

**Spec**

Height: 10 inches (=24cm)

Width: 16 inches (= 40cm)

Length: 20 inches (= 50cm)

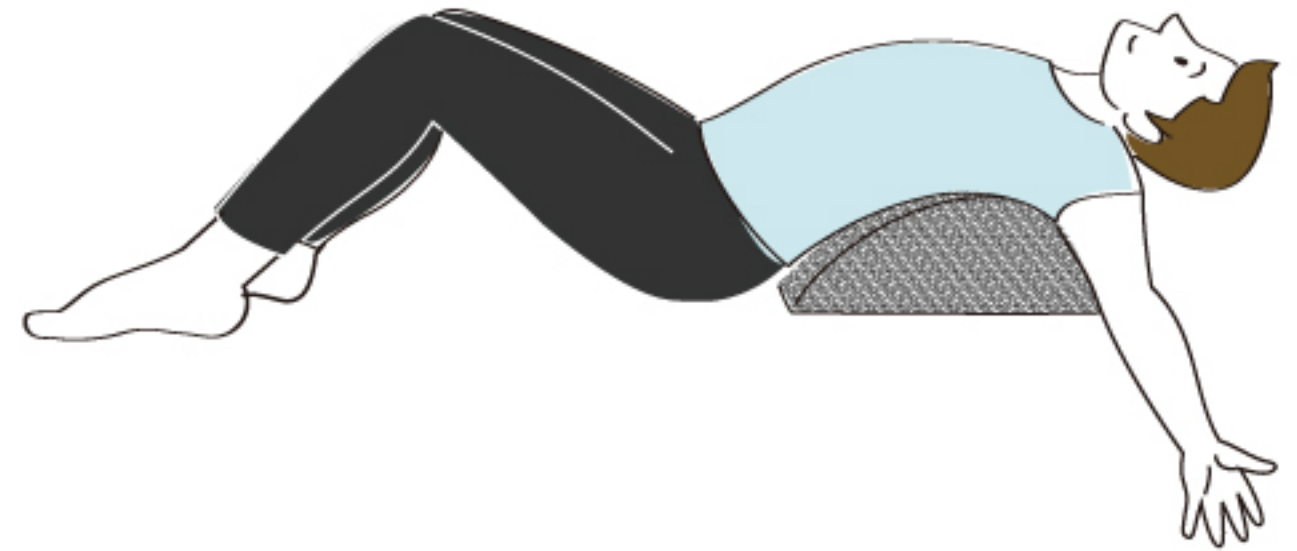
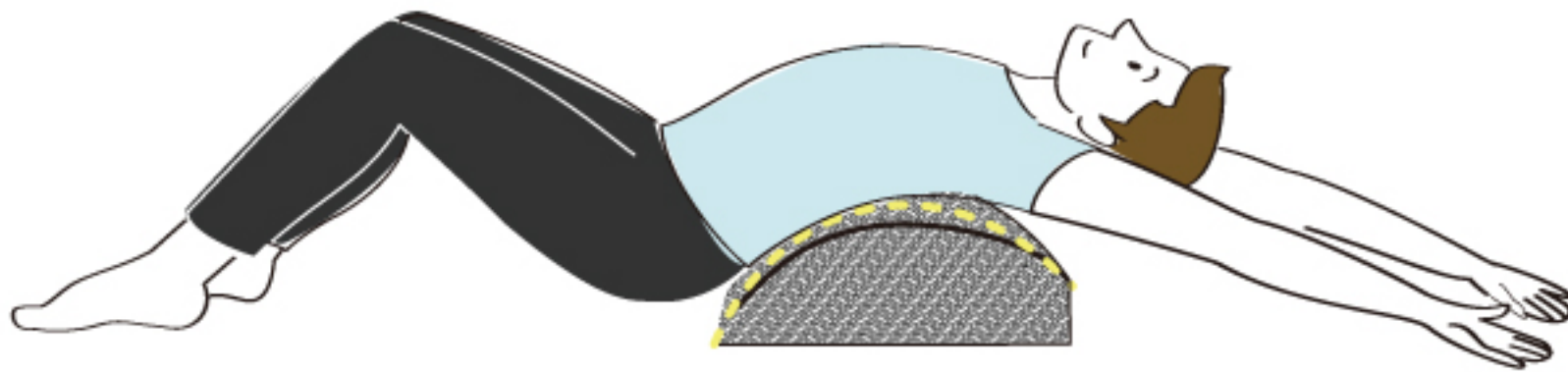
4.2 lbs (= 1.9kg)

