



TRIGGERPOINT



MOBIPOINT 490.-

MobiPoint® Massage Ball

Weight: 1.8 ounces



2 inches
(5 cm)

Foot



Hand



Raised tips stimulate circulation
and blood flow

Material grips tissue as you roll



GRID CAPS 490.-

GRID Caps & Strap®

- ✦ Easy-to-open caps create storage inside the roller; press firmly when applying for a snug fit securing all personal items
- ✦ Adjustable strap makes your hollow core foam roller comfortable to carry over your shoulder
- ✦ Compatible with only TriggerPoint hollow core foam rollers including GRID®, GRID® 2.0, GRID X®, CHARGE™ and CARBON™ Foam Rollers
- ✦ Measures 5 inches in diameter x 3 inches in height and weighs 1 pound
- ✦ Backed by 1 year limited warranty



HANDHELD 690.- MESSAGE BALL

Handheld Massage Ball



- ✦ The Handheld Massage Ball provides an easy self-massage for pain relief resulting from tight and tired muscles
- ✦ Features an easy-to-grip ergonomic handle allowing the handheld massage roller to fit comfortably in your hands
- ✦ Non-friction ball glides smoothly over bare skin and clothing for an effective massage without resistance
- ✦ Firmly press the button on the top of handle to stop the ball from rolling creating cross friction massage for added relief
- ✦ Measures 3 inches x 3 inches and weighs 0.5 pounds making it conveniently portable
- ✦ Backed by a one-year limited manufacturer's warranty





MB5 1,390.-

MB5® Massage Ball



MB5
firm
5 inches



MB1
firm
2.5 inches



MBX
extra firm
2.5 inches

MB1 790.-

MB1® Massage Ball



MBX 990.-

MBX® Massage Ball



Weight: 5.8 ounces

5 inches
(12.7 cm)

Quad



Pec



Shoulder



Hip

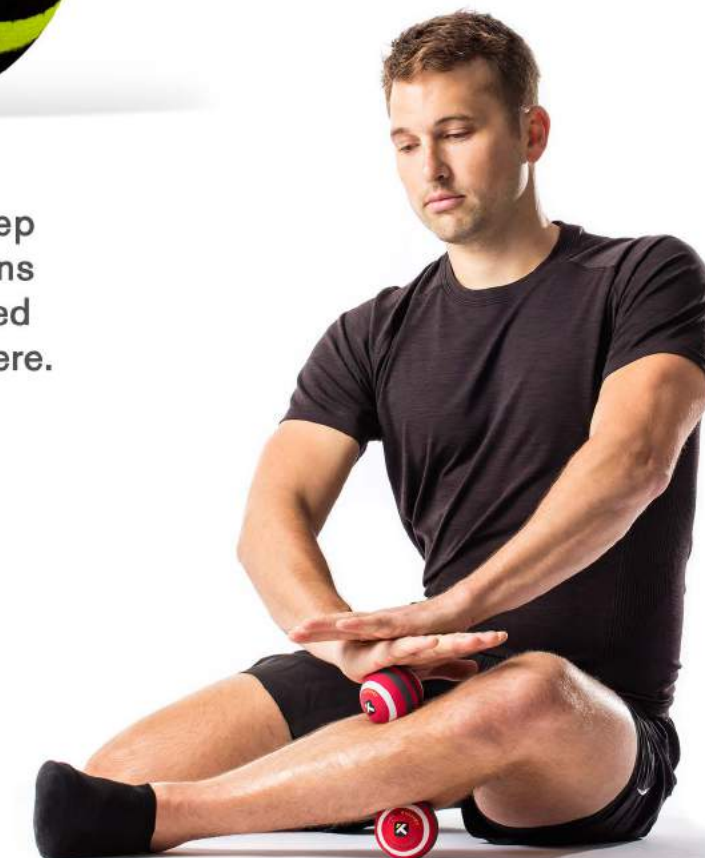


5" ball targets tight muscles in hips and shoulders

Slip resistant and easy to clean foam material

The MB1® Massage Ball provides direct deep tissue compression for fast relief of aches, pains and muscle fatigue in small areas. It can be used on any surface, so you can roll anytime, anywhere.

