



**MASSAGE**

**MOBILITY**

**CO-ORDINATION**

### BASIC

🕒 5 - 10 minutes

Stand in a slightly lunging stance with slightly bent knees in front of both the massage disks. Put one hand on the right disk and one on the left disk. The elbows are pointed downwards. Rotate the disks with light pressure in the same or in opposite directions. Let your body swing in time with the motion. The hands slide over the “knobs”, which increases the massage effect. Change the direction of movement frequently.

As an additional variant, stand sideways at a right angle to a massage disk, and rotate the disk with one hand in a circle backwards. Change the direction of rotation and change side.

### INTERMEDIATE

🕒 5 - 10 minutes

Rotate both disks in a circle in the same direction. Bend the knees slightly when rotating your hands downwards, and stretch your body again when you rotate your hands upwards again.

### ADVANCED

🕒 1 - 5 minutes

Increase your distance from the massage disks by taking small steps backwards. Carry out the circular movements as described for “BASIC”. Feel the tension in your whole body.