

THE AUTO-MASSAGE

This movement will relax your ankles and stretch your calves, improving blood flow to the heart, essential to healing.



1

- » You can perform this movement standing or sitting.
- » While sitting, slide to the edge of the chair, feet apart, placing your hands on your knees.
- » Sit up straight, looking straight in front of you.

2

- » Place the bottle under your foot and roll it all the way forward, then all the way back.
- » Repeat 3 times on each side.
- » Remember to keep breathing.



Level 1

THE AUTO-MASSAGE



Stand straight
Look ahead



**GREAT
JOB!**