

SPRI TIGER TAIL®

RELIEVE SORE MUSCLES

- Speeds Muscle Recovery
- Reduces Cramping & Fatigue
- Relieves Muscle Soreness

Rolling Hand-Held Muscle Massager

Recommended and used by doctors, chiropractors, physical therapists, personal trainers, professional athletes and thousands of people just like you!



Forearm Front



Forearm Back



Triceps



Biceps



Calves



Hamstrings



Glutes



Quads



IT Bands



Feet



Lower Back



Upper Back



Shoulder (Solo)



Shoulder (Buddy)



Thumb Tool



Neck

SPRI Tiger Tail turns sore muscles into happy muscles — FAST!

- Muscle-friendly, easy-to-use massage tool
- Helps muscle recovery
- Consistent distribution of pressure
- Cushioned foam cover spins smoothly
- Saves fingers and hands from fatigue
- Closed-cell, non-porous, zero rubber/latex, non-deteriorating, non-absorbing foam
- Easy to clean with antibacterial gel/spray
- Take it anywhere: portable/easy to pack
- Firm design won't bend — apply as little or as much pressure as needed
- Made in USA; patent pending

Just Say No

- No muscle torture
- No hard, cold plastic or wood
- No spindles, balls, beads or gaps
- No pinched skin, no pulled-out hair
- No breaking or bending out of shape



SPRI Tiger Tail 18"

SPRI Tiger Tail To-Go

Use the Tiger Tail all the time!

- Pre-activity/workout: Roll to help warm up muscles and help prepare muscles for activity. Simply roll each muscle group 15-30 seconds.
- During activity/workout: Roll to help relieve cramps, aches, soreness and tightness.
- Post-activity/workout: Total body roll and rubdown to help muscle recovery, as well as prevent aches, soreness and discomfort.

General Instructions:

- Apply pressure with both hands. For best results, try to relax your muscles when using the SPRI Tiger Tail. This allows you to massage into the core of the muscle. To relax your leg, remove weight by sitting down or elevating your leg on a chair, step, bench, etc.
- You are always the best judge of how much pressure to apply, but a "good sore hurt" is what you should strive for. This "good sore hurt" means the feeling is uncomfortable but not painful.
- Always follow muscle paths. Roll gently over bones such as the spine, shoulder blades, collarbone, shin bones, etc.
- It typically takes 10-20 rolls or 10-20 seconds over each muscle group to warm up healthy muscles. To be most effective, it is best to progressively press deeper into the muscle area with each roll.
- Tender "knots" in the muscle can prevent full range of motion, while causing aches, discomfort and early muscle fatigue. These tender muscle knots come in various sizes, like a pin head, pea or marble.

General Instructions: (Continued)

- When passing over a muscle knot, minor discomfort or tenderness may be experienced. The SPRI Tiger Tail may help with releasing the knot or cramp. To minimize a muscle knot, we recommend 3 sets of 10 seconds of firm, constant, focused rolls on the muscle knot with light but firm rolling over the larger muscle in between the 10 second sets. Remember: Mild discomfort, not painful.
- Re-occurring or stubborn muscle knots often need additional attention. Slowly and gradually work the SPRI Tiger Tail deeper into the muscle to work out the muscle knot. Using the SPRI Tiger Tail 2-3 times a day may help. Over the course of time, muscle knots should get smaller or go away completely.
- The handles at each end of the SPRI Tiger Tail feature built-in muscle knot release tools we call "Thumb Tools" (see photo), offering the firmness and density of the human thumb. The SPRI Tiger Tail Thumb Tool saves thumb, finger and hand fatigue. Use the Thumb Tool to work muscle knots in difficult-to-reach spots or in areas you may otherwise have difficulty applying pressure.

Before beginning this or any other exercise program, you should always consult with your doctor or physician.