



Jim Konstantis

FOAM ROLLER EXERCISES

<http://www.youtube.com/playlist?list=PLD22A4C02015C3560&feature=plcp>

TENNIS BALL MASSAGE

Lower Back

<http://www.youtube.com/watch?v=6uhRgaaojaw&feature=related>

Upper back

<http://www.youtube.com/watch?v=gycdbzLc970&feature=relmfu>



SWISS BALL EXERCISES

<http://www.youtube.com/playlist?list=PL43791CE46593A1C0&feature=plcp>

NECK STRETCHES

Front of Neck (Scalenes)

<http://www.youtube.com/watch?v=59Pgz9pISd0>

<http://www.youtube.com/watch?v=SzDPTBV7mNA>

