

GAIAM RESTORE™

TOTAL BODY MASSAGE ROLLER MASSAGE GUIDE

CALVES



HAMSTRINGS



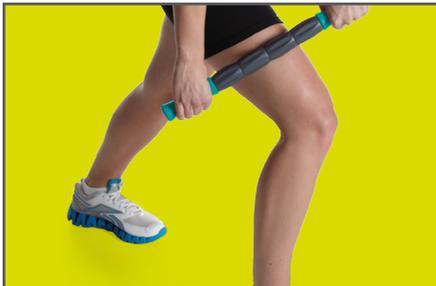
GLUTES



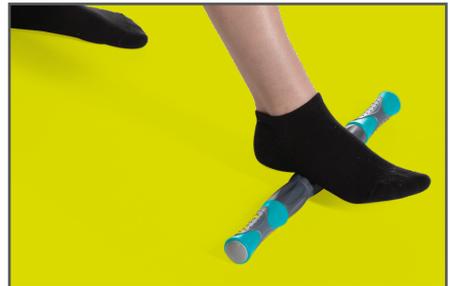
QUADS



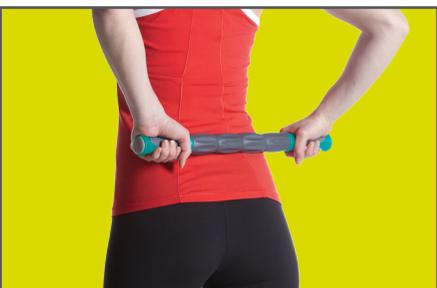
IT BANDS



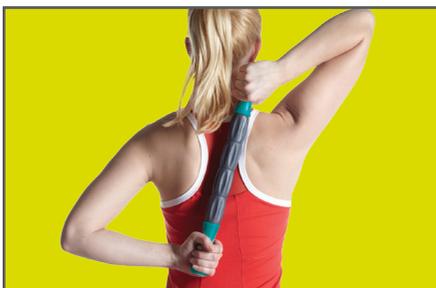
FEET



LOWER BACK



UPPER BACK



SHOULDERS



NECK



TRICEPS



BICEPS

