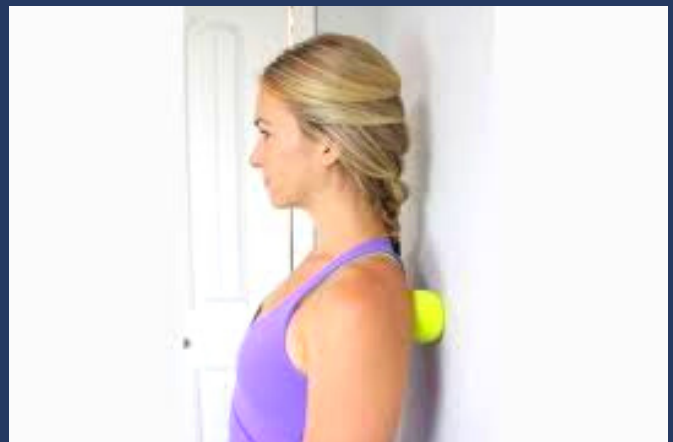
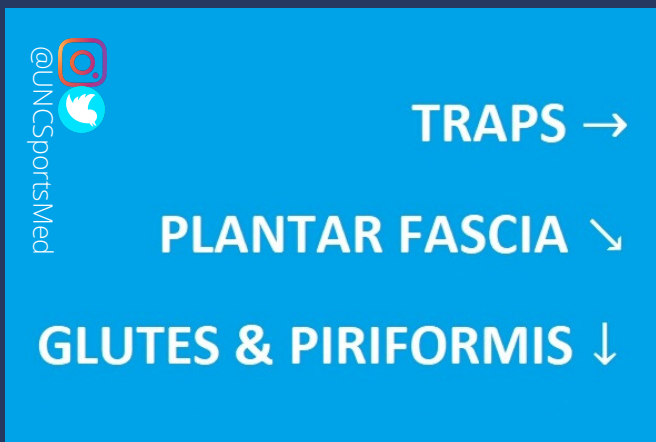


TENNIS BALL

# massage

**There is a large body of scientific evidence showing that massage is effective for reducing muscle pain.**

Try these self-massage techniques after your next training session!



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**When you find a tender area/"trigger point," hold over it for 10-20 seconds to release.**  
You can try massage of your pecs, calves, and hip flexors, too!

*Remember - self-massage should NOT be painful!*