

KETTROLL



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ACTIVATION



BRIDGE



SHOULDER AND CHEST



TRUNK AND SHIN



THORAX SPINE



BRIDGE



SHOULDER AND CHEST



TRUNK AND SHIN



THORAX SPINE

FASCIAL TRAINING / MASSAGE



UPPER BACK



CALF



THIGH



ADDUCTORS



UPPER BACK



CALF



THIGH



ADDUCTORS



BACK AND NECK
(STANDING)



SHOULDER
(STANDING)



BUTTOCKS



SIDE



BACK AND NECK
(STANDING)



SHOULDER
(STANDING)



BUTTOCKS



SIDE