



 **TRIGGER POINT**[™]
PRODUCT CATALOG

TABLE OF CONTENTS

NEW PRODUCTS	8
FOAM ROLLER	22
VIBRATION	36
HANDHELD	44
MASSAGE BALL	62

ABOUT

TriggerPoint™ is a life-enhancing brand focused on empowering people to move and feel better. We design and develop innovative massage therapy tools that mimic the touch of a therapist's hands, so people of all ages, sizes, and athletic ability, can feel their best wherever they are. Guided by a passion for improving personal wellness, TriggerPoint has successfully become one of the leaders in at-home massage tools in the athletic, healthcare, and personal wellness markets.

We believe that by incorporating performance therapy into a daily routine, people of every fitness level can enhance their performance, speed recovery time, and aid in injury prevention. We develop an assortment of therapeutic massage tools like anatomy-specific foam rollers, deep-tissue penetrating rollers, and massage balls.

With a little help from TriggerPoint, anyone can unlock their body's inner strength.



The Foam Roller Family

LET'S ROLL!



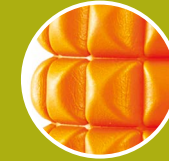
TriggerPoint™ created a collection of foam rollers to offer a full progression of self-care options. The line falls into three basic categories: solid foam rollers, hollow core foam rollers and vibrating foam rollers. Users can progress through these categories depending on comfort level, rolling experience and physical needs.

Each foam roller has a different density to deliver a specific type of massage. Our solid foam rollers contour to the body to address the superficial muscles of the body, where as our firmer, hollow core rollers are more rigid and address the deeper muscle tissue. Our vibrating foam roller, the GRID VIBE™, combines firm density with relaxing vibrations to address deeper muscle tissue while minimizing muscle pain.

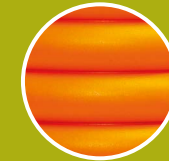
Every TriggerPoint foam roller is designed with our signature GRID® pattern which replicates the feeling of a massage therapist's hand; low and flat like the palm, tubular like the fingers, and high and firm like the finger tips. This patented multi-density pattern channels blood and oxygen through the tissue, helping to alleviate common muscular discomfort and increase circulation.



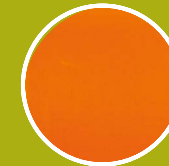
Signature GRID® Pattern



High & Firm
Like the finger tips








Tubular
Like the fingers

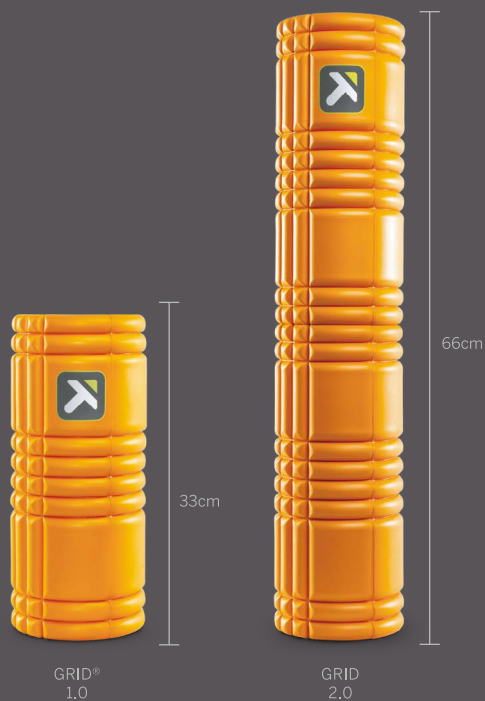


Low & Flat
Like the palm

The GRID®, the original hollow core roller, features a patented multi-density foam surface that delivers firm compression like a sports massage while channeling blood and oxygen needed to repair muscles. The GRID is the 'go-to' roller to release muscle pain and tightness, improve mobility, increase circulation, and is recommended by sports doctors, chiropractors and physical therapists.

OVER
ONE MILLION
SOLD

-  Hollow core makes it firmer than traditional foam rollers
-  GRID pattern channels nutrients directly to tissue to aid in muscle repair
-  Available in three sizes to roll wherever you work, live and travel
-  Superior construction won't break with repeated use
-  Includes access to free online instructional videos





ECO FRIENDLY

WHY WE CREATED IT ?

