

## How does the roller massage stick work?

Simply hold the two handles and roll the massage tool over affected areas applying as much pressure as you wish.

In so doing the self-massage stick simultaneously compresses and stretches the targeted muscles providing relief from soreness, increasing circulation and eradicating tension.

Pre workout use the massager to warm up muscles to prevent cramping, knots and stiffness during exercise. Post workout the roller stick will help promote the flow of blood and nutrients to tired muscles reduce pain and increase mobility and flexibility thus preventing injury.

## Why Choose the Trigger Point Massage Stick?

Manufactured to a high standard the massage stick is a versatile, easy-to-use product designed with portability, ergonomics and easy storage in mind.

The roller allows you to give yourself a therapeutic massage where and when you need it most.

The body massager features four independent easy-glide rollers on a stiff shaft for optimum pressure and precision and two sturdy ergonomically designed handles with a contoured grip for ease accuracy and control of movement whilst minimising any strain on your hands.

Includes free downloadable massage stick ebook and exercise videos available from the manufacturer's website and the colour box features instructional graphics to show how to use the trigger point massage sticks.

## Features

- The Trigger Point Massage Stick is an ingenious self-massage tool designed to target and penetrate specific muscles to help relieve aches and pains, boost circulation and eliminate uncomfortable knots and tightness both pre and post workout.
- The compact lightweight design makes this self-massaging roller easily portable, ideal for travel.
- Two easy grip handles ensure comfort and stability whilst using the massage stick.
- Four independent rollers move freely on a rigid shaft during use allowing you to apply significant pressure to the targeted trigger point areas.
- Suitable for use on quads calves legs thighs arms hamstrings Achilles neck and shoulders.

## Specification

Colour: Blue/ white

Box Dimensions: 47cm x 3.8cm x 3.8cm

Main Materials: PVC

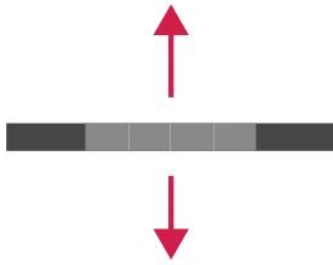
Includes: Free downloadable massage stick ebook and exercise videos

Product length: 46cm

Features: 4 independent rollers

Presented In: Colour Box

Packed Weight: 350g

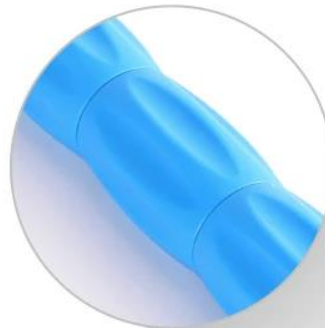


**MOVEMENT**

Forward and back  
anywhere along the  
length of the roller

Fixed comfortable  
grip handles

4 independant  
massage rollers



**Simply hold the two handles and roll the massage tool over  
affected areas applying a comfortable amount of pressure**