

BACK



Roll the Orb™ against wall in small circles or up and down back. For a more aggressive massage, place the Orb™ on the desired muscle and use body weight to direct massage.

*Orb Extreme™ Mini: Apply pressure directly on or next to area of discomfort. Hold for 10 seconds and roll gently side to side

Washing Instructions To clean, wipe with disinfecting cloth or damp towel.

Note Pro-Tec Athletics strongly urges consultation with a medical doctor before using this product. Discontinue use immediately if pain or excessive discomfort occurs.

Disclaimer Pro-Tec Athletics assumes no responsibility or liability for any injury which happens to occur while wearing this product.



DEEP TISSUE MASSAGE BALL

Exercise Guide: Orb™, Orb Extreme™, Orb Extreme™ Mini



- Multidirectional roll or single point myofascial release provides focused massage
- Deep Tissue Massage
 - 1) Reduces Muscle Fatigue and Tightness
 - 2) Promotes Flexibility
 - 3) Enhances Performance



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CALF



Roll the Orb™ up and down calf. Cross ankles for a more aggressive massage.

*Orb Extreme™ Mini: Apply pressure directly on or next to area of discomfort. Hold for 10 seconds and roll gently side to side

IT BAND



Using both hands for balance, roll the Orb™ up and down IT Band, targeting areas of tightness.

*Orb Extreme™ Mini: Apply pressure directly on or next to area of discomfort. Hold for 10 seconds and roll gently side to side

HAMSTRING



Roll the Orb™ in circles or along length of hamstring.

*Orb Extreme™ Mini: Apply pressure directly on or next to area of discomfort. Hold for 10 seconds and roll gently side to side

PIRIFORMIS

Rest piriformis on the Orb™, roll in circles.

*Orb Extreme™ Mini: Apply pressure directly on or next to area of discomfort. Hold for 10 seconds and roll gently side to side



QUADRICEPS



Balancing on elbows, roll the Orb™ in small circles or along length of quadricep, emphasizing areas of tightness.

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