We wanted to do our part to help make this planet a better place to live. One of those ways is making our products more sustainable.

With this new **ECO GRID**, and **BAMBOO MAT**, we used EVA foam made from bio-based materials and a recycled plastic core to help roll .

One of our other contributions is the **RECYCLED FOAM ROLLER**, a more sustainable product. This new foam roller is made with 80% recycled core material, in addition to EVA foam.



FOAM ROLLER

GRID 1.0 ROLLER

FOAM ROLLER

GRID 1.0 ROLLER

The TriggerPoint Recycled GRID, the original hollow core foam roller, is now eco-friendly with 80% recycled materials. The Recycled GRID features a patented multi-density foam surface that is ideal for beginners to advanced rollers.



RECYCLED GRID

- Composed of 80% recycled materials
- Three-dimensional surface allows tissue to aerate while you roll, promoting the flow of blood and oxygen, the nutrients needed to repair muscles
- Proprietary Distro density® zones replicate the feeling of a massage therapist's hands
- Hard, hollow core hand-wrapped in recycled materials and EVA foam makes it firmer than traditional foam rollers
- Superior construction won't break with repeated use
- For beginners to advanced rollers
- 13-inch foam roller is 5.5 inches in diameter with a 500-pound weight limit
- Includes access to free online instructional video library on foam rolling education from the experts at TriggerPoint



22386





FOAM ROLLER

GRID 1.0 ROLLER

FOAM ROLLER

GRID 1.0 ROLLER

The TriggerPoint Eco GRID, the original hollow core foam roller, is now eco-friendly with 30% renewable, biobased materials, in addition to EVA foam and a recycled plastic core.



ECO GRID

- Made with 30% renewable, biobased materials, in addition to EVA foam and a recycled plastic core
- Three-dimensional surface allows tissue to aerate while you roll, promoting the flow of blood and oxygen, the nutrients needed to repair muscles
- Proprietary Distro density® zones replicate the feeling of a massage therapist's hands
- Hard, hollow core hand-wrapped in biobased materials and EVA foam makes it firmer than traditional foam rollers
- Superior construction won't break with repeated use
- For beginners to advanced rollers
- 13-inch foam roller is 5.5 inches in diameter with a 500-pound weight limit
- Includes access to free online instructional video library on foam rolling education from the experts at TriggerPoint



22387

TRAINING MAT



TRAINING MAT

The Eco Mat is ideal for stretching and movement during yoga or other forms of exercise. Made with 20% renewable, biobased materials, in addition to EVA foam, the Eco Mat is eco-friendly, making it a better choice for you and the environment.



