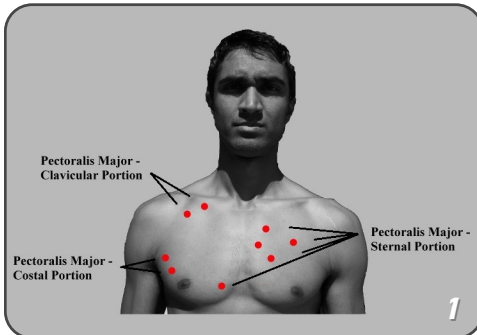


THE PECTORALIS PRESS

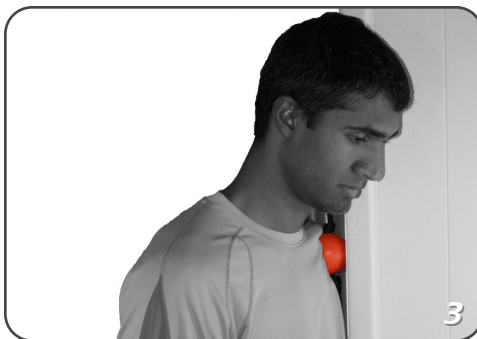
Featuring "The Ball"



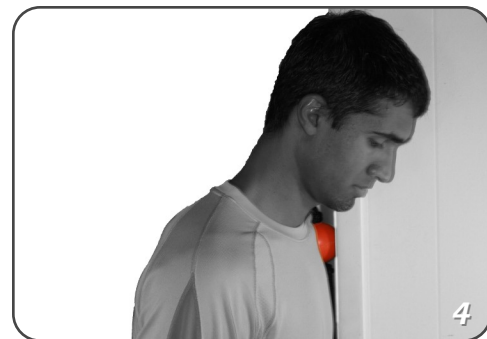
1. LOCATE— There are many trigger points in the pectoralis group. Work one at a time with the Ball. Interestingly, some shoulder, arm and back pain is caused by these trigger points.



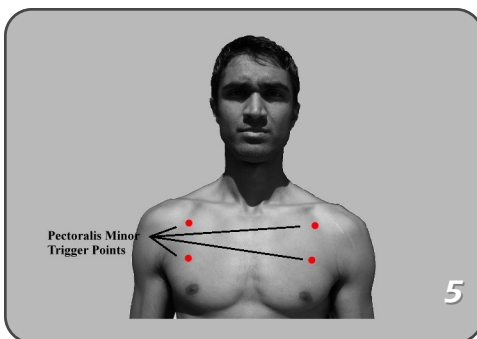
2. PIN—Stand next to wall and pin the Ball against the wall using your chest. I prefer to work near a corner. It allows me to address each pectoralis trigger points from multiple angles.



3. ROCK—To get greater effect when releasing these trigger points, you will want to slightly rock back and forth over each point. Do this for 20-30 seconds.



4. HOLD—Lean into the Ball for deeper massage to the trigger point. Hold for 20-30 seconds when working with stubborn trigger points.



5. REPEAT— Remember to breathe through the points, as they can be painful. The above points are pectoralis minor trigger points which may also need work.

BENEFITS

- ☺ Relieve chest pain
- ☺ Treat pain down inner portion of arm
- ☺ Fix rounded shoulders forward posture
- ☺ Treats a type of heart arrhythmia
- ☺ Relax chest for easier breathing
- ☺ Prevent injury
- ☺ Provide relief from numbness and tingling in 4th and 5th fingers