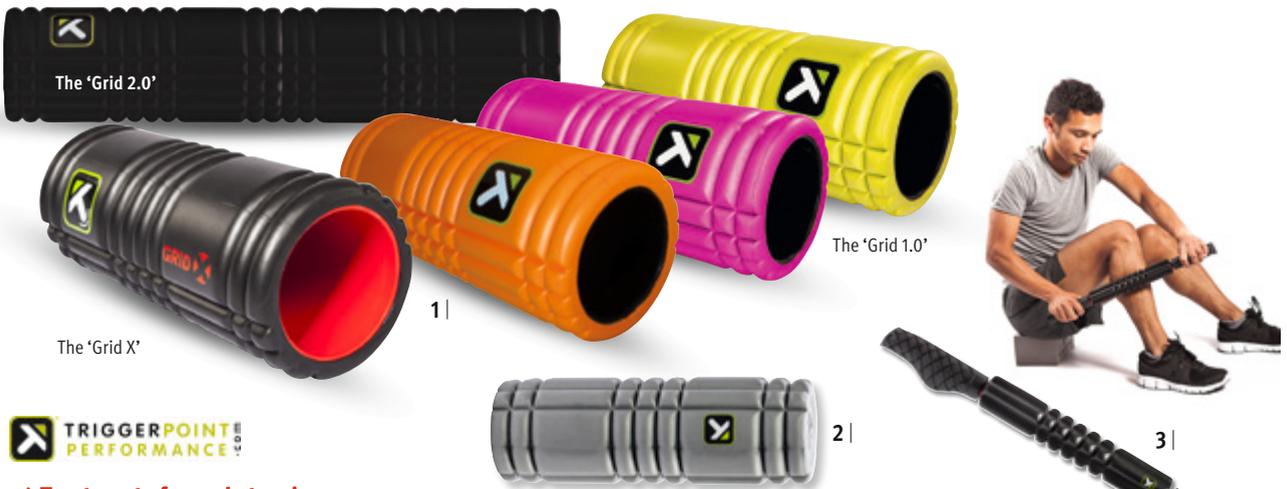


Fascia Training



- ✓ Treatment of muscle tension
- ✓ Also suitable for core training

1 | The 'Grid'

Foam roller with a hard internal and soft external reel. Ideal for self-massage, core training and 'trigger point' therapy. Even without the use of hands or another person, difficult-to-reach muscle groups can be 'triggered' precisely. The special surface texture imitates the physical reality of a hand and feels like a real massage. The hard inner part is also suitable for core workouts as the roll can take your entire body weight. With this product, tense muscles can be specifically targeted, and aches or imbalances can be permanently eliminated.

- The 'Grid 1.0'** (LxW: 33x13.5 cm, 700 g, pink, orange or lime) Each
- The 'Grid 2.0'** (LxW: 66x13.5 cm, 1,400 g, black) Each
- The 'Grid X'** (LxW: 33x13.5 cm, 700 g, black/red, extra-firm) Each
- 71 107 0705** The 'Grid 1.0' orange Each
- 71 107 0747** The 'Grid 1.0' lime Each
- 71 107 0763** The 'Grid 1.0' pink Each
- 71 107 0718** The 'Grid 2.0' black Each
- 71 107 0789** The 'Grid X' black Each

2 | Trigger Point 'Core Roller Mini' Fascia Roller

Massage roller for treating muscle tension. 3 massage zones mimic various massage techniques. Perfect for regeneration training. Massaging helps to increase blood and oxygen flow, as well as improve flexibility and mobility. Made from EVA foam. Lxø: 30.5x10 cm. 167 g. Grey.

71 281 9509 Each

Example uses online at: sport-thieme.com

The Grid

3 | The Grid STK Massage Stick

The massage stick for targeted treatment of trigger points. 2 different levels of treatment intensity: the tubular and medium-strength section imitates the rolling motions of the fingers during a massage. In contrast, the pyramid-shaped curved sections are very firm. These imitate the fingertips. The neck muscles can also be treated with the massage stick. Water-resistant, easy to clean, with special handles. Black is the firm version. LxWxH: 54x6x6 cm.

71 135 8810 Black Each



4 | RumbleRoller

The massage roller is ideal for treating trigger points and tense areas. It does so using particularly large, flexible pimples, which penetrate more deeply into the tissue than smoother massage rollers. The distance between the alternately-placed pimples is chosen so that several pimples exert pressure on the body at the same time. Thanks to the simple techniques for use, the RumbleRoller can quickly and easily be used on a daily basis. In addition, the pressure on the different body areas can be increased or decreased by using it in different ways. 2 versions: blue: original firmness, black: extra-firm (36% firmer than the original version).

- 30x12.5 cm**
- 71 104 4300** Blue Each
- 71 104 4326** Black Each
- 56x12.5 cm**
- 71 104 4342** Blue Each
- 71 104 4355** Black Each
- 77.5x15 cm**
- 71 104 4313** Blue Each
- 71 104 4339** Black Each

5 | RumbleRoller 'Gator'

The 'Gator' roller has a total of 954 specially shaped 'bumps' that provide a deep-acting massage. The surface is easy to clean after use. What's more, the roller is sweat-resistant and particularly hygienic thanks to the use of antibacterial material. EVA/polyolefin, core: EVA foam, ø 55.8x11.5 cm, green.

71 261 2007 Each



6 | SoftX Fascia Roller

A multifunctional piece of training equipment for fascia treatment, made of PE. Ideal for self-massage. The black roller is 15% firmer than the blue version. Available in 4 sizes and 2 colours.

- ø 5 cm, 15 cm, blue **71 205 5305** Each
- ø 9.5 cm, 40 cm, blue **71 205 5318** Each
- ø 14.5 cm, 40 cm, blue **71 205 5321** Each
- ø 14.5 cm, 40 cm, black **71 205 5334** Each

7 | SoftX Fasciae Set

Training set with a variety of uses for fascia treatment of the neck and back muscles. Set includes:

- 1 SoftX fascia roller, ø 14.5 cm, L: 40 cm, blue
- 1 SoftX fascia roller, ø 14.5 cm, L: 40 cm, black (15% firmer than blue)

71 205 5406 Pair

8 | SoftX Fascia Ball

A multifunctional piece of training equipment for fascia training, made from PE. Ideal for trigger point treatment for the back. Blue. Available in 2 sizes.

- 71 205 5204** ø 6.5 cm Each
- 71 205 5217** ø 9 cm Each