- Ideal for targeting small muscles such as calves, piriformis, and pecs
- Encourages blood and oxygen flow to enhance overall movement, range of motion and performance
- Foam surface is easier to clean and more hygienic than cloth
- 2.6-inch diameter, 1.2 ounces
- Backed by 1 year manufacturer's warranty



Twice as firm as original MB1 for targeted deep tissue release
Slip resistant and easy to clean foam material



TP MASSAGE BALL 700.-

TRIGGERPOINT® Massage Ball



Hard-to-reach body areas can be massaged with the Trigger Point Massage Ball. Use the floor, wall or a hard surface to exert pressure on the massage ball to stabilize the ball on the muscle.

The Trigger Point Massage Ball is suitable for the whole body, at any place, any time and any time.

Differences between the Factor Ball and the Massage Ball:

Massage Ball:

- Smaller
- Softer
- Similar to the pressure of a thumb

Factor Ball:

- Bigger
- Firmer
- Remains the same shape
- Similar to the pressure of a forearm



CLOSED

Lock for use on muscles near the spine

OPEN

Extend to target the larger muscles of the back

MB2 1,390.-

MB2 Roller®



Weight: 3.8 ounces

CLOSED



2.5 inches
(6.4 cm)

5 inches (12.7 cm)

OPEN



2.5 inches
(6.4 cm)

6.5 inches (16.5 cm)

Slip resistant and easy to clean
foam material
Lightweight and travel friendly



Lower Back



Upper Back

THE GRID BALL 1,290.-

GRID Ball®



Weight: 1.9 oz



5 inches
(12.7cm)

Moderate compression for
beginners or injury recovery
5" diameter ideal for
releasing tight hips and
shoulders



High & Firm
Like the finger tips



Tubular
Like the fingers



THE GRID X BALL 1,390.-

GRID X Ball®



EXTRA-FIRM

5-inch massage ball helps provide deep
tissue massage to help relieve sore
muscles and improve mobility



5 inches
(12.7cm)

