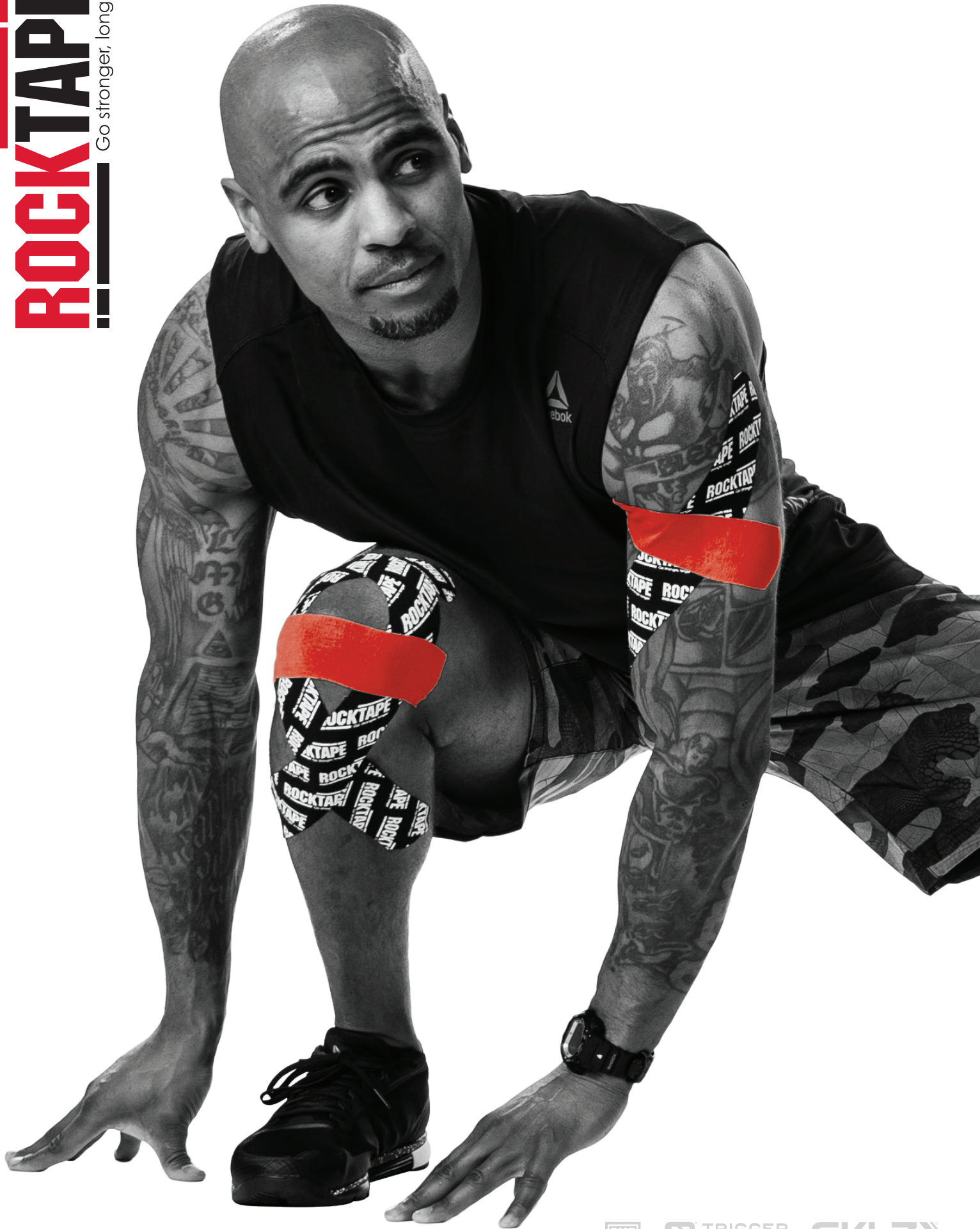


ROCKTAPE®

Go stronger. longer.



©
ROCKTAPE
Go stronger, longer

BETTER MOVEMENT. BETTER OUTCOMES.

We're more than just a tape company.
We are a movement company.

We help athletes of every level go stronger, longer with the best kinesiology tape, cutting-edge education, and fitness support products. We want people to move more, and move better.

*Not clinically proven for all injuries. Our products and website are not intended to replace professional medical advice or treatment. Warranties and remedies are limited to replacement cost.





ROCKTAPE

ROCKTAPE

NEW LOOK. SAME GREAT TAPE.

Meet the new medical kinesiology tape from RockTape.



ROCKTAPE® 2 INCH

NEVER AVAILABLE IN STORES.
EXCLUSIVELY FOR MEDICAL PROFESSIONALS.

Still the same great tape you know and love, trusted by thousands of medical professionals worldwide.

