MYBIOMECHANICS • QUICK START

LOWER BACK FEELING TIGHT?

Try these **3 spots** with a **$2 ball.** Go slow. Use gentle pressure.



01 / FEET

Start at the bottom.

Roll under your foot from heel to toes for 30–60 seconds per side.



02 / OUTER HIP

Find a tender spot.

Place the ball in the meaty outer hip. Shift slowly, 20–30 seconds per side.



03 / GLUTE

Release the tension.

Set the ball under your glute and gently roll around, 30–60 seconds per side.

MYBIOMECHANICS · Keep pressure comfortable. Avoid sharp pain, tingling or numbness. This is a comfort drill, not a cure.