FASTER RECOVERY

Can aid muscle recovery by increasing
the blood and oxygen flow to muscles

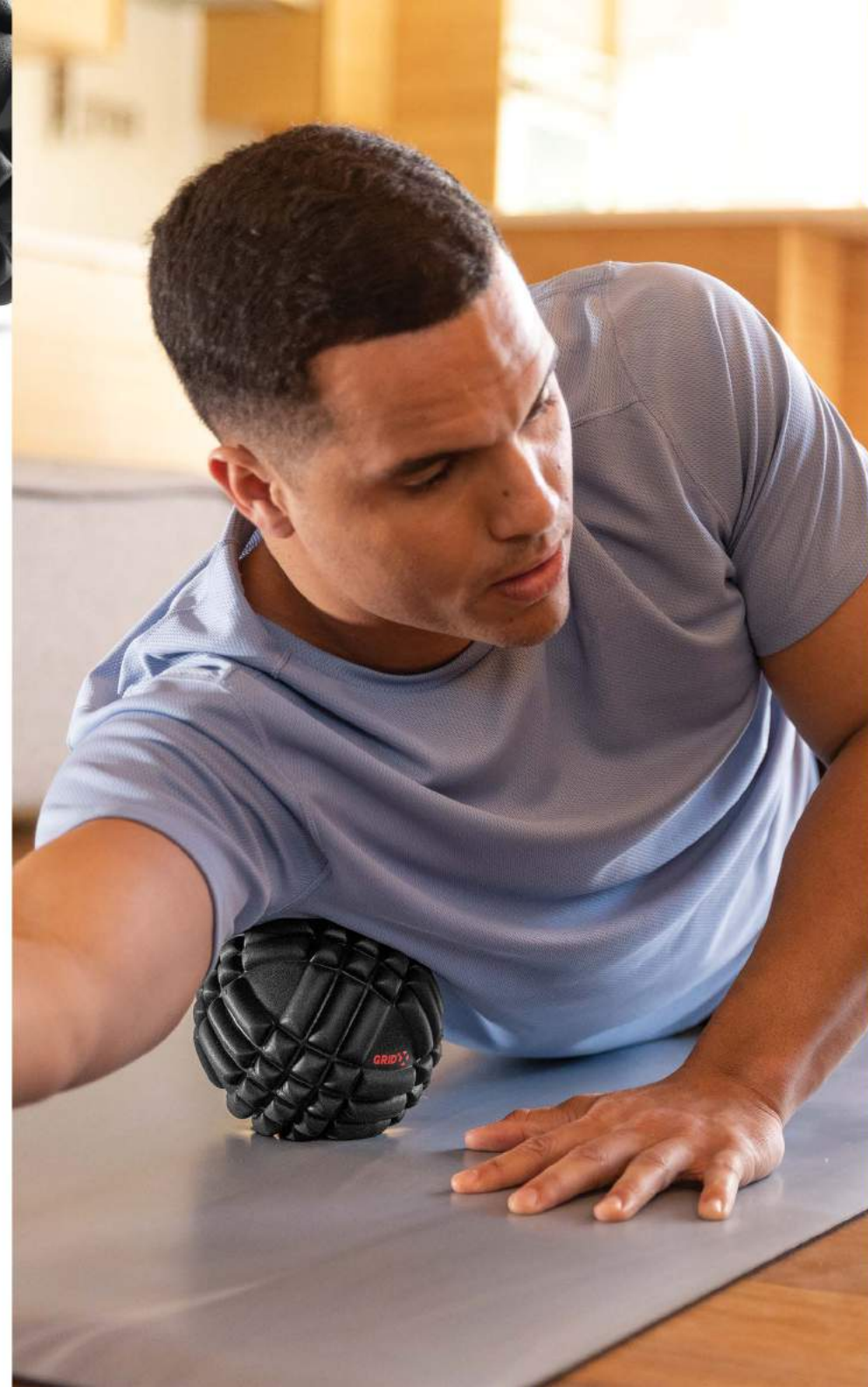


TRAVEL-FRIENDLY

Lightweight and portable for
travel or bringing to the gym

GRID PATTERN

Designed in ball form helps target
muscles in hard to reach places
such as shoulders, traps, and hips



NANO 1,390.-

NANO® Foot Roller



High & Firm
Like the finger tips



NANO X 1,390.-

NANO® X Foot Roller



Surface pattern mimics a
massage therapist's touch

Twice as firm as
original NANO

High & Firm
Like the finger tips



Forearm



Weight: 8 ounces (.23 kg)

Surface pattern mimics a
massage therapist's touch



6 inches
(16.5 cm)

2.75 inches
(7 cm)



Compact size for mobility on the go
Easy to use seated or standing
to relieve achy muscles



Weight: 8 ounces (.23 kg)



6 inches
(16.5 cm)

2.75 inches
(7 cm)



Foot



Compact size for mobility on the go
Easy to use seated or standing
to relieve achy muscles



RELIEVES TENSION
Specifically designed to relieve tension in feet and forearms

TRAVEL-FRIENDLY
Ultra-compact multi-density EVA foam roller to use anywhere

ROLLER WHEELS
Polyurethane roller wheels provide grip and control for use while seated or standing

TP NANO LTE 990.-

VIBRATION TO TARGET MUSCLES



Ultra-compact massage foam roller to help relieve muscle tension in the feet and forearms.

The NANO® LTE can aid with improving mobility and help speed up recovery time by increasing the blood and oxygen flow to your feet and forearms through daily use.



