


CELLULITE REDUCTION

CELLULITE CONDITIONING

C01-Calves Massage 1




	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	40
Amplitude	L	H	H
Repetitions	1	1	2
Execution	passive	passive	passive

PROCEDURE
Lay on your back with calves on the plate

COACHING KEYS
Cross one leg over the other for deeper massage

"YOU SHOULD FEEL..."
Calves

C03-Quadriceps Massage 2




	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	40
Amplitude	L	H	H
Repetitions	1	1	2
Execution	passive	passive	passive

PROCEDURE
Start in prone position with front of thighs on the plate

COACHING KEYS
Slowly flex knee for more emphasis on lower quad; upper body should be off the plate

"YOU SHOULD FEEL..."
Quadriceps

C04-Adductor Massage 3




	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	40
Amplitude	L	H	H
Repetitions	1	1	2
Execution	passive	passive	passive

PROCEDURE
Place inner thigh on plate with opposite leg resting on the floor

COACHING KEYS
Use step if more comfortable

"YOU SHOULD FEEL..."
Inner Thigh

C05-Abductor Massage 4




	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	40
Amplitude	L	H	H
Repetitions	1	1	2
Execution	passive	passive	passive

PROCEDURE
Lay sideways on plate with knees bent and elbow resting on floor

COACHING KEYS
Rotate body to emphasize different areas of legs and hips

"YOU SHOULD FEEL..."
Outer Thigh

C06-Hamstring Massage 5



	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	40
Amplitude	L	H	H
Repetitions	1	1	2
Execution	passive	passive	passive

PROCEDURE
Place hamstrings and calves on the plate and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and Calves