- Latex Free
- Water Resistant
- 97% Cotton, 3% Nylon
- 180% Stretch for Full Range of Motion
- 100% Satisfaction Guaranteed

Your patients and clients deserve the best.

2" x 16.4' – 5 cm x 5 m Roll

GENTLE:	RETAIL: \$18	MEDICAL: \$10.80	FMT CERTIFIED: \$9
STANDARD:	RETAIL: \$20	MEDICAL: \$12	FMT CERTIFIED: \$10
EXTRA STICKY:	RETAIL: \$22	MEDICAL: \$13.20	FMT CERTIFIED: \$11



ROCKTAPE® 4 INCH

Our wide 4" kinesiology tape is perfect for low back & leg applications, or larger patients who could benefit from additional tape coverage.

4" x 16.4' – 10 cm x 5 m Roll

STANDARD:	RETAIL: \$40	MEDICAL: \$24	FMT CERTIFIED: \$20
EXTRA STICKY:	RETAIL: \$44	MEDICAL: \$26.40	FMT CERTIFIED: \$22

MEET OUR NEW LABELS.

Trusted by thousands of medical professionals worldwide.



Formerly RX. Ideal for less active patients, those with sensitive skin, or special patient populations like the elderly.



Formerly Standard. The world's best kinesiology tape, designed to be stronger, stickier and stretchier than the competition.



Formerly H20. The world's best kinesiology tape, made even stickier to meet the demands of top athletes and austere environments.



ROCKTAPE® 2 INCH BULK

RockTape Bulk rolls are designed for medical professional use, reducing packaging waste and allowing easy dispensing.

2" x 105' – 5 cm x 32 m Roll

GENTLE:	RETAIL: \$108	MEDICAL: \$64.80	FMT CERTIFIED: \$54
STANDARD:	RETAIL: \$120	MEDICAL: \$72	FMT CERTIFIED: \$60
EXTRA STICKY:	RETAIL: \$132	MEDICAL: \$79.20	FMT CERTIFIED: \$66



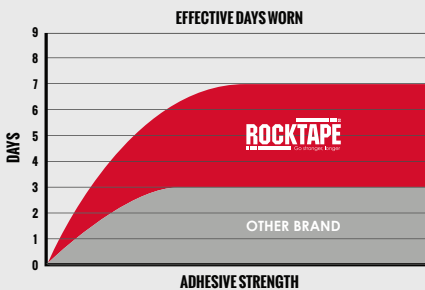
ROCKTAPE® 4 INCH BULK

Our wide 4" kinesiology tape in a large Bulk roll, for reduced packaging waste — perfect for in-clinic use.

4" x 105' - 10 cm x 32 m Roll

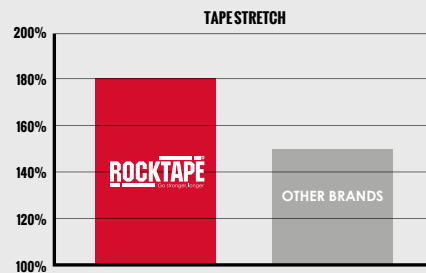
RETAIL: \$240	MEDICAL: \$144	FMT CERTIFIED: \$120
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THE ROCKTAPE ADVANTAGE



180% Stretch

Our superior textiles ensure up to 180% stretch – similar to human skin – allowing for a full, fluid range of motion of the human body. This results in better adhesion and improved neurosensory feedback to the brain.



Superior Stick

Our standard adhesive tape stays on up to 2-7 days, and Extra Sticky can last up to 10 days. Your patients will continue to feel the effects of treatment days after they've left your clinic.

MORE PATTERNS AND COLORS AVAILABLE AT ROCKTAPE.COM





ROCKBLADES® MOHAWK

RADICALLY NEW TREATMENTS WITH 3 TOOLS IN ONE

Welcome to the second IASTM revolution. RockBlades® Mohawk ushers in a new era of IASTM capabilities, never before seen in the industry.

This revolutionary system featuring 3 tools in one enables you to treat a wide range of mobility and neurological issues with one precision-crafted stainless steel tool and two unique, patent-pending attachments.

Every Mohawk kit includes the Mohawk stainless steel tool, a silicone sleeve, ABS/Polycarbonate comb, RockRub emollient and quick start guide all securely packed into a custom designed, travel friendly EVA carrying case.

RETAIL: \$350 MEDICAL: \$175 FMT CERTIFIED: \$175



ROCKBLADES 2.0®

POWERFULLY SIMPLE SOFT TISSUE TOOLS. UPGRADED. NOW WITH AN ALL-METAL MULLET.

Treat your patients with superior IASTM tools at a fraction of the cost.

