

# KETTROLL



www.kettler.de

## 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



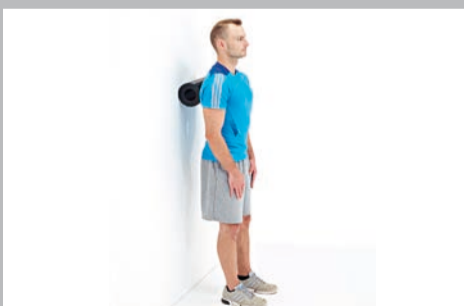
CALF



THIGH



ADDUCTORS



BACK AND NECK  
(STANDING)



SHOULDER  
(STANDING)



BUTTOCKS



SIDE



BACK AND NECK  
(STANDING)



SHOULDER  
(STANDING)



BUTTOCKS



SIDE