

# Travel Balls

## Users Guide

### Body Parts

- Hips
- Back

### Body Positions

- Seated in cars, trains, planes

The hard 2" foam balls are the perfect size and strength for car, train and airplane seats. Plus, they are small enough to keep in your carry-on bag or in your glove box. Since we spend so much time sitting in cars, trains, busses, and airplanes, it's a perfect opportunity to release any tightness you are feeling. You can sit on them, or put them between your back/shoulders and the back of the seat.

