



1 or 2 Ball Neck Release



2 Ball Upper Back Release



2 Ball Midback Release



1 or 2 Ball Lower Back Release



1 or 2 ball Quad Release



Traps Release on a door frame



Pec Release on a door frame



1 or 2 Ball Hamstring Release



1 Ball Tib Anterior Release



1 or 2 Ball Calf Release



1 or 2 Ball Triceps Release



2 Ball Forearm Release



Foot + Plantar fascia Release



Abdomen + Psoas Release



1 or 2 Ball Shoulder Release

USE THE ACUMOBILITY BALL WITH THE CONVERTIBLE YOGA BLOCK + WEDGE



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- 12 Full Body
- 4 Upper Body
- 4 Lower Body
- 4 Back Videos

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