

## ROLLER & MASSAGE TOOLS



### ADDADAY TYPE C MASSAGE ROLLER

**\$49.95**

The C Roller has a patented design that offers a medium density massage with pinpoint precision gears that can target hard to reach areas like the Achilles, shin, shoulders and forearm. Skin Surface Technology allows the massage gears to accurately connect with the skin and fascia, rehydrating muscles and eliminating knots.



### ADDADAY PRO MASSAGE ROLLER

**\$59.95**

Three different gear types allow you to choose whether your massage feels soft or firm and it offers a pinpoint precision gear that targets hard to reach areas like the Achilles, shin, shoulders and forearm. The Pro Roller features a patented design that offers both soft and medium density Skin Surface Technology (SST), which allows the massage gears to accurately connect with the skin and fascia.



### 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.



### ADDADAY BOOMERANG

**\$59.95**

The Boomerang roller is flexible, which allows for it to contour around your body and massage hard to reach areas like the back and shoulders. The roller features 2 distinct gears that provide different levels of intensity.



### ADDADAY KNOT BAD CANE MASSAGER

**\$39.95**

Two hooks ergonomically wrap around your back, neck and shoulders, easily targeting specific areas to release myofascial trigger points and restricted tissue. The comfortable grip and five massage knob placements make self-massage easy.



### FITTER FIRST FOAM ROLLER

**\$39.95**

The Fitterfirst Classic Foam Roller is the ideal roller for anyone looking to incorporate foam rolling into their exercise routine. Foam rollers help improve flexibility and stability through myofascial release and increase core strength and stability.



### GO FIT 12" GO ROLLER

**\$36.95**

The short size and hollow construction is perfect for travel and on-the-go athletes. The UltraFin Core prevents flexing and breaking of the inner core, while holding up to 50% more weight than other hollow foam rollers. The exterior varying patterns allows blood to quickly flood the muscle through the foam channels and speed up recovery.

### 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

**\$19.95**



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 and hips. Its soft top layer and dense inner core allows you to roll over and around bony prominences.

### TRIGGERPOINT NANO FOOT ROLLER

**\$32.95**



The NANO® Foot Roller is designed to increase flexibility, relieve aches and pains, and target tension in the small muscles of the foot and forearm. The raised tips replicate the feeling of a massage therapist's fingertips to channel nutrients directly to the tissue and improve circulation.



### TRIGGERPOINT MB2 ROLLER

**\$32.95**

Designed with two settings to ease tight muscles and stiffness in the neck and back, the MB2 Roller® can support proper posture and upper back mobility.

### ADDADAY UNO ROLLER

**\$31.95**



Versatile and easy to use, the Uno roller can be adjusted to 3 different positions depending on your needs and features Surface Skin Technology that accurately connects with both the skin and fascia. The SST version featured on the Uno roller provides a medium feel massage and is great for self-massage on the back of the neck or all over the body.



### ADDADAY PEANUT MASSAGE ROLLER

**\$24.95**

Whether you roll on it, sit on it or lean against it, the Peanut can be used all over the body to relieve pain and stiffness. It is a massage roller that can be used on areas like the glutes, upper back, shoulder area and can even relieve plantar fasciitis pain when used on the bottom of the foot.

### ADDADAY TYPE J+ JUNIOR ROLLER

**\$25.95**



The Junior+ Roller, with soft density Surface Skin Technology (SST), is a lightweight versatile roller that works great for plantar fasciitis and hard to reach muscles. Designed to be held one handed or placed on the floor for plantar relief, this easily portable roller also works great for athletes on the go.



### ADDADAY TYPE M MARBLE ROLLER

**\$32.95**

Designed with convenience in mind, the Marble Roller is easy and comfortable to use with one hand and feels great all over the body. The marbles glide over your muscles to provide relief for tired, tense and sore muscles. We especially recommend its use on the neck, arms and hand area.

### ADDADAY TYPE S CALF STRETCHER

**\$49.95**



The ideal tool for runners, sprinters, jumpers or those suffering from calf tightness, the Stretcher delivers a hassle-free dynamic stretch. It features a wide footprint that is accommodating to everyone and is the perfect tool for those suffering from soft tissue issues like Achilles tendonitis, plantar fasciitis or shin splints.