Made in Japan

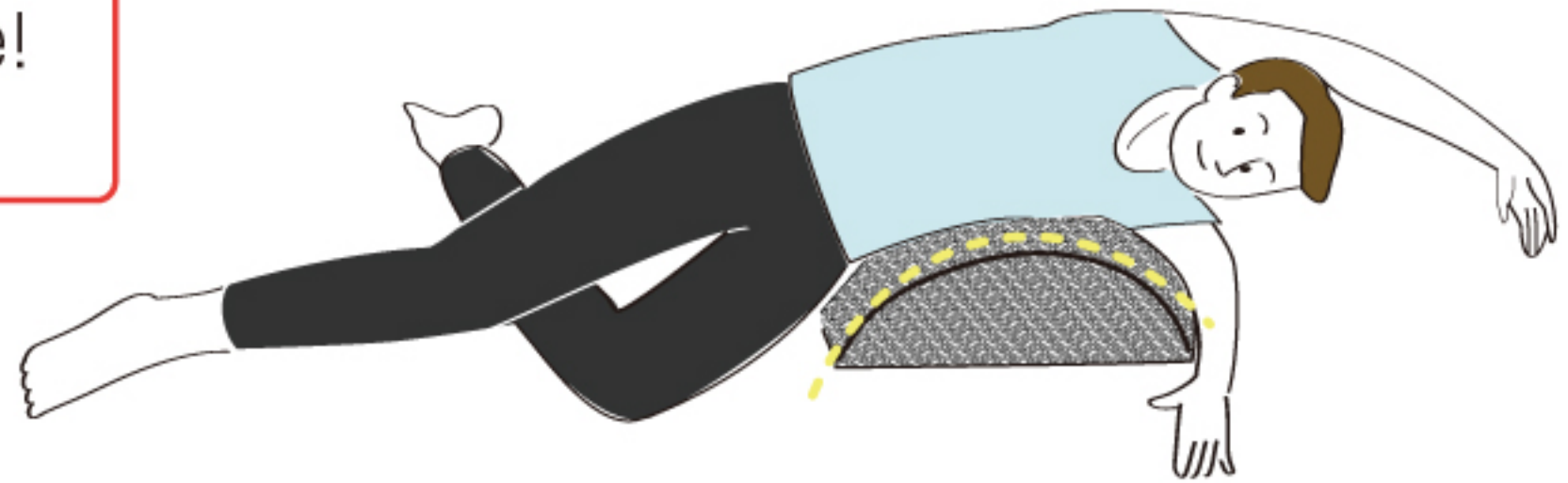
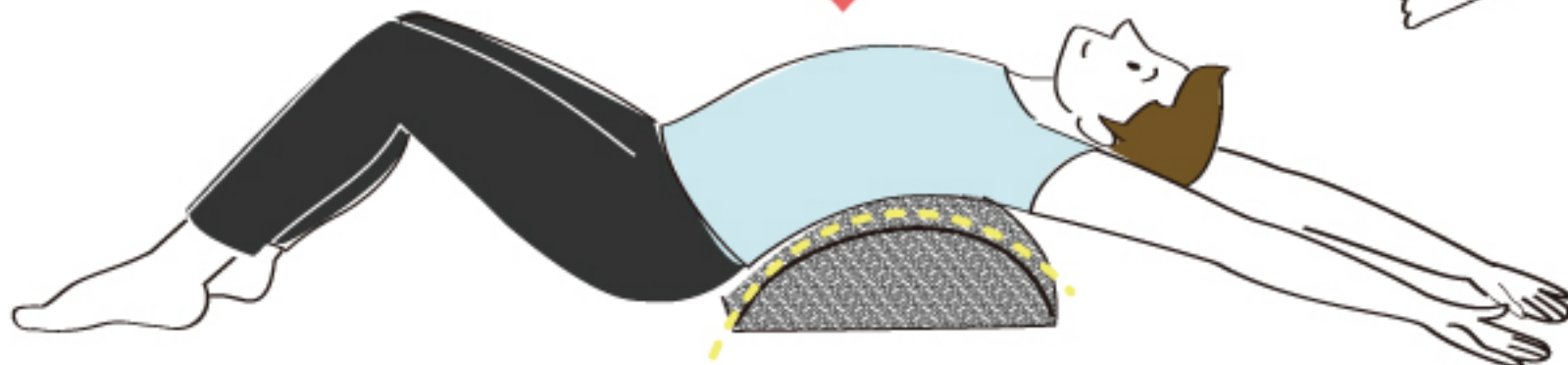
# THORACIC MOBILITY

THORACIC SPINE

CHEST



Each side has different angle!  
Make use of it!



OBLIQUES



## Mini-Ball x FlexBarrel® (Arch)



Stretch while being conscious of the movement of the thoracic spine and thorax!

## Full-Body Stretch



Watch Video!

"The abdominals, latissimus dorsi, and the area around the shoulders stretch adequately. The hunched body opens up, and the back muscles extend."



Can Be Used for **Hip Thrust** too!



Watch our video

[www.flexcushion.com/hipthrust/](http://www.flexcushion.com/hipthrust/)

