



Trigger Point The Grid 2.0 black



The Grid 2.0 with double length completely redefines the benchmark for foam rollers! - it is particularly suitable for use on the lower extremities, upper and lower back and for stabilization of the entire torso area.

CHF 79.00

Trigger Point Therapy focuses on specific muscle points on the body and works by relieving tension and connective tissue adhesions and stimulating blood circulation. These are caused by overuse or poor posture and the resulting lack of oxygen. Therapists treat the affected area with targeted, gentle pressure - a technique that is imitated with the help of Trigger Point products.

Trigger Point products also enable self-treatment, in which even hard-to-reach muscle groups can be precisely "triggered" using only the patient's own body weight and without the use of hands or assistants.

Back and joint complaints, which are often caused in everyday life by incorrect posture, are eliminated by the Trigger Point treatment.

Revolutionary is the idea to relax the muscle also five minutes **BEFORE** the load for the purpose of performance enhancement. A supposed contradiction? No, because the blood flow and supply of oxygen to the muscles has been proven to increase performance. And to relax after the workout, the Grid (see also "Facts and Figures") enables a regenerating massage.

The original and essential tool to massage the whole body. Any place, any time any where. When placed on the muscle to be massaged, the material softens after 5-7 seconds to make the massage as perfect as possible.

The Grid

The Grid is a foam roller consisting of a hard inner roller and a soft outer roller with a grid of indentations at different intervals. This structure mimics the physical characteristics of the human hand (finger - hand



- finger) and guarantees optimal treatment results. This revolutionary design allows you to change the intensity level simply by repositioning the grid. The hard inner roller even allows core workouts in which the grid is completely loaded. Massage and core training in one product!

Dimensions: width 66 cm, diameter 14 cm

Color: black