



KNOT-OUT
massage ball 5"

JEX

INSTRUCTION

How to use the Massage Ball

Simply use the 5" JEX Knot-Out Massage Ball for deep muscle release.
Replace the traditional long-shaped foam roller and massage roller;
easy to carry and use.

1

Leg



Place the massage ball on above area-slowly move the body forward and backward, or apply sustained pressure to a particular spot for 1 minute.

2

Muscle of
the thigh



Place the massage ball on above area-slowly move the body forward and backward, or apply sustained pressure to a particular spot for 1 minute.

3

Muscles
of the hip



Place the massage ball in above area-slowly move the body forward and backward, or apply sustained pressure to a particular spot for 1 minute.



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4

Back of the thigh

Semitendinosus muscle



Place the massage ball in above area-slowly move the body forward and backward, or apply sustained pressure to a particular spot for 1 minute.

5

Lower Back Muscle



Place the massage ball in above area-slowly move the body forward and backward, or apply sustained pressure to a particular spot for 1 minute.

6

Upper Back Muscle



Place the massage ball in above area-slowly move the body forward and backward, or apply sustained pressure to a particular spot for 1 minute.

7

Chest Muscle



Place the massage ball in above area-slowly move the body forward and backward, or apply sustained pressure to a particular spot for 1 minute.

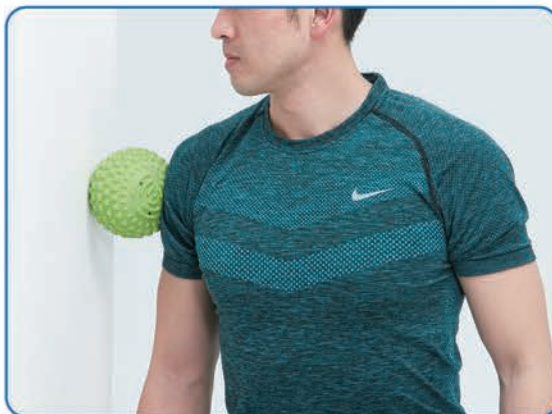
Don't have enough space?

Don't worry.

You can use our massage ball standing against the wall to relax and release muscle.

1

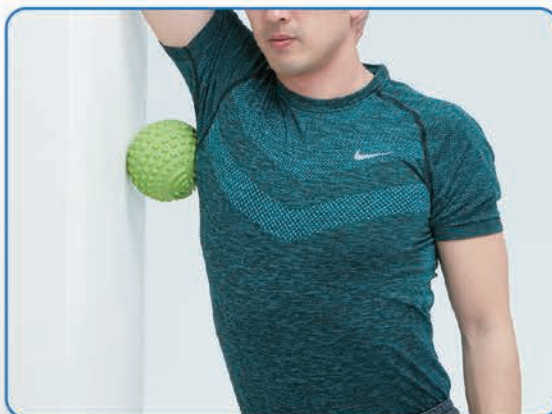
Biceps muscle Massage



Place the massage ball in above area-slowly move the body forward and backward, or apply sustained pressure to a particular spot for 1 minute.

2

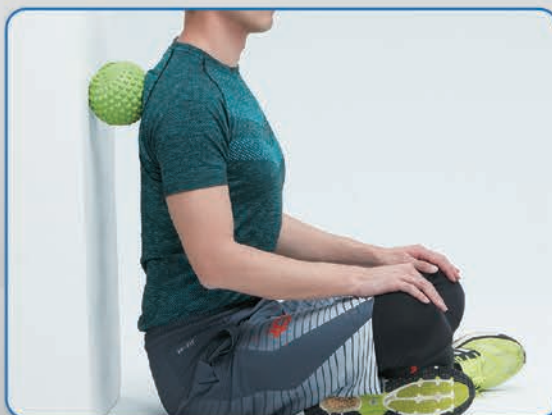
Serratus Anterior Muscle



Place the massage ball in above area-slowly move the body forward and backward, or apply sustained pressure to a particular spot for 1 minute.

3

Back Muscles Massage



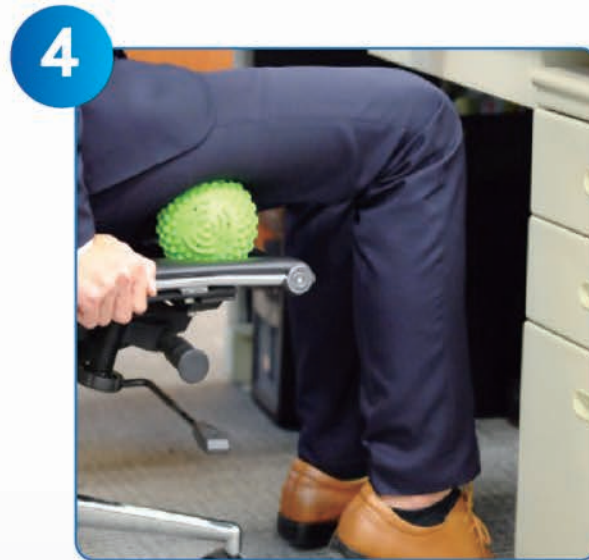
Place the massage ball in above area-slowly move the body forward and backward, or apply sustained pressure to a particular spot for 1 minute.



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Feeling exhausted after a working day, long flight or a long-distance drive?
Use the massage ball to relieve soreness and to stimulate the blood circulation.
Say bye-bye to the fat butt!!

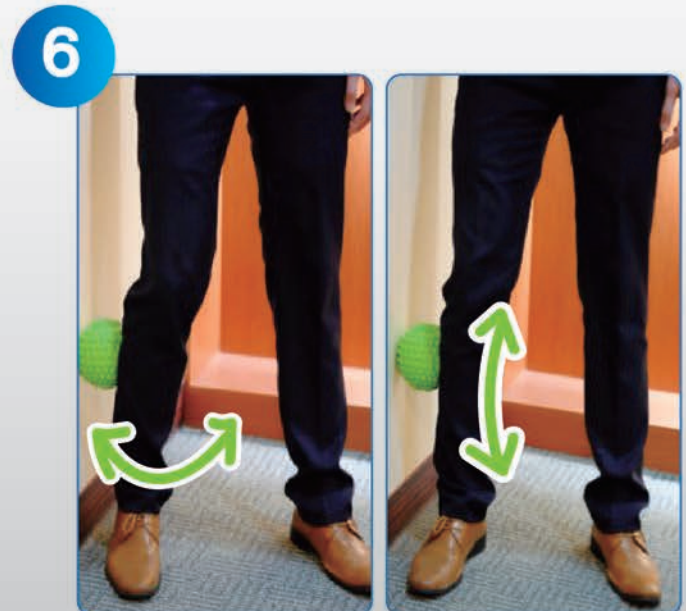


Sit on a chair, move the body forward and backward, or apply sustained pressure to a particular spot for 1 minute.



Massage for muscle on outside of thigh

(Stand against the wall) Move the body forward and backward or side to side.



Massage for muscle of calf

(Stand against the wall) Move the body forward and backward or side to side