RockBlades are composed of two precision-engineered and manufactured soft-tissue instruments: a "Mallet" and a "Mullet," accompanied by a RockRub emollient and a pack of sanitizing wipes to form a complete, turnkey IASTM system.

Mallet®

Honed from surgical-grade stainless steel, the Mallet is the ultimate in-clinic tool. Hand-polished treatment surfaces, combined with a perfectly balanced and weighted core, make tissue scanning and treatment a breeze. Matte-finished dimples—four on each side—with a "brass knuckle" style handle enable practitioners to hold the tool in six different ways.

Mullet®

The "Mullet" is a lightweight tool designed to be portable and fit in your pocket, allowing practitioners to deliver superior soft tissue manipulation wherever their patients may be. This tool features four distinct edges, providing comprehensive treatment capabilities, plus a functioning bottle opener. The non-treatment faces of the Mullet are chemically-branded with RockTape's manifesto design for enhanced grip. The Mullet is crafted from the same surgical grade stainless steel used in the Mallet.

ROCKBLADES 2.0:	RETAIL: \$700	MEDICAL: \$350	FMT CERTIFIED: \$350
RELOAD KIT:	RETAIL: \$136	MEDICAL: \$68	FMT CERTIFIED: \$68
ROCKRUB:	RETAIL: \$35	MEDICAL: \$21	FMT CERTIFIED: \$17.50
SANITIZING WIPES:	RETAIL: \$13	MEDICAL: \$7.80	FMT CERTIFIED: \$6.50



ROCKPODS™

DON'T PUMP, BRUISE AND PULL - LESS IS MORE WITH ROCKPODS.

Made from medical-grade silicone, RockPods unlock entirely new ways to unstick and manipulate fascia to improve range of motion and increase athletic performance.

RockPods include two sizes of silicone cups, one small and one large - to allow you to manipulate fascia anywhere on the body. RockPods are packaged in a convenient carrying case for portability.

Forget complicated pumps and hoses - that's overkill anyway. RockPod's finely crafted silicone cups are easy to clean and have no moving parts, so you can go from treatment to treatment with no downtime.

RETAIL: \$70 MEDICAL: \$35 FMT CERTIFIED: \$35



ROCKBAND FLEX®

ONE BAND FOR MOBILITY, FLEXIBILITY AND STRENGTH

RockBand Flex is your all-in-one rehabilitation, stretch and mobility solution.

Available in three resistances, RockBand Flex unlocks a universe of movement improvement and is designed to be washable, portable and infinitely reusable.

Get more flexible, improve range of motion, rehabilitate injuries and improve your strength with the ultimate all-in-one band.

Made from a proprietary cotton-nylon blend, with 6-inch loops spaced equally on each half of the band, Flex allows an athlete to use one tool to rehabilitate injuries, improve mobility and increase strength.

LIGHT:	RETAIL: \$20	MEDICAL: \$12	FMT CERTIFIED: \$10
MEDIUM:	RETAIL: \$22	MEDICAL: \$13.20	FMT CERTIFIED: \$11
HEAVY:	RETAIL: \$24	MEDICAL: \$14.40	FMT CERTIFIED: \$12



ROCKFLOSS®

SUPERCHARGE STRETCHING WITH A RADICAL, REUSABLE BAND

RockFloss is a new, reusable mobility tool that can help you move better.

RockFloss is a reusable, latex, elastic band that is available in 2" or 4" widths.

RockFloss uses the science of compression and fascial shearing to help 'unstick' muscles and joints.

RockFloss is easy for both you and your clients to use and complements stretches, range-of-motion exercises and rehabilitation work.

How should I use RockFloss?

You can use RockFloss on almost any part of the body; the only limitation is the size of the body part you intend to treat. Shoulders, knees, wrists, elbows, hips and ankles are all great target areas. You should never use RockFloss on your head or neck.

When should I use RockFloss?

RockFloss can be used before or after training, or as part of a rehabilitation program. If you are currently being seen by a medical professional, you should talk to your medical professional about using RockFloss.

2 INCH:	RETAIL: \$18	MEDICAL: \$10	FMT CERTIFIED: \$9
4 INCH:	RETAIL: \$36	MEDICAL: \$21.60	FMT CERTIFIED: \$18



ROCKBALLS®
CONVENIENT PATIENT CARE.

Take-home self-care tool for patients | Pinpoint accuracy to release stuck tissues | 3.5" textured ball and 2.5" smooth ball or 2.5" x 5.25" peanut shaped ball | Both includes an instruction booklet with mobility exercises

ROCKBALLS:	RETAIL: \$20	MEDICAL: \$12	FMT CERTIFIED: \$10
ROCKBALLS INFINITY:	RETAIL: \$20	MEDICAL: \$12	FMT CERTIFIED: \$10



ROCKSAUCE® FIRE
THE STRONGEST TOPICAL MUSCLE AND JOINT PAIN RELIEF YOU CAN BUY.