ECO MAT

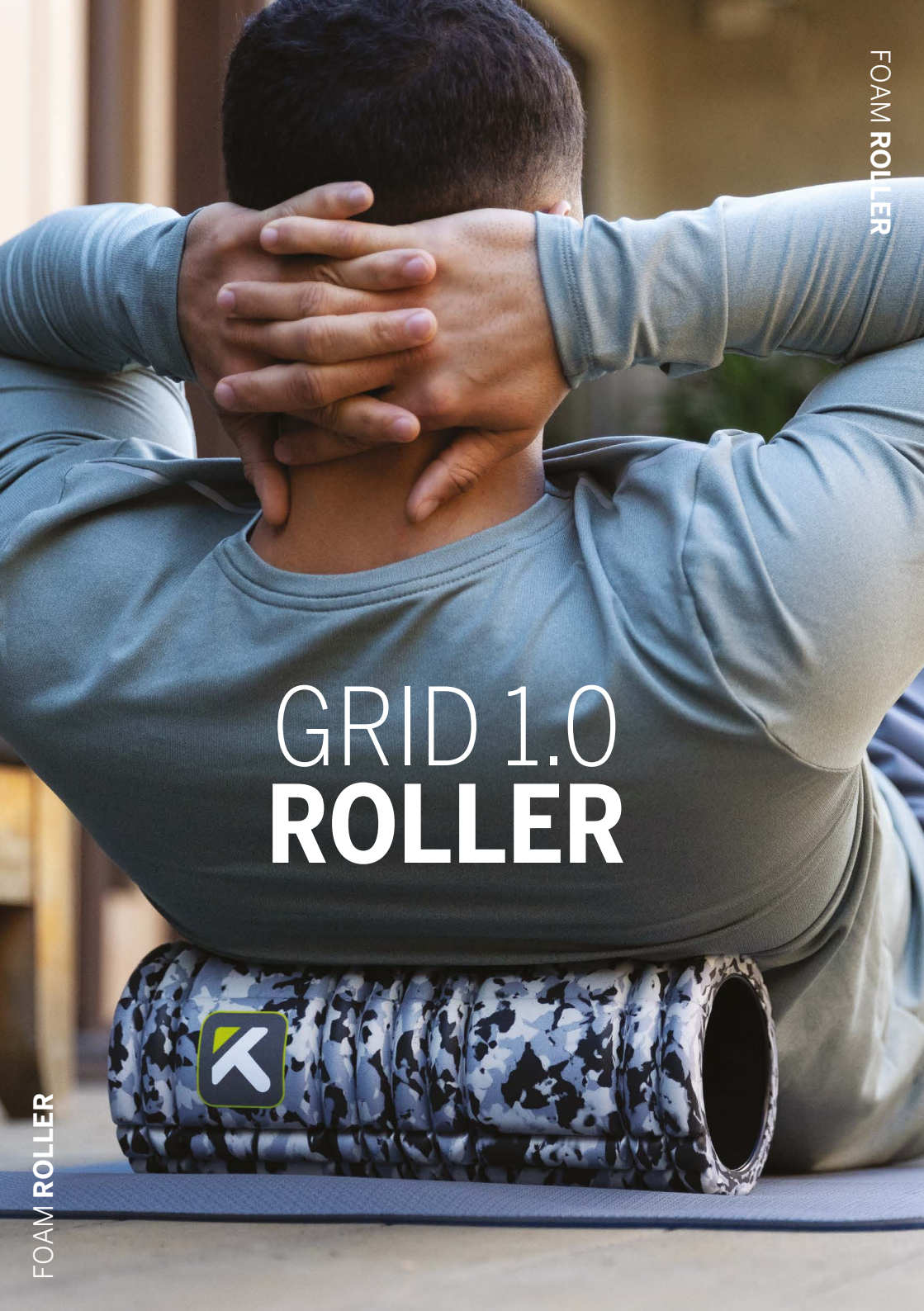
- Exercise mat used to assist with stretching, movement, and mobility
- Made with 20% renewable, biobased materials, in addition to EVA foam
- Non-slip design helps you roll, stretch, and balance
- Sustainable material will hold up through repeated use
- Comes in recyclable packaging
- Can also be used with TriggerPoint foam rollers and massage balls
- Measures 72 inches by 24 inches and 5mm thick
- Includes access to free online instructional video library on foam rolling education from the experts at TriggerPoint



22128

FOAM ROLLER





FOAM ROLLER

GRID 1.0 ROLLER

FOAM ROLLER

GRID 1.0 ROLLER

The GRID foam roller is for anybody who wants to move better. Use the GRID for a self-massage and roll through the tight muscles, knots and kinks that prevent feeling good and moving well.

GRID 1.0 FOAM ROLLER

- Three-dimensional surface allows tissue to aerate while you roll, promoting the flow of blood and oxygen—the nutrients needed to repair muscles
- Hard, hollow core hand-wrapped in EVA foam makes it firmer than traditional foam rollers
- 13 inches (fll 33 cm) ; backed by one-year limited warranty



22109



22129



22125



350358



350327



350464



350013



350006



FOAM ROLLER

GRID X ROLLER

FOAM ROLLER

GRID X ROLLER

GRID X FOAM ROLLER

- Twice as firm as the original GRID foam roller
- Sweat proof and simple to clean
- Three-dimensional surface allows tissue to aerate while you roll, promoting the flow of blood and oxygen—the nutrients needed to repair muscle
- Compact and travel-friendly
- Backed by a one-year limited warranty
- Weight tested to support up to 550 lbs/250 kg static load
- 13 inches (fll 33 cm); backed by one-year limited warranty



350488

GRID 2.0 ROLLER



GRID 2.0 ROLLER

GRID 2.0 FOAM ROLLER

- Three-dimensional surface allows tissue to aerate while you roll, promoting the flow of blood and oxygen—the nutrients needed to repair muscles
- Proprietary Distrodensity zones replicate the feeling of a massage therapist's hands
- Hard, hollow core hand-wrapped in EVA foam makes it firmer than traditional foam rollers
- 26 inch (ffl 66 cm) length can accommodate larger bodies or offer a more stable surface
- For beginners to advanced rollers



350235



350228



FOAM ROLLER

RUSH ROLLER

FOAM ROLLER

RUSH ROLLER

Unique pattern designed to squeeze and stretch muscles through a process called shearing.

