

Man Rolls Down Concrete Stairs As A Massage



Li, 51, loves massages! He loves to start everyday with a full body massage. Sounds perfectly normal right? Well, Li doesn't get a massage from a masseuse. Nope. He has an unusual way to get a massage.

He rolls down 30 concrete steps! When he gets to the bottom, he rolls back up to the top!

Li claims that rolling down concrete stairs gives him the best, most thorough full body massage.

Li used to go to a spa which had a 'rock massage'. You just roll over rocks to get your massage. One morning, Li was at a park and wanted a massage. He couldn't find any rocks to roll on, so he decided to try the stairs. To his surprise it really worked!

Li hasn't had a single injury, not even a bruise. He is a marathon runner so he has quite a strong body and he's been practicing the massage for a very long time.

Li never recommends this massage to anyone. After all, you can be seriously injured rolling down stairs!

(Note from Jellybean Scoop - Don't try this! Seriously! You might break bones, lose teeth, get cuts & scars, get BRAIN DAMAGE ... and be smelly for the rest of your life! Well maybe not that one, but don't do it.)