

# MASSAGE & LYMPHATIC FLUSH

Follow the movements below before & after therapy to boost your benefits.

Duration: 30 sec | 5 Second Rest | Frequency: 30 Hz | Amplitude: Low



## CLOTHED

Benefits: Boosts Detoxification Process, Enhances Lymphatic Drainage

### Squat to Left Leg Balance

**Description:** With feet wide apart, sit back into squat position. Balance on one foot. Keep weight evenly distributed and abdominals activated, with hips parallel to the floor.

**Should Feel it in:** Legs



### Squat to Right Leg Balance

**Description:** With feet wide apart, sit back into squat position. Balance on one foot. Keep weight evenly distributed and abdominals activated, with hips parallel to the floor.

**Should Feel it in:** Legs



### Left Leg Thigh Massage

**Description:** Using a mat, rest outer thigh and leg in a passive position. Maintain neutral spine alignment.

**Should Feel it in:** Legs, Glutes



### Right Leg Thigh Massage

**Description:** Using a mat, rest outer thigh and leg in a passive position. Maintain neutral spine alignment.

**Should Feel it in:** Legs, Glutes



### Back Relaxer

**Description:** Using a mat, sit on the platform with feet on the floor and knees bent. Slowly exhale and bend forward between legs, allowing your back to round.

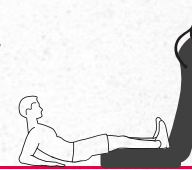
**Should Feel it in:** Core, Glutes



### Calf Massage

**Description:** Using a mat, rest calves in a passive position. Elevate feet to facilitate lymphatic flow.

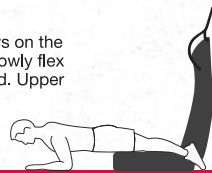
**Should Feel it in:** Legs



### Quadriceps Massage

**Description:** Using a mat, rest elbows on the floor and legs in a passive position. Slowly flex knee for more emphasis on lower quad. Upper body should be off the platform.

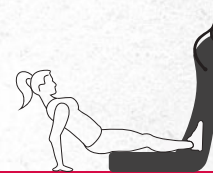
**Should Feel it in:** Legs



### Hamstring Massage

**Description:** Using a mat, rest hamstrings and calves in a passive position. Rotate hips to emphasize inner or outer leg.

**Should Feel it in:** Legs



## IN A ROBE

Benefits: Boosts Detoxification Process, Enhances Lymphatic Drainage

### Right Leg Static Calf Raise

**Description:** Place one foot on the edge of the platform. Raise up on the ball of your foot. Maintain neutral spine and abdominals activated. Do not hang on the handles.

**Should Feel it in:** Legs



### Left Leg Static Calf Raise

**Description:** Place one foot on the edge of the platform. Raise up on the ball of your foot. Maintain neutral spine and abdominals activated. Do not hang on the handles.

**Should Feel it in:** Legs



### Right Leg Inner Thigh Stretch

**Description:** Place right foot on the platform, leg out to your side and straight. Sit back and down until a stretch is felt. Maintain a neutral spine. Return to starting position. Avoid rotating hips and rounding back.

**Should Feel it in:** Legs



### Left Leg Inner Thigh Stretch

**Description:** Place left foot on the platform, leg out to your side and straight. Sit back and down until a stretch is felt. Maintain a neutral spine. Return to starting position. Avoid rotating hips and rounding back.

**Should Feel it in:** Legs



### Right Leg IT Band Stretch

**Description:** Bring outside leg forward and inside leg underneath you toward the front edge of the machine. Legs will be crossed. Push hips toward the machine. Keep shoulders back.

**Should Feel it in:** Legs, Glutes



### Left Leg IT Band Stretch

**Description:** Bring outside leg forward and inside leg underneath you toward the front edge of the machine. Legs will be crossed. Push hips toward the machine. Keep shoulders back.

**Should Feel it in:** Legs, Glutes



### Squat to Right Leg Balance

**Description:** With feet wide apart, sit back into squat position. Balance on one foot. Keep weight evenly distributed and abdominals activated, with hips parallel to the floor.

**Should Feel it in:** Legs



### Squat to Left Leg Balance

**Description:** With feet wide apart, sit back into squat position. Balance on one foot. Keep weight evenly distributed and abdominals activated, with hips parallel to the floor.

**Should Feel it in:** Legs