Travel friendly, the ultra-compact multi-density EVA NANO® LTE can be used anywhere.



Polyurethane roller wheels provide grip and control for use while seated or standing.



Roller is compact and fits in most bags.



TP NANO VIBE 2,790.-

VIBRATION TO TARGET MUSCLES

Measures 7.5" in length and 2.25" in diameter, with a 245-pound weight capacity



Ultra-compact 7.5" foam roller with vibration to target feet and hands



Three vibration settings



Patented GRID® pattern replicates massage therapist's hands



Three vibration settings provide a range of intensity



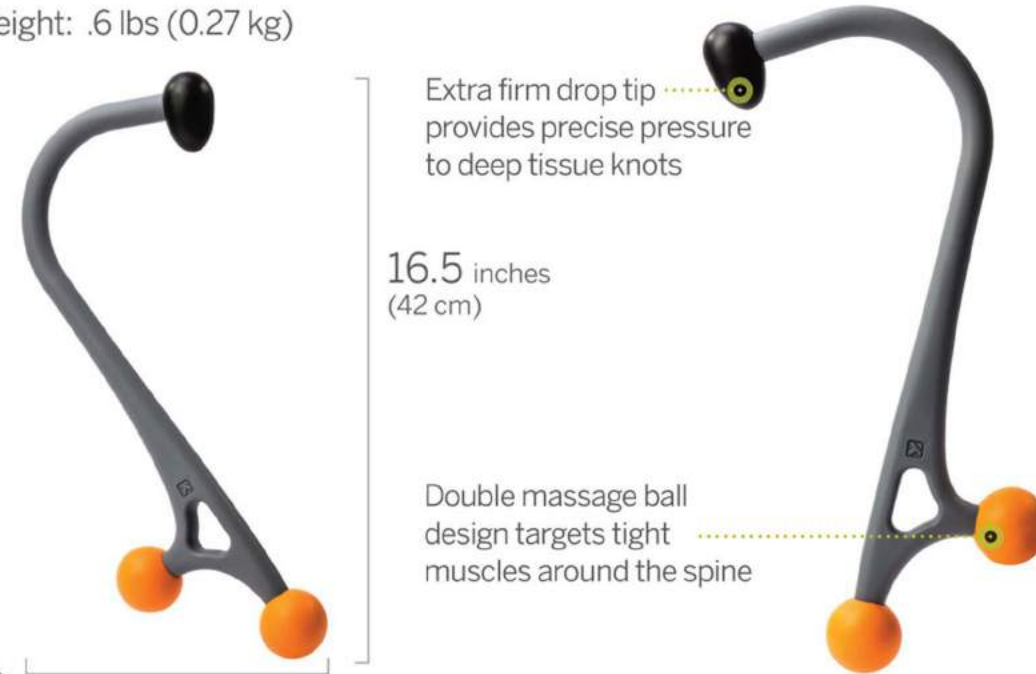
Cordless and rechargeable for up to 3 hours of power



ACUCURVE CANE 1,390.-

AcuCurve Cane

Weight: .6 lbs (0.27 kg)



Extra firm drop tip provides precise pressure to deep tissue knots

16.5 inches
(42 cm)

Double massage ball design targets tight muscles around the spine

7 inches (18 cm)

