

1 UPPER BACK



The Total Muscle Massage Bar features unique massage balls on a bar, which enables better versatility. You can help another person in releasing tension and strain with this tool.

Roll the massage bar into the trapezius muscle and/or on the shoulders. The individual massage balls allow for targeting specific areas to ensure bones are avoided; whereas when rolling against muscles, the bar is versatile to allow you to gauge your own pressure and press deeper or lighter where needed. The textured nubs and ribs of the massage bar spread out pressure to work out knots and lactic acid more effectively, so massage is made more productive.

2 LOWER BACK



The lower back is susceptible to strains, from lifting heavy objects to sudden movement.

Grasp the handles and push the bar against your lower back. The shape of the massage bar accommodates the back muscles, so they receive more stimulation and relief.

Muscle performance in the lower back area is dependent on the composition of the hips and lower ribs as well. Roll from the upper part of your hips all the way up to your rib cage.

3 HIP FLEXOR



The hip flexor connects the pelvis to the legs, and coordinates many lower body movements. Both exercising and massaging enhance the hip flexor for better flexibility.

The hip flexor is located deeper in the upper sides of the pelvis. Aim the massage bar on the thigh and roll upwards into the deepest joint at the root of your thigh. The massage bar is designed to hug your curves and you can adjust the massage bar position to reach the hip flexor.

4 IT BAND



Prehab and rehab for the IT band can be easy. Roll the massage bar thoroughly from the lower regions of your outer thighs all the way up to your hips. This motion enhances blood circulation. Gauge the pressure to ensure massage is most effective.

5 QUADRICEPS



The quadriceps are important for agile performance in sports. Massage is effective and easy by rolling the massage bar against the quads. This motion enhances blood circulation, as you massage from the limbs towards the heart – this is the direction of blood flow.

6 HAMSTRINGS



The hamstrings are difficult to reach for self-massage. The Total Muscle Massage Bar offers an easy solution to target the hamstrings.

Put the massage bar behind your thigh. Press the massage bar against your thigh and roll upwards toward the heart. The massage bar is designed to hug your curves and you can adjust the massage bar position for the best comfort level.

7 SHIN



The shin often sustains pressure from running, training on hard surfaces, and many sports with intensive use of the tibia. Roll the massage bar from the lower outer calf towards the knee. Press and hold the bar against stiff spots without movement for more than 30 seconds.

8 CALF



The calf can benefit from an even distributed massage with a larger roller. The Total Muscle Massage Bar can achieve this easily.

Roll the massage bar from the ankles to the knees. Press and hold the bar against stiff spots without movement for more than 30 seconds, then proceed to massage the muscle further.

9 THE SPIRIT TCR TOTAL MUSCLE MASSAGE BAR



This product features six individual massage balls, designed to accommodate curves and to hit all areas of the body. A bar is placed through the massage balls to enable rolling, and individually work through knots for most efficient massage possible. The comfortable grip handles are easy to use. Made of eco-friendly materials.

Specs and Features

- Size: 48cm L x 45mm dia.
- Material: PP/TPR/Steel (rod)

Everyone deserves the best care for their tired muscles and a massage therapist sounds like just the ticket. If you are not one of the lucky people who has a personal massage therapist with them 24/7 then your best option has to be a portable device that can work the same way.

The Spirit TCR Total Muscle Massage Bar is your travel friendly personal massage therapist that works just as effectively yet without the strain on your budget. Whether it's your neck, back, glutes, hamstrings, quadriceps, calf muscles, IT band, shins or anywhere else this is the bar for you. 6 Individual knot relieving compartments allow for the ultimate massage and optimum recovery.

So go ahead, run a marathon, have a killer workout at the gym, get back out there for the first time in years...we have you covered and will get you back ready for action before you know it.

Spirit TCR

Spirit Training, Conditioning and Rehab (Spirit TCR) enables a unique crossover between sporting goods, fitness, yoga and rehabilitation. Enjoy the benefits from a versatile spectrum of applications to meet your personal goals no matter what they are. Utilizing nothing but the safest and most premium materials Spirit TCR cuts no corners to ensure the best and safest products possible.

Spirit TCR's mission has been to develop an integrated system that will influence a decrease in national health care cost while increasing the nation's health status through a comprehensive network which provides: product, education and rewards for documented compliance and adherence to systematically designed health management and maintenance programs.

Precautions and Care

- Use extreme caution when using this product.
- Use this product only as described and for purpose recommended by Spirit TCR.
- Consult your physician before starting any exercise program.
- Not for use by Children under the age of 12.
- This product is not a toy.
- If this product has any damage please report immediately to the manufacturer. Information is provided on www.spirittcr.com
- Keep this product clean. Wipe down with antibacterial wipe after each use.
- Store in a safe place away from damaging objects.
- Store away from children or anyone who may misuse this product.
- Keep away from heat sources.
- If any damage does occur please report immediately to the manufacturer and DO NOT at anytime try to repair or make changes to this product