

Features:

- Ergonomic Design
- Neoprene Grip Pads
- Steel Ball-Bearings
- Outstanding Smooth Rolling
- High Density EVA Foam Rollers
- Contoured to minimize spinal contact

www.BackBaller.com

The BackBaller is the brainchild of Noel Marshall, as an experienced inventor & former national middle distance athlete (who endured too much frustration from injury) Noel became obsessed in the design of a rolling device to target the back area effectively.

Don't just Roll when you ache –

Roll consistently. Regular massage of your muscle groups using the BackBaller acts to:

- 1) Improve flexibility & joint range of motion
- 2) Accelerate recovery from training
- 3) Increase tissue pliability
- 4) Diminish aches & pains



"The brilliance of the BackBaller is its simplicity yet effectiveness. It's just so good."

- Sonia O'Sullivan



The Baller Program

The BackBaller® is specifically designed to self-treat muscles in your upper & lower back. Due to the stability & control offered it goes beyond & is now the foremost product to knead out all muscle groups. For optimum benefit follow our 20min program regularly & unlock the door to your athletic potential.

1 Back 2min



6 Quad 1min x 2



2 Lower Back 2min



7 Groin 1min x 2



3 Upper Back 2min



8 IT Band 1min x 2



4 Glute 1min x 2



9 Calf 1min x 2



5 Hamstring 1min x 2



10 Shin 1min x 2



DISCLAIMER: This product is intended for healthy, active adults with general knowledge of massage techniques. Important: Any individual who may be pregnant, has a pace-maker, suffers from diabetes, phlebitis and/or thrombosis, is at an increased risk of developing blood clots, or who has pins/screws/artificial joints or other medical devices implanted in his/her body should consult with a physician before using a massaging device. The information including opinions and recommendations, contained on product labels and backballer.com website is for educational purposes only. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition. Muscle Ballers Ltd. wholly disclaims responsibility for any and all adverse effects or consequences resulting directly or indirectly from the use or misuse of Muscle Ballers products. Please consult your physician when therapeutic massage may be contraindicated. Muscle Ballers Ltd. is not responsible for economic loss; profit loss; or special, indirect or consequential damages, including without limitation, losses or damages arising from physical injury to user occurring while user is following the guidelines within the product.



Thank You!

"Congratulations on your BackBaller purchase. If you've any questions, issues or suggestions please get in touch: noel@backballer.com Thank you!"

Noel Marshall



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Inventor:
Noel Marshall



Recovery is key!



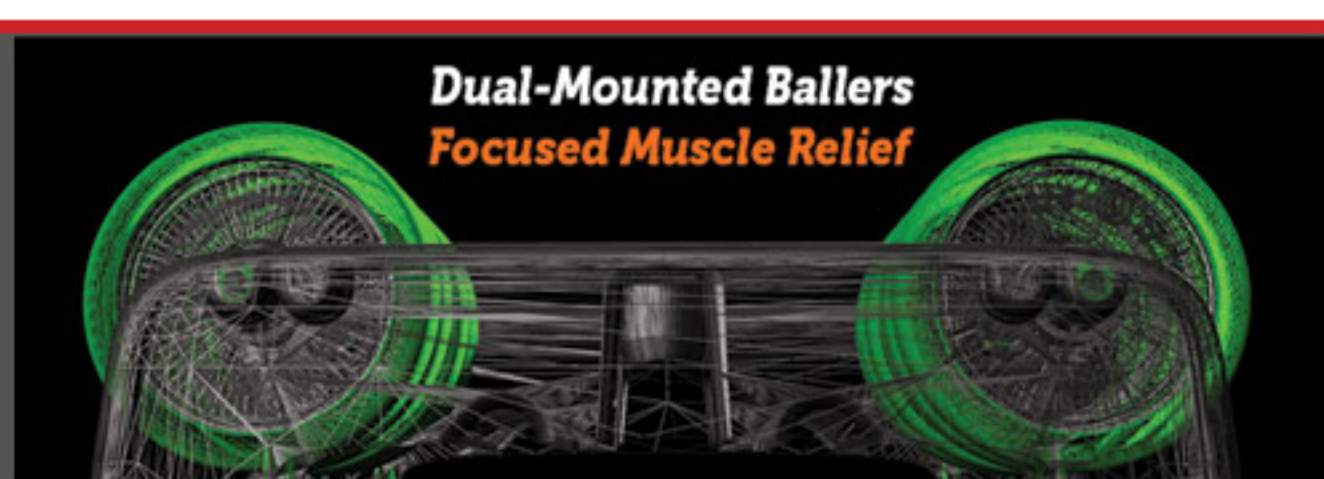
The whole sporting world has come to realise the tremendous benefit of kneading out tight muscle via the foam roller. The Baller now takes this to the next level, it puts you in total control over the force applied in an unprecedented secure and comfortable manner.



"What's great about the BackBaller is that you are using your own body weight to apply the forces needed to normalise the muscle tissue in a very controlled and stable manner, which is the key when self-treating your back muscles."

- Gerard Hartmann

Renowned Physical Therapist Gerard Hartmann collaborated in the development of the BackBaller.



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