

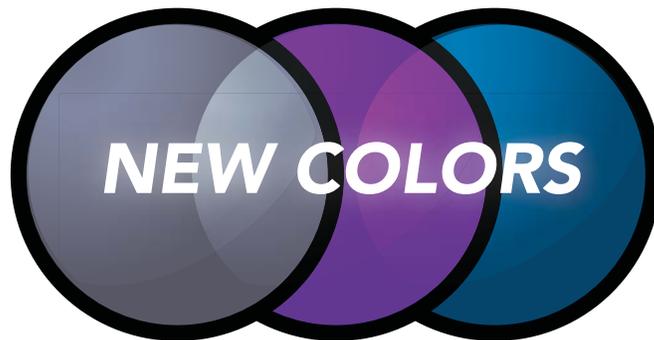


SELF-THERAPY TOOLS FOR THE **TOTAL ATHLETE**

Massage Blocks® were designed to be the ultimate total body trigger point system. 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 better 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.

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.



Steel Grey



Reactive Violet



Deep Ocean

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

TwinBlockPro



The *TwinBlock* is designed to be used anywhere, the TwinBlockPro (which adds the *LargeBase*) you can focus muscle tension from the base of the skull through the cervical region. Often used to perform for a Sub-Occipital Release stopping tension headaches before they become entrenched.

- Works great to mobilize shoulders.
- Provides powerful pressure therapy to the Rhomboids, Traps, Levator, Splenius Capitis, Gastoc/Soleus and Sub-Occipitals.

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*

- For pain that originates away from spine and muscle groups that attach above and below the pelvic ridge (*Glutes and QL*) use the *SmallBlock*.
- Combines 2x *LowBackTools*, to better distribute pressure, with the *SmallBlock* - a powerfully versatile tool for muscles attaching to the pelvic ridge.

BlockSetPro

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



LargeBlock *MediumBlock* *SmallBlock*

- 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 Pro is the Ultimate Total Body Trigger Point System. Everything you need to release tight muscles and get back to your workout refreshed, recovered and ready to go!



- 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!**