Trap



T-spine



Foot



Calf



STK TARGET 1,190.-

Deep tissue massage easy



Ergonomic handles provide a comfortable grip for controlled pressure

15 inches



8 independent deep tissue penetrating wheels for superior massage



AcuGRIP® surface grips the skin for enhanced massage

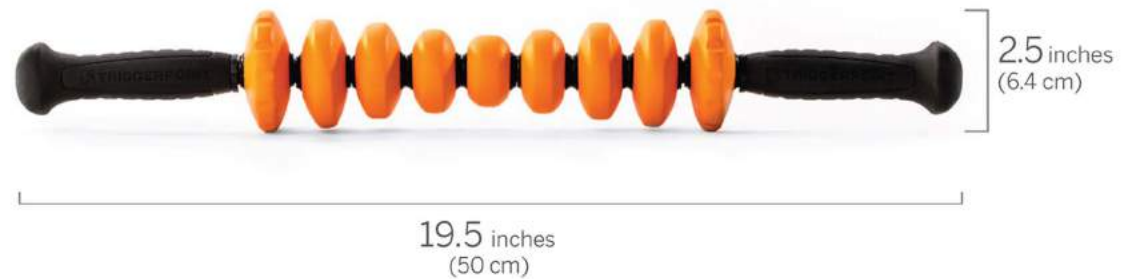




THE GRID STK CONTOUR 1,790.-

STK Contour™

Weight: .75 lb (.34 kg)



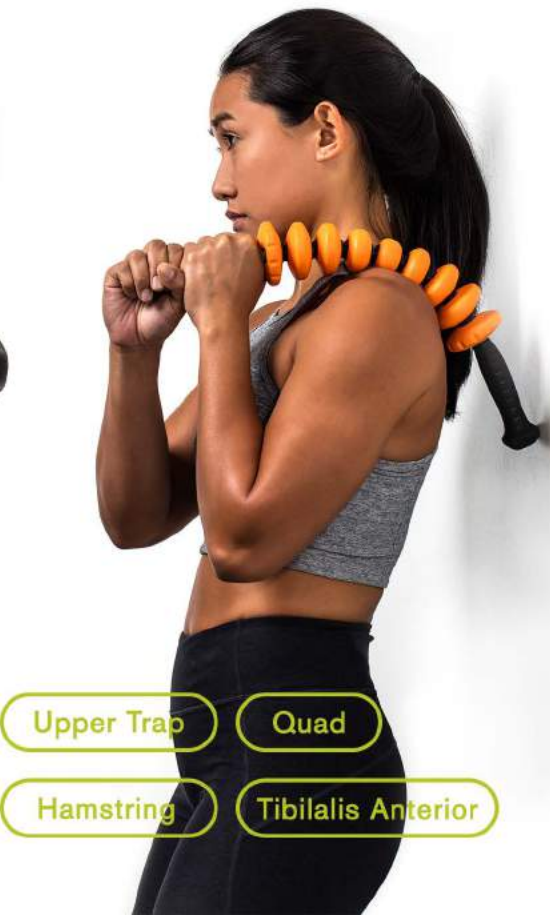
Contour Technology

Flexible design wraps around muscle as you roll

Foam surface comfortably compresses to release discomfort and tightness

Ergo handle

Slim handle to easily grip and leverage pressure on tight muscles



THE GRID STK 1,790.-

GRID STK® Foam Roller



Weight: 1 lb (.45 kg)



AcuGRIP handle

Provides direct compression for targeted massage

GRID pattern feels like a massage therapist's hand

High & Firm

Like the finger tips



Tubular

Like the fingers



THE GRID STK - X 1,990.-

GRID STK® X Foam Roller



Weight: 1 lb (.45 kg)



GRID pattern feels like a massage therapist's hand

Twice as firm as original STK

High & Firm

Like the finger tips



Tubular

Like the fingers



Rolling plus vibration helps to reduce the sensation of pain, relax tight muscles and improve flexibility

Designed with four vibration frequencies ideal for muscle relaxation and pain relief

GRID VIBE PLUSVIBE 5,390.-

VIBRATION TO TARGET MUSCLES



Weight: 2.5 lbs (1.2 kg)



12 inches (30 cm)

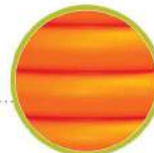
Designed to mirror a massage therapist's hand



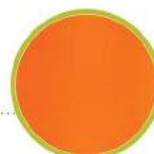
3.5 inches (9 cm)



High & Firm
Like the finger tips



Tubular
Like the fingers



Low & Flat
Like the palm

Quads



IT Band



Thoracic Spine



Lats



RUSH ROLLER 2,490.-

MASSAGE ROLLER



Textured foam roller with squeeze and stretch design shears muscles to promote range of motion.



