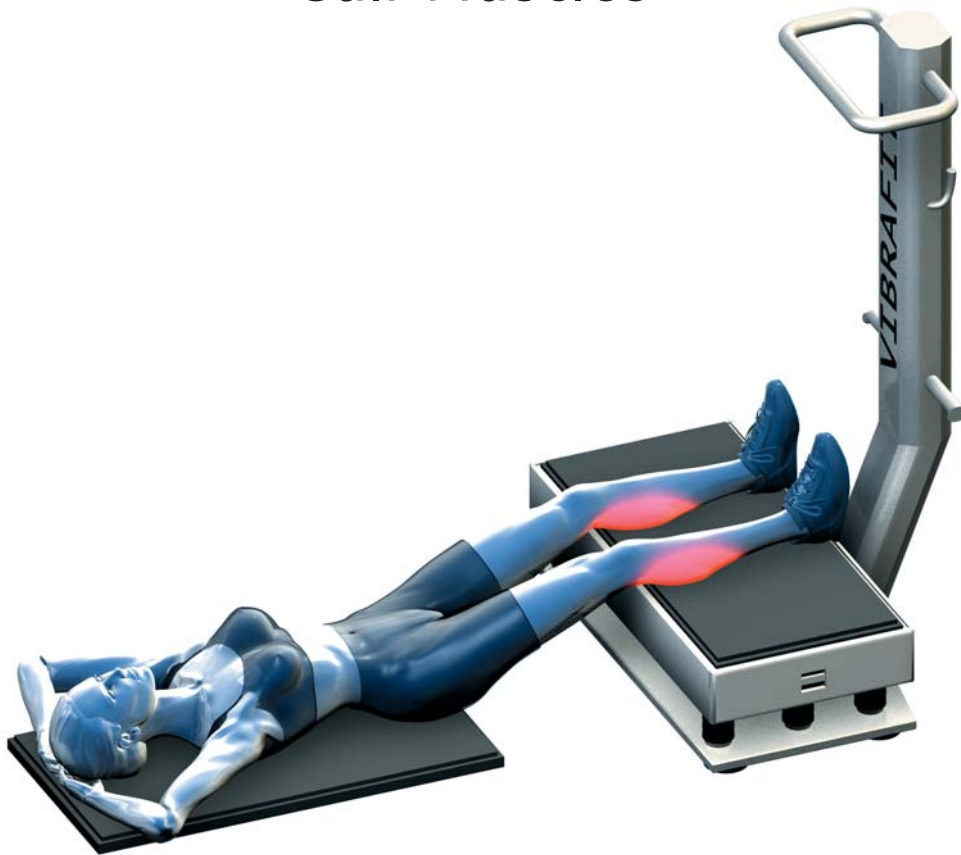


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Calf Muscles

Massage

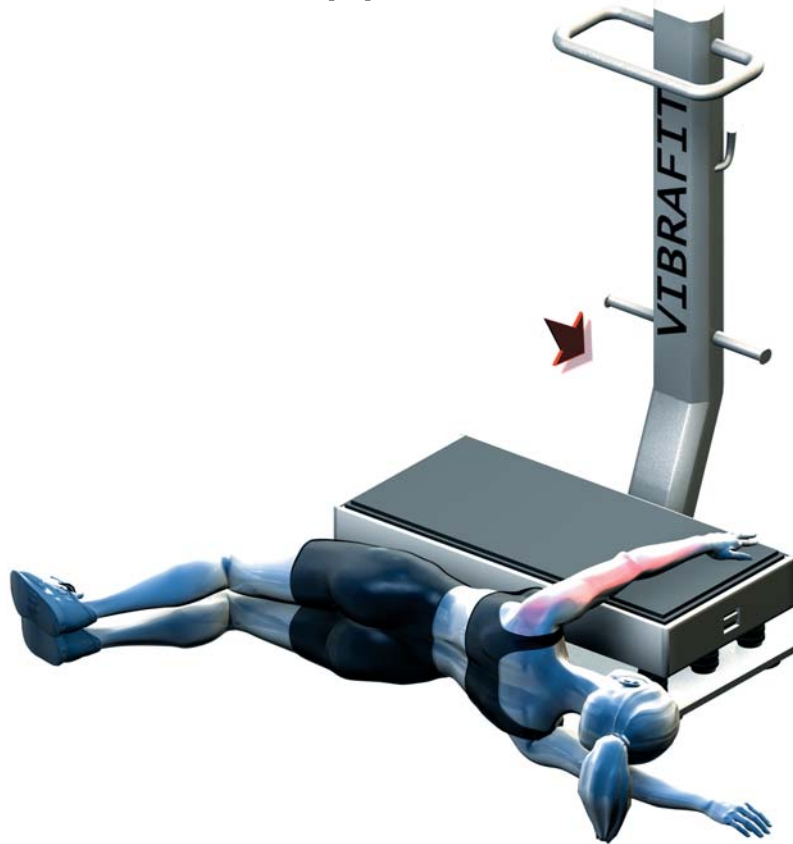


- Position: Relaxed reclining position in front of platform, calves resting on platform
- Posture: Relaxed, toes pointing towards ceiling
- Muscles: Calves
- Variations: Turn calf muscles to left and right

28

Upper arm

Massage



- Position: Reclining on side in front of platform, body should not contact platform, knees slightly bent, lay mat over edge towards body
- Posture: Lay whole arm on platform
- Muscles: Arm lying on platform
- Variations: Change sides

29

Thighs, front

Massage



- Position: Lay mat in front of unit, thighs on platform up to hips, support body weight on arms on mat
- Posture: Back straight, belly muscles tense, lower thighs slightly flexed
- Muscles: Front thigh muscles
- Variations: Turn leg-stretching muscles to left and right

30

Inner thigh

Massage



- Position: Lie on mat in front of unit, body does not contact platform, bend leg at knee and lay thigh on platform
- Posture: Lower leg slightly bent
- Muscles: Inner thigh
- Variations: Change sides

31

Outer thigh

Massage



- Position: Lie on side with thigh resting on platform up to hip, knees bent, support upper body with arm
- Posture: Back straight, do not allow to drop downwards
- Muscles: Outer thigh, calf muscles
- Variations: Change sides, lay upper body on step

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Rear thigh

Massage



- Position: Lie with thighs on platform, support upper body with arms
- Posture: Back straight
- Muscles: Rear thigh muscles
- Variations: Lay upper body on step