The 20 MINUTE Baller Program

Unprecedented stability & control, BackBaller® is now the foremost product to knead out all muscle groups.

Follow this program regularly - Unlock your athletic potential.

1 Back *2min*

2 Upper Back *2min*

3 Lats *1min x 2*

4 Glute *1min x 2*

5 Hamstring *1min x 2*

6 IT Band *1min x 2*

7 Quad *1min x 2*

8 Groin *1min x 2*

9 Calf *1min x 2*

10 Shin *1min x 2*

Caution:

Over aggressive rolling of your Lower Back is not advised. *Lower Back pain typically stems from tight glutes, hamstrings & quads.*

Back Baller .com® FoamRolling Evolved

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