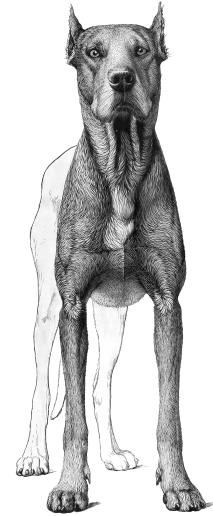
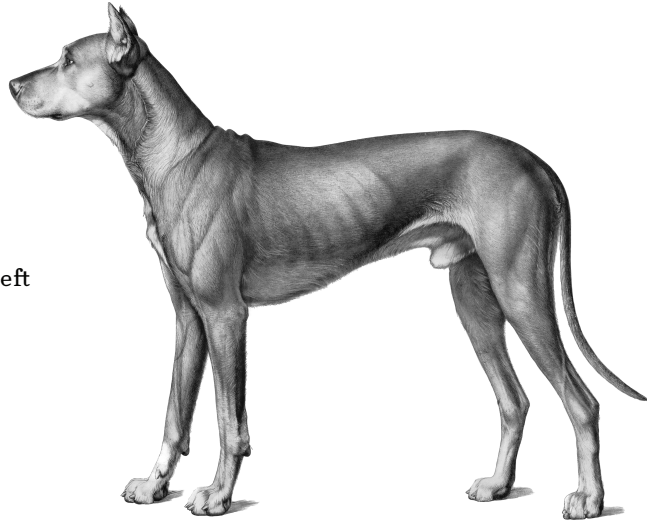


Right

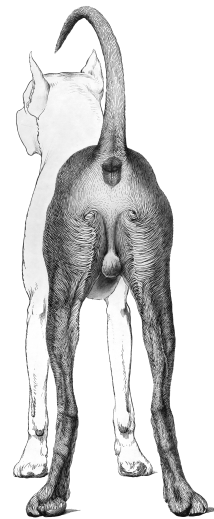


Right

Left



Left



Right

Left

**Muscles & massage frequency.**

REMEMBER TO HAVE A LIGHT TOUCH.

#PER DAY	REPS	LOCATIONS:
		<b>Cervical</b> neck
		<b>Triceps</b> back of the front legs above the elbow
		<b>Quadriceps</b> front of thigh on the back leg above the knee
		<b>Spine</b> either side of the vertebrae
		<b>Pectoral muscles</b> chest muscles in between the front legs

**Additional notes :**

