

ROLLER & MASSAGE TOOLS



TRIGGERPOINT GRID STK FOAM ROLLER
\$49.95

This multi-functional handheld massage tool can be used seated or standing to roll, release, and relieve minor aches and pains. The AcuGRIP® handles allow user-controlled pressure for a comfortable massage, and can be used to anchor on tight spots for acupressure relief.



TRIGGERPOINT STK CONTOUR ROLLER
\$49.95

The flexible STK Contour™ muscle roller stick wraps around and compresses muscles while rolling to increase circulation, speed up recovery, and improve mobility.



TRIGGERPOINT STK SLEEK
\$49.95

Handheld Foam Roller features a portable & slim design. The unique Acura Surface design grips the skin while rolling, to help channel oxygen and blood flow to the tissue for enhanced muscle recovery. Slim grip ergonomic handles provide easy leverage and pressure control for users to target tight muscle aches and pains. The STK Sleek can be used at home or on-the-go, to roll through tight muscles and knots in soft tissue that can restrict movement and mobility.



TRIGGERPOINT GRID 1.0 FOAM ROLLER
\$49.95

The GRID® Foam Roller is the original hollow core roller, features a patented multi-density foam surface that delivers firm compression like a sports massage while channelling blood and oxygen needed to repair muscles. The GRID® Foam Roller is used to release muscle pain and tightness, improve mobility, increase circulation.



KINTEC ORANGE MASSAGE BALL
\$12.95

This amazing little ball uses stimulating knobs to help relieve foot discomfort and improve foot circulation. Simply roll the ball under your foot while seated or standing to massage away knots or trouble spots in your foot. You control the depth of the massage and the amount of pressure on your foot.



TUNE UP ALPHA BALL
\$26.95

At a sizable 3.5" in diameter, the Alpha Ball provides a massive amount of sheer and grip. Use it against the wall and roll along the chest, shoulders and scapula, or go deep into your QL, low back & hips. Its soft top layer and dense inner core allows you to roll over and around bony prominences.



CALF STRETCHER
\$44.95

A Calf Stretcher is a tool used to stretch your lower leg muscles with ease and efficiency. Improve flexibility and range of motion; help treat plantar fasciitis, shin splints, tight calves and achilles tendonitis. Stretching is important to help you reduce the risk of injury before and after you work out.

The design of the calf stretcher holds your foot in the most optimal position for stretching, providing a correct and efficient stretch that works your lower leg muscles more effectively than stretching alone.