RUSH FOAM ROLLER

- Textured foam roller with squeeze and stretch design shears muscles to promote range of motion and glide.
- Squeezing and stretching muscle tissue is an effective alternative to traditional compression massage.
- Firm, high ridges with tiered muscle compression improve tissue hydration and elasticity.
- Specialty Level 3 foam roller designed for shearing.
- Patented hollow core design retains shape after frequent use.
- Easy-to-clean and sweat-resistant EVA foam surface.
- 13-inch foam roller is 5.5 inches in diameter with a 500-pound weight limit.



21275



FOAM ROLLER

CHANNEL ROLLER

FOAM ROLLER

CHANNEL ROLLER

Unique channel design paired with a firm density to deliver direct compression while avoiding sensitive areas or targeting specific muscles.

CHANNEL FOAM ROLLER

- Designed to massage hard-to-reach areas that might be sensitive to the pressures of foam rolling.
- Foam roller with unique recessed channel delivers direct compression while avoiding sensitive areas or targeting specific muscles.
- High and flat surface area provides even muscle compression.
- Specialty Level 3 foam roller designed for targeted compression.
- Patented hollow core design retains shape after frequent use.
- Easy-to-clean and sweat-resistant EVA foam surface.
- 13-inch foam roller is 5.9 inches in diameter with a 500-pound weight limit.



22127

TRAVEL ROLLER

TRAVEL ROLLER

Travel-friendly 10" hollow core foam roller features a patented GRID pattern that simulates a massage therapist's hands, mirroring the pressure of fingertips, fingers, and palm.

TRAVEL FOAM ROLLER

- Travel friendly 10" length fits perfectly in most gym bags and luggage
- Designed to help relieve sore muscles and enhance recovery on-the-go with the patented GRID surface pattern that replicates the feeling of a massage therapist's hand
- The GRID TRAVEL has a patented hollow-core design that retains its shape after repeated and frequent use
- Durable EVA foam is easy to wipe clean and firmer than traditional solid core foam rollers
- Can be used for a variety of body parts



22124



22123

VIBRATION



GRID VIBE PLUS ROLLER

GRID VIBE PLUS ROLLER

The line of vibrating rollers helps to reduce the sensation of pain and provides a quick, more effective muscle recovery process. The VIBE rollers also help increase relaxation and allow for blood and oxygen to circulate more freely through the muscles. Cordless and rechargeable, the compact VIBE rollers are a must-have for serious athletes on-the-go.

GRID VIBE PLUS ROLLER

- Vibrating foam roller composed of high-density EVA Foam to replicate the feeling of a massage therapist's hands, which helps channel blood, improve oxygen flow, and heal tissue
- Features 4-speed vibration technology for customizable pain relief and muscle relaxation; minimal noise while in use
- The surface pattern replicates the feeling of a massage therapist's hands, helping to relieve tight muscles and enhance recovery
- Wrapped in durable EVA foam, the roller is firmer than traditional foam rollers and easy to wipe clean. Includes a rechargeable battery; the cordless and compact design ideal for travel
- Measures 12" x 3.5" and weighs 2.5 lbs.; rechargeable battery can last up to two hours; AC charger included; 1-year manufacturer's warranty



03339



NANO VIBE

VIBE ROLLER

The line of vibrating rollers helps to reduce the sensation of pain and provides a quick, more effective muscle recovery process. The VIBE rollers also help increase relaxation and allow for blood and oxygen to circulate more freely through the muscles. Cordless and rechargeable, the compact VIBE rollers are a must-have for serious athletes on-the-go.