Powerful muscle & joint pain* relief | Convenient massaging roll-on applicator | Hot sensations last for hours | Works with RockTape | Active ingredients: methyl salicylate (20%), menthol (10%), capsaicin (0.002%) | Available in 3 oz roll-on & 12 oz bottle | 12-pack merchandiser | Dye-free

3 oz 12 PACK:	RETAIL: \$180	MEDICAL: \$108	FMT CERTIFIED: \$90
12 oz DISC TOP:	RETAIL: \$35	MEDICAL: \$21	FMT CERTIFIED: \$17.50



ROCKSAUCE® ICE
STRONG ICY SENSATIONS SOOTHE SORE MUSCLES AND JOINTS.

Powerful muscle & joint pain* relief | Convenient massaging roll-on applicator | Strong cooling sensations last for hours | Active ingredient: menthol (6%) | Available in 3 oz roll-on & 12 oz bottle | 12-pack merchandiser | Dye-free

3 oz 12 PACK:	RETAIL: \$180	MEDICAL: \$108	FMT CERTIFIED: \$90
12 oz DISC TOP:	RETAIL: \$35	MEDICAL: \$21	FMT CERTIFIED: \$17.50

*Not clinically proven for all injuries.

UNLOCK YOUR 50% DISCOUNT

**GREAT MEDICAL PRICING + EXCLUSIVE BENEFITS.
IT'S EASY - JOIN ROCKTAPE TODAY.**

We've worked hard to earn the trust of practitioners across the globe. We hope you join thousands of others who've chosen RockTape.

How do I get professional pricing?

Simple. Go to rocktape.com/start or call us at 408.912.ROCK (7625). Once your account is set up, you'll be able to purchase immediately with a medical discount.

What's an FMT Certified RockTape Professional?

If you want to up your game and credentials, simply enroll in one of our Functional Movement Training (FMT) courses. We hold these courses frequently throughout the world.

Get medical pricing now!
Go to rocktape.com/start





UPGRADE YOURSELF WITH FMT

Get trained and earn CEUs from leading experts in movement, performance and rehabilitation.

Functional Movement Training (FMT) Certification courses are led by industry leading experts in movement assessment and therapy. FMT courses present a revolutionary way of thinking about how we move and how we injure.

They integrate innovative mobility and stability strategies, along with a movement-based; practical kinesiology taping framework – to deliver RESULTS.





ROCKTAPE

ROCKFLOSS

FMT BENEFITS



TOP INSTRUCTORS

Learn from the best in the industry.



JOIN EVENTS

Join us at world-class events near you.



MORE CLIENTS

Get listed on our professional locator.



EARN CEUs

For nearly every profession and state.



PRIVATE GROUP

Join our private Facebook Community.



DRUG-FREE RELIEF

Treatment without pharmaceuticals.



50% OFF

Get the best pricing from RockTape.



FREE ADVERTISING

We'll drive awareness to your business.



BETTER OUTCOMES

Serve your patients and clients.



FMT BASIC® KINESIOLOGY TAPING CERTIFICATION

FMT Basic is an evidence-informed kinesiology taping course that redefines our understanding of the effects of elastic therapeutic taping on circulation and proprioception. The course lays the groundwork for a practical framework of 'taping movement, not muscles' to replace an outdated model focused on directional taping to activate or inhibit muscles and introduces contemporary approaches to enhanced fluid dynamics, posture, nerve entrapment and scarring.


CEUs 6 HOURS

PREREQUISITE NONE

FMT ADVANCED® KINESIOLOGY TAPING CERTIFICATION

FMT Advanced expands on the concepts taught in FMT Basic and explores enhancing human movement and performance via functional taping methods. The anatomy and physiology of myofascial lines are covered. Movement screening is used to determine dysfunction in specific anatomical planes of motion and how to apply tape in a manner that improves movement and function. Learning is primarily done in a hands-on workshop environment.



CEUs 6 HOURS

PREREQUISITE FMT BASIC



FMT BLADES® IASTM CERTIFICATION

FMT Blades introduces the concept of movement therapy and performance enhancement via Instrument Assisted Soft Tissue Mobilization (IASTM). The tools may be hard-edged, but the techniques don't need to be aggressive to deliver superior patient outcomes. The FMT Blades certification will review screening dysfunctional movement patterns and utilizing soft tissue tools to improve patient outcomes. The anatomy, physiology and neurology of myofascial soft tissue work is covered. IASTM intervention strategies will also be combined with kinesiology taping and corrective exercise techniques to deliver a comprehensive approach to patient care in a workshop, hands-on environment.

CEUs 6 HOURS

PREREQUISITE NONE

FMT BLADES ADVANCED®

IASTM CERTIFICATION

FMT