directly on the skin's surface.
- DO NOT wear loose clothing when using the Massage Ball.
- Care should always be taken when positioning on the Massage Ball. Falling on the Massage Ball could result in injury.
- Inspect the floor/wall surface for any obstructions that could damage the Massage Ball.
- Do not wear jewelry, rings, watches, belt buckles, or other sharp objects that could damage the Massage Ball.
- Keep fingers out from underneath the Massage Ball.
- Keep the Massage Ball away from direct heat sources such as heaters and fireplaces.
- The Massage Ball is not a toy! Adult supervision is required whenever a child is near a Massage Ball.
- Use only as instructed. Not recommended for any other use.
- Power Systems Inc. assumes no liability for accidents, injuries, or damages that may occur with the use of the Massage Ball.
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For more information about the Massage Ball  
and other training products or programming

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## Massage Ball Exercises

Power Systems Massage Ball allows for multidirectional movements and can be used for self-myofascial release to trigger and release muscle stress points and to improve circulation, flexibility, and muscle tone.

**Quadricep Release:** Sit on a level surface with the legs extended or slightly bent to relax the quadricep muscle. Use the palm of the hand to gently roll the Massage Ball along the length of the muscle. The more pressure placed on the Massage Ball the deeper the stimulation will become.



**Back Release:** Stand with your back approximately 3" to 4" away from a wall. Position the Massage Ball against the wall behind you, and press your back into the ball. While keeping your weight on your heels, bend at the knees and roll the ball up and down the length of your back. Roll along the spine and then progress to the left and right sides. Position the ball between the shoulder blades to release tension.

**Calf/Hamstring Release:** Sit on the floor with your legs out in front and hands behind for support. Place the Massage Ball under the calf or hamstring of one leg. Lift your hips slightly off the floor to create additional pressure between the targeted muscle and the ball. Gently roll your leg back and forth over the ball to stimulate release of tension in the muscle.

**Foot Release:** While sitting on a level surface, bend the knee at a 90-degree angle and place the Massage Ball on the ground directly in front of you. Place the bottom of the foot onto the Massage Ball and gently roll back and forth to release tension. The more pressure placed on the Massage Ball the deeper the stimulation will become. Repeat with other foot.



**IT Band Release:** Sit on the Massage Ball with the outside of the upper leg in primary contact with the ball. Place a hand on the floor for support. Extend the leg that is on the ball. Bend the supporting leg behind it and place the foot on the floor. Gently move over the ball so that it moves up and down the length of the upper leg.

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