NANO VIBE

- Vibration helps reduce discomfort during foam rolling, while unlocking tight muscles for a more effective release
- Ultra-compact 7.5" foam roller with vibration to target muscles in the feet, hands, and forearms
- Patented GRID pattern replicates a massage therapist's hands, mirroring the pressure of fingertips, fingers, and palm
- Dense EVA foam helps with muscle compression to improve blood flow in muscles
- Specialty Level 3 foam roller with vibration for targeted release
- Three vibration settings provide a range of intensity
- Cordless and rechargeable for up to 3 hours of power
- Lightweight and built to fit in most gym bags and backpacks
- Easy-to-clean and sweat-resistant foam surface
- 7.5-inch vibration roller is 2.25 inches in diameter with a 245-pound weight limit



92141

VIBRATION

CHARGE VIBE

CHARGE VIBE

CHARGE VIBE

- Vibrating foam roller designed with elevated and opposing curves to stretch and squeeze muscles while rolling to help push blood and oxygen to damaged tissue
- Features 3-speed vibration technology for a customized self-massage experience to reduce pain and relax muscles
- Exterior layer is composed of a durable, high-density silicone that retains its shape after frequent use
- Measures 7" x 4" and weighs 2 lbs.
- Minimal noise while in use, includes a rechargeable battery that lasts for up to 2 hours



03341



VIBRATION

VIBRATION

TP IMPACT



VIBRATION

TP IMPACT

TP IMPACT

- Percussion massage gun to help increase blood flow, hydrate muscle tissue and improve range of motion pre and post-workout
- Quiet brushless motor designed with 4-speeds for optimal massage intensity and pressure
- Angled handle to balance weight for better grip, comfort and control
- Rechargeable battery for 2+ hours of continuous massage.



04454



HANDHELDS



HANDHELD

ACUCURVE CANE

HANDHELD

ACUCURVE CANE

TARGETED ROLLERS

Targeted, deep reach rollers are uniquely designed to go where no other massage therapy tool has been before. Designed specifically for use on the foot and back, the Nano line and AcuCurve Cane make it easy for individuals to reach and release tight muscles to eliminate deep tissue knots with precise pressure.

ACUCURVE CANE

- The ergonomic massage cane design targets hard-to-reach muscle aches and pains in the neck, back and shoulders
- Extra firm drop tip provides precise pressure for eliminating deep tissue knots and muscle soreness
- The double massage ball design effectively releases tight muscles surrounding the spine to relieve pain and improve upper body mobility
- Versatile and simple-to-use massage tool for athletes, desk workers, travelers, seniors or anyone who suffers from muscular aches and pains
- Item Dimensions: 16.5 inches (ffl 41,9 cm) length x 7 inches (ffl 17,8 cm) width: 0.6 pounds (ffl 227 g); comes with one-year limited warranty



HANDHELD

NANO ROLLER

HANDHELD

NANO ROLLER

NANO ROLLER

- Ultra compact foam roller specifically designed to relieve foot aches and pains
- Lightweight and portable size is convenient for the gym, office or on the road
- Dense foam surface helps channel blood directly to the tissue for health and mobility
- Designed specifically to replicate the feeling of a massage therapist's finger tips
- Item Dimensions: 6 inches (ffl 15 cm) length x 2.75 inches (ffl 6,35 cm) width; Available in two densities, regular (Nano) and extra firm (Nano X)



350525

HANDHELD

NANO X ROLLER

NANO X ROLLER

- Ultra compact foam roller specifically designed to relieve foot aches and pains
- Lightweight and portable size is convenient for the gym, office or on the road
- Dense foam surface helps channel blood directly to the tissue for health and mobility
- Designed specifically to replicate the feeling of a massage therapist's finger tips
- Item Dimensions: 6 inches (ffl 15 cm) length x 2.75 inches (ffl 6,35 cm) width; Available in two densities, regular (Nano) and extra firm (Nano X)

NANO X ROLLER



350518

HANDHELD

HANDHELD

NANO LTE ROLLER

HANDHELD

NANO LTE ROLLER

- Multi-density EVA foam foot roller specifically designed to help relieve muscle tension in the feet and forearms
- Multi-density foam helps massage small muscles and can aid mobility and help enhance recovery time
- Polyurethane wheels provide grip and control for use while seated or standing
- Lightweight and portable for travel or the gym
- 1 year Manufacturer's warranty



22108

HANDHELD

STK CONTOUR

HANDHELD

STK CONTOUR

STK IT TO THE PAIN

The STK collection of innovative handheld foam rollers feature a unique design that allows users to self-massage while either seated or standing, to target both lower and upper body muscles.

