

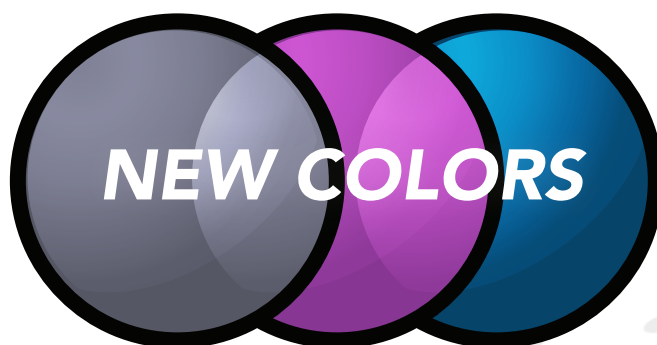


SELF-THERAPY TOOLS FOR THE **TOTAL ATHLETE**

Massage Blocks® were designed by an active cyclist to help relieve his own chronic low back strains. As the tools were introduced to doctors, therapists, trainers and athletes, eyes lit up; these tools just make sense.

Each form is built on a flat rubberized base that grips surfaces allowing you to experience a deeper targeted trigger point release. This stationary base allows you to isolate trigger points, providing the deep manual release you'd experience from a therapist. You control the position and pressure: place the tools against the wall for lighter pressure or move to the floor to greatly increase the intensity.

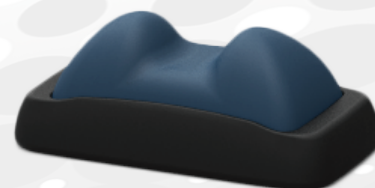
With tools specifically crafted for the tension headaches and lumbar tension, paired with the knot finders, athletes therapists and trainers are demonstrating the incredible versatility of these tools. While the recommended uses are amazingly effective, experts in mobility and trigger point therapy are continually showing us new ways they use the tools to improve mobility and relieve muscle tension.



Reactive Violete



Steel grey



Deep Ocean

Interested in **LEARNING MORE** VISIT **800.326.1972**
massageblocks.com

TwinBlockPro

The **TwinBlock** was initially designed to be used anywhere, however with the **TwinBlockPro** (includes **LargeBase**) you can also focus muscle tension from the base of the skull through the neck.



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- Works great to mobilize your shoulder function.
- Used while seated you can of relieve the rhomboids and traps.

BackKitPro

For tension proximal to the spine and just above the sacrum, use the specialized low back tools. These tools are designed to target muscles very close to the spine (*Erectors and Multifidus*).



2x LowBacktool & SmallBlock

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- For pain that originates away from spine and muscle groups that attach above and below the pelvic ridge (*Glutes and QL*) use the **SmallBlock**.
- Combine the 2x **LowBackTools** to inscrease the vairyety of tension relieve options.

BlockSetPro

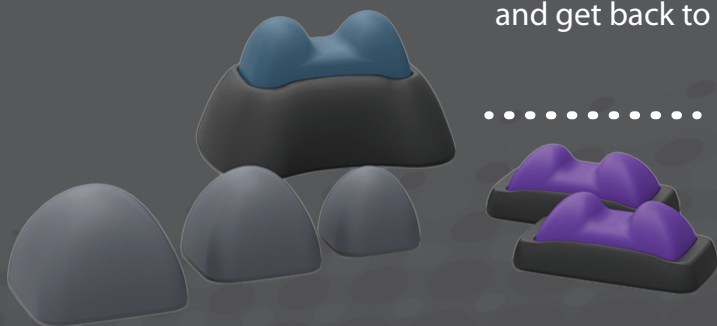
Our most versatile tools, the Knot Finders can be used to target nearly any muscle group that resides near the surface.



- Everything you can do with a ball and most things that can be done with a roller are better with the **MASSAGEBLOCKS**
- **MASSAGEBLOCKS** are portable and convenient. Something every serious athlete shouldn't be without.

CompleteSetPro

The complete set includes all the tools you'll need to release tight muscles and get back to your workout refreshed, recovered and ready to go!



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- Recover at home and on your own time. Be the total athlete, or simply use at your leisure to relieve tension from a stressful day.
- These tools work perfectly to carry in your gym bag, or to the office. **Order NOW!**