

Happy Muscles!



Knot Buster Knotty Tiger® Knotty Tiger® Jr.

General Instructions — How to Roll

1. Apply pressure on your muscles with your Knotty Tiger.
2. Relaxing your muscles during this process will help you massage the "belly" of the muscle.
3. You are the judge of how much pressure to apply. Strive for a "good hurt"- from 5-7 on a scale of 1-10. "Grimacing" with pressure can be described as that "hurts so good" feeling. It's not unusual for people to laugh and/or get really serious when applying this type of pressure on a muscle knot. This is usually where we see the best success.
4. Always follow muscle paths. Massage each muscle group 15- 30 seconds. With each pass, gently press deeper into the muscle. Avoid massaging directly over bones.
5. Using Tiger Tail products 2-3 times a day may help speed healing. Over the course of time, knots should become smaller or disappear completely.
6. Minor discomfort or tenderness may be experienced when passing over muscle knots. To minimize knots, apply 15 - 30 seconds of firm, constant, focused strokes.

Upper Extremity



Upper Traps

___ reps ___ sets
___x /day ___x /week



Neck

___ reps ___ sets
___x /day ___x /week



Shoulder

___ reps ___ sets
___x /day ___x /week



Upper Back

___ reps ___ sets
___x /day ___x /week



Lower Back

___ reps ___ sets
___x /day ___x /week



Pecs

___ reps ___ sets
___x /day ___x /week



Biceps

___ reps ___ sets
___x /day ___x /week



Forearms

___ reps ___ sets
___x /day ___x /week



Lower Extremity



Quads

___ reps ___ sets
___x /day ___x /week



Inside of Knee

___ reps ___ sets
___x /day ___x /week



Shins

___ reps ___ sets
___x /day ___x /week



Feet

___ reps ___ sets
___x /day ___x /week

