



THE ACUMOBILITY BALL

Neck mobility 	Upper back 	Mid Back 	Low Back 
Upper Traps against a doorframe 	Triceps (2 ball) 	Forearm 	Quads 
Psoas 	Hamstring 	Calf 	Tib anterior 
Foot 	Lats 	Posterior Shoulder 	Pec against a doorframe 