

The Baller Program

Unprecedented stability & control, BackBaller® is now the foremost product to knead out all muscle groups. Follow our 20min program regularly & unlock the door to your athletic potential.

1 Back 2min



6 IT Band 1min x 2



2 Upper Back 2min



7 Quad 1min x 2



3 Lats 1min x 2



8 Groin 1min x 2



4 Glute 1min x 2



9 Calf 1min x 2



5 Hamstring 1min x 2



10 Shin 1min x 2



Caution: The Lower Back is a particular sensitive area - aggressive rolling here is not advised. Lower Back pain typically stems from tight glutes, hamstrings & quads. Great relief can be gained from rolling these muscle groups on a regular basis.