With the ability to compress muscles while rolling, the STK line relieves muscle soreness and speeds up recovery. The foam spindles individually roll across muscles to help increase circulation and improve muscle mobility.

STK CONTOUR

- Flexible hourglass design wraps around and compresses muscles while rolling, to relieve soreness and speed muscle recovery post work out
- Slim handles make it easy to control and leverage pressure for targeting muscle knots and releasing tightness while seated or standing
- Foam spindles individually roll across muscles to provide a comfortable massage, while increasing circulation to improve muscle mobility
- Engineered for user controlled pressure to massage lower and upper body muscle groups, including calf, hamstring, quadriceps, and back
- Travel-friendly at 19.5 inch (ffi 49,5 cm) length x 2.5 inch (ffi 6,4 cm) width and 0.75lb (ffi 340 g); made from high quality material
- Comes with a one-year limited warranty



21127



HANDHELD

GRID STK

HANDHELD

GRID STK

GRID STK

- Convenient size is perfect for the gym, office or on-the-road
- Patent-pending 3-dimensional surface to replicate the feeling of a massage therapist's hand
- AcuGRIP handles for targeted relief
- Water-resistant
- Simple-to-clean
- 24 inches (fl 61 cm); backed by a one-year limited warranty

350501



HANDHELD

GRID STK X



HANDHELD

GRID STK X

GRID STK X

- Convenient size is perfect for the gym, office or on-the-road
- Patent-pending 3-dimensional surface to replicate the feeling of a massage therapist's hand
- AcuGRIP handles for targeted relief
- Water-resistant
- Simple-to-clean
- 24 inches (fll 61 cm); backed by a one-year limited warranty

350495



HANDHELD

GRID STK TARGET

HANDHELD

GRID STK TARGET

GRID STK Target

- Provides a superior deep tissue massage via 8 independent-spinning wheels which help circulation and muscle recovery
- AcuGRIP® Surface grips the skin for enhanced massage
- Gear-shaped wheel design provides a targeted massage
- Lightweight and compact, making it ideal for travel
- Ergonomic handle design provides a more comfortable grip and makes it easier to apply pressure evenly

21749



TRAINING MAT

TRAINING MAT



TRAINING MAT

TRAINING MAT

The Mobility Mat features 16 foam rolling exercises to be used with TriggerPoint foam rollers and massage balls. The textured, non-slip surface allows a foam roller to glide easily while you hands or feet stay in place.

MOBILITY MAT

- Exercise mat featuring recommended foam rolling exercises to assist with movement and mobility
- Non-skid ridges so mat stays in place during movement
- Textured, non-slip surface allows foam rollers to glide easily while hands and feet stay in place
- Low-profile and easy to roll up and carry on-the-go
- Measures 72 inches by 24 inches and 5mm thick
- Includes access to free online instructional video library on foam rolling education from the experts at TriggerPoint



22130

A man and a woman are sitting on a dark grey gym floor, using massage balls. The man, in the background, is wearing a grey tank top and black shorts, and is rolling a yellow and black massage ball under his right leg. The woman, in the foreground, is wearing a black tank top and grey leggings, and is rolling a similar massage ball under her right leg. The gym background is slightly blurred, showing wooden paneling and exercise equipment.

MASSAGE
BALL

MB1

MB1

ROLL ON THE SPOT

Small yet powerful, TriggerPoint Massage Balls were designed to replicate the feeling of a massage therapist's hand – relieving tightness and restoring movement in hard-to-reach muscle groups like the hips and shoulders. Featuring a slip-resistant EVA foam surface to more effectively grip the tissue and release discomfort and tightness, athletes will move better, and feel better.

MB1

- Layered construction provides direct, deep-tissue compression for fast relief of aches, pains, and muscle fatigue
- Ideal for targeting small muscles such as calves, piriformis, and pecs
- Encourages blood and oxygen flow to enhance overall movement, range of motion and performance
- 2.6-inch (fll 6,6 cm), 1.2 ounce (fll 34 g); backed by a one-year limited warranty

350051





MBX

MBX

MBX

- Extra firm for aggressive deep-tissue compression and relief of aches and pains
- Ideal for intense application on small areas like calves, piriformis, and pecs
- Encourages blood and oxygen flow to enhance overall movement, range of motion and performance
- 2.6-inch (fll 6,6 cm), 1.4 ounce (fll 40 g); backed by a one-year limited warranty