High ridges with tiered muscle compression improve tissue elasticity.



13 inches



Hollow core design retains its shape after frequent use.



High quality EVA foam is easy to clean.



13-inch foam roller has a 500 pound weight limit



GRID® SURFACE

Replicates the feeling of a massage therapist's fingers to help relieve sore muscles and enhance recovery



PATENTED HOLLOW CORE

The GRID® retains its shape after repeated and frequent use

GRID TRAVEL 1,390.-

MASSAGE ROLLER



TRAVEL-FRIENDLY

10" length fits perfectly in most gym bags and luggage



DURABLE EVA FOAM

Designed firmer than traditional solid core foam rollers and easy to wipe clean



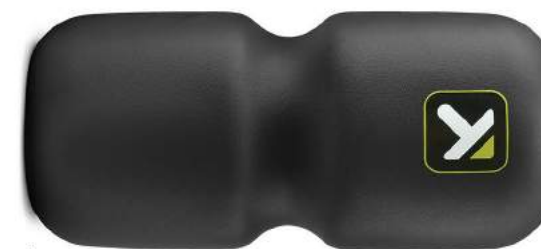
10 inches

CHANNEL ROLLER 2,490.-

MASSAGE ROLLER



- Designed to massage hard-to-reach areas that might be sensitive to the pressures of foam rolling
- Foam roller with unique recessed channel delivers direct compression while avoiding sensitive areas or targeting specific muscles.
- High and flat surface area provides even muscle compression.
- Specialty Level 3 foam roller designed for targeted compression.
- Patented hollow core design retains shape after frequent use.
- Easy-to-clean and sweat-resistant EVA foam surface.
- 13-inch foam roller is 5.9 inches in diameter with a 500-pound weight limit.
- Includes access to free online instructional video library on foam rolling education from the experts at TriggerPoint.



13 inches



Unique recessed channel delivers direct compression while targeting specific muscles.



Easy-to-clean and sweat resistant surface.



13-inch foam roller has a 500 pound weight limit.



Access to free online instructional video library.

CORE ROLLER MINI 12' 990.-

CORE Roller™



Moderate compression, designed to mirror a massage therapist's hand

High & Firm
Like the finger tips



Tubular
Like the fingers



Low & Flat
Like the palm



Lightweight and travel-friendly size
Weight: 5.9 oz

12 inches
(30.5cm)

4 inches (10 cm)



Calf



Upper Back



Lower Back



Lat



THE GRID X 1.0 2,290.-

GRID X® Foam Roller



Extra firm compression, designed to mirror a massage therapist's hand

High & Firm
Like the finger tips



Tubular
Like the fingers



Low & Flat
Like the palm



Weight: 1.5 lbs (0.65 kg)

13 inches
(33 cm)

5.5 inches (14 cm)





THE GRID 1.0 - 13' 1,890.-

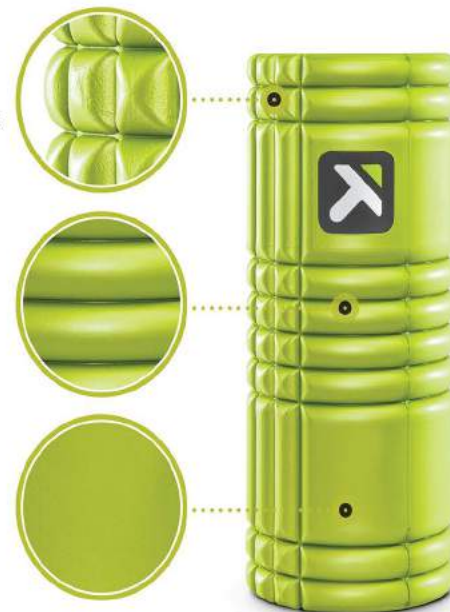


Firm compression, designed to mirror a massage therapist's hand

High & Firm
Like the finger tips

Tubular
Like the fingers

Low & Flat
Like the palm



Calf



Quad



Back



Lat



Weight: 1.5 lbs (0.65 kg)

