

For Immediate Release

Albuquerque, NM (Pitch Engine) December 6, 2011 [Upward Motion Personal Training](#) is excited and very proud to announce they are now offering the TP Massage Ball fitness product. Massage balls have been around since the beginning of time starting with leather bags stuffed with feathers back in ancient times. Massage balls since then have come a long, long way. They are designed now to last for several years and they are made with excellent material with extra care taken to sew the ball with industrial sewing machines with top of the line sewing material. Personal trainers in Albuquerque and particularly at Upward Motion Personal Training are proponents of the use of massage balls because when a client is sore workouts are not as enjoyable and clients can become discouraged. Proper regular use of a massage ball help workout enthusiasts manage all the various minor aches and pains that come with staying fit and healthy. The TP Massage Ball now offered by Albuquerque personal trainer studio Upward Motion Personal Training is great for the neck, calves, piriformis, chest, back and shoulders. The TP Massage Ball is used as follows:

- Apply pressure with the ball by using the floor, wall, or any hard surface to stabilize the movement of the ball
- To attain deep muscle massage the ball has to remain still for 5 to 7 seconds
- After 5 to 7 seconds the ball will change shape to fit that area of the body
- Once the ball has stabilized users need to move the ball side to side or in circle on that area of the body to massage it to feel better

Massage in most any form is good for the human body. If you cannot afford a massage therapist this is one option you can seek out to give yourself a massage and start feeling better from your minor aches and pains.

About Upward Motion Personal Training

Upward Motion Personal Training is a personal trainer studio offering customized personal training workout programs, small group training classes, Women's Butt and Gut Classes, Piloxing classes, and Upward Motion Personal Training's Y.E.S. To Success Program. The company's workout studio is located at 336 Adams St SE, Albuquerque, NM 87108

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