350068



MB5



MB5

MB5

- 5-inch (ffl 12,7 cm) ball covers large areas providing extra leverage for hard to reach muscle groups like hips and shoulders
- Ideal for relieving tightness and restoring movement and mobility throughout the entire body
- Encourages blood and oxygen flow to enhance overall movement, range of motion and performance
- 5-inch (ffl 12,7 cm), 5.8 ounce (ffl 165 g); backed by a one-year limited warranty

350075



GRID BALL

GRID BALL

GRID BALL

- GRID foam ball combines the benefits of a massage ball and foam roller into compact and targeted muscle pain relief
- 5-inch (ffl 12,7 cm) diameter targets tightness in hard to reach places such as shoulders, traps, and hips to relieve muscle pain and improve mobility
- GRID pattern promotes increased blood and oxygen flow to muscles for quick muscle recovery
- Lightweight, portable, and durable EVA Foam massage ball is an ideal travel companion on the road
- Includes access to free online instructional video library on foam rolling exercises from the experts at TriggerPoint; approximately 5 inches (ffl 12,7 cm) x 5.7 inches (ffl 14,5 cm) x 6.4 inches (ffl 15,24 cm); 325 pound (ffl 148 kg) weight limit; one-year limited warranty

21128





MASSAGE BALL

GRID X BALL

MASSAGE BALL

GRID X BALL

GRID X BALL

- Extra-firm, 5-inch massage ball designed to provide targeted deep tissue massage in hard to reach places such as shoulders, traps, and hips
- GRID pattern replicates the feeling of a massage therapist's hands to vary the pressure applied to the muscles
- Can aid in faster muscle recovery by increasing the blood and oxygen flow to muscles
- Easy-to-clean, lightweight and portable makes the GRID X Ball perfect for travel or bringing to the gym
- Extra-firm massage ball is 5 inches in diameter
- 1 year Manufacturer's warranty



22110



HANDHELD MASSAGE BALL

ROLL ON THE SPOT

Uniquely designed, the MobiPoint and Handheld Massage Ball provide targeted relief that's easy to control.

HANDHELD MASSAGE BALL

- The Handheld Massage Ball provides an easy self-massage for pain relief resulting from tight and tired muscles
- Features an easy-to-grip ergonomic handle allowing the handheld massage roller to fit comfortably in your hands
- Non-friction ball glides smoothly over bare skin and clothing for an effective massage without resistance
- Firmly press the button on the top of handle to stop the ball from rolling creating cross friction massage for added relief
- Measures 3 x 3 inches (ffl 7,6 x 7,6 cm) and weights 0.5 pounds (ffl 227 g) making it conveniently portable; backed by a one-year limited warranty

**HANDHELD
MASSAGE BALL**



21278

MOBI POINT

MOBIPOINT

MOBIPOINT

- MobiPoint massage ball provides direct compression, relieving soreness, discomfort and tightness
- Designed with a 2 inch (ffl 5 cm) diameter for applying targeted pressure to small surface areas such as hands and feet
- Raised tips stimulate blood and oxygen flow, enhancing mobility and decreasing soreness
- Hygienic solid construction is durable and easy to clean
- Dimensions: 2 x 2 x 2 inches (ffl 5 x 5 x 5 cm); weight: 12 pound (ffl 91 g); one-year limited warranty



203937



MASSAGE BALL

MB2 ROLLER

MASSAGE BALL

MB2 ROLLER

MB2 ROLLER

- Double massage ball design with patented, layered EVA foam surface encourages blood and oxygen flow to keep muscles and fascia healthy
- Adjustable length can be locked for use on smaller muscles around the spine, or extended to target the larger muscles of the back
- MB2 Roller massage ball can help stimulate circulation, increase mobility in the spine and improve posture
- Item dimensions: 9.5 x 4.3 x 2.6 inches (ffl 24 x 11 x 6.6 cm); Item weight: 0.24 pounds (fpl 109 g). Highly durable, water resistant and easy-to-clean surface

203913



Marketing Support

A one stop TriggerPoint™ shop for your customer!

- Durable and double-sided design with interchangeable hooks and shelves
- Easy to assemble
- Organized product display



 TRIGGERPOINT™

MOVE BETTER™



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in the world of fitness

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