5.5 inches (14 cm)

13 inches
(33 cm)





THE GRID 2.0 - 26' 3,590.-
GRID® 2.0 Foam Roller



ORANGE



PINK



BLACK

Designed to mirror a
massage therapist's hand

High & Firm
Like the finger tips



Tubular
Like the fingers



Low & Flat
Like the palm



Extra long length for more rolling area
Weight: 3 lbs (1.4 kg)



26 inches
(66 cm)

5.5 inches (14 cm)



Firm compression feels like a sports
massage
GRID pattern channels blood &
oxygen to repair muscles as you roll
Hollow core provides added durability



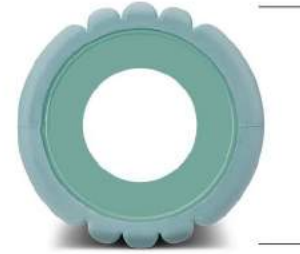


ECO GRID 1,500.-

FOAM ROLLER 1.0



Three-dimensional surface allows tissue to aerate while you roll, promoting the flow of blood and oxygen, the nutrients needed to repair muscles



5.5 inches



RECYCLED GRID 1,500.-

FOAM ROLLER 1.0



100%
Recycled
packaging

80

Recycled
materials



Proprietary DistroDensity® zones replicate the feeling of a massage therapist's hands



13 inches



BAMBOO



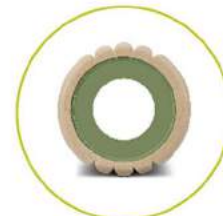
STRAW



RICE HUSKS



WOOD



Made with 30% renewable, biobased materials, in addition to EVA foam and a recycled plastic core



Comes in recyclable packaging



Sweat resistant, easy-to-clean surface



Superior construction won't break with repeated use



Made with 80% recycled materials



Comes in recyclable packaging



Sweat resistant, easy-to-clean surface



Superior construction won't break with repeated use



FOAM: 30% BIO FIBERS, 30% ETHYLENE VINYL ACETATE, 20% RECYCLED POLYETHYLENE, 20% POLYOLEFIN ELASTOMERS. CORE: 100% RECYCLED ACRYLONITRILE BUTADIENE STYRENE

TP MOBILITY MAT

FOAM ROLLING TRAINING

1,790.-



Exercise mat featuring recommended foam rolling exercises to assist with movement and mobility



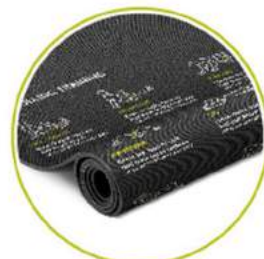
Intended to be used with TriggerPoint™ foam rollers and massage balls



Non-skid ridges so mat stays in place during movement



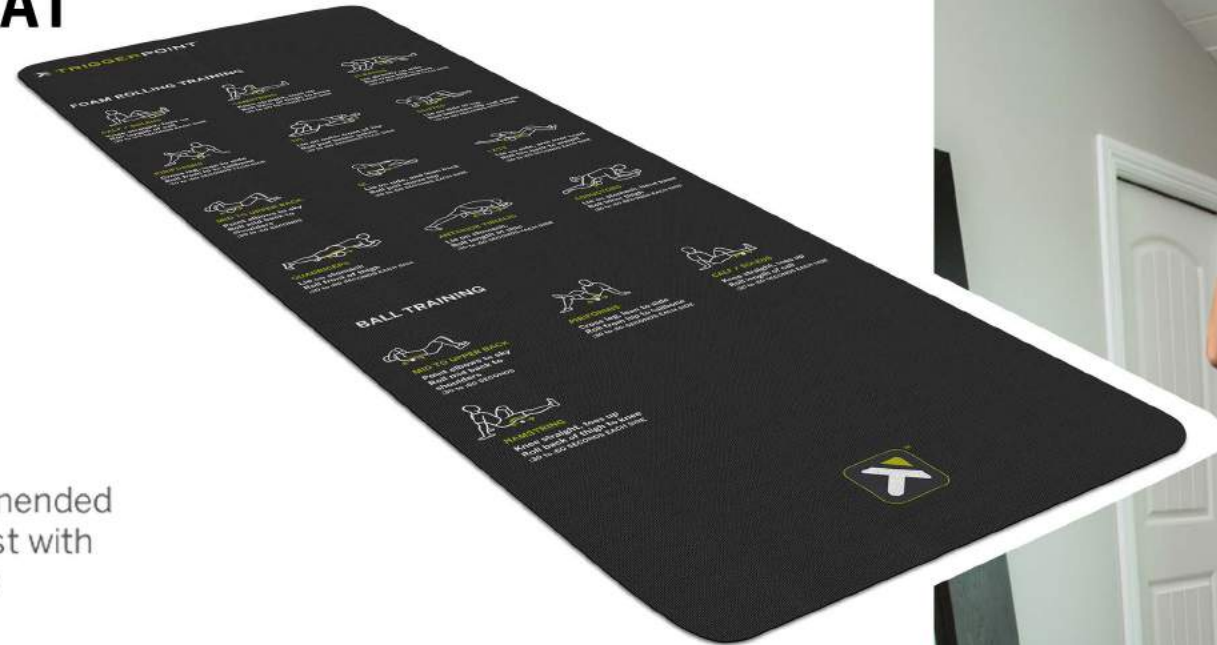
Textured, non-slip surface allows foam rollers to glide easily while hands and feet stay in place



Low-profile and easy to roll up and carry on-the-go



Measures 72 inches by 24 inches and 5mm thick



Made with 20% renewable, biobased materials, in addition to EVA foam



Comes in recyclable packaging



Sustainable material will hold up through repeated use



Can be used with TriggerPoint foam rollers and massage balls



Exercise mat used to assist with stretching, movement, and mobility



BAMBOO



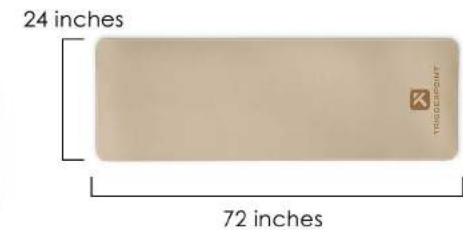
STRAW



RICE HUSKS



WOOD



ECO MAT

RECYCLABLE FOAM

2,390.-

Non-slip design
Helps you roll,
stretch, and

Sustainable material
Will hold up through
repeated use





Targeted compression and spine release

MB1 Massage Ball
.8 oz



Pec



Ball Sleeve
.4 oz



T-Spine



Release tightness in the lower leg

FootBaller
8.4 oz



Foot



Baller Block
9.4 oz



Soleus



TP WELLNESS KIT

TP Performance Collection

4,000.-

- TriggerPoint FootBaller™ to release tightness in the foot and lower leg
- TriggerPoint Baller Block™ to elevate the lower leg for deep tissue compression
- TriggerPoint QuadBaller™ to release tightness in large muscles like the quadriceps, hamstrings, and adductors
- Two MB1® Massage Balls to provide targeted compression to break up painful knots
- TP2 Ball Sleeve to couple two massage balls to release tightness and discomfort in the back
- Step-by-step instructions that guide you through easy-to-follow self massage techniques covering twelve areas of the body
- Backed by 1 year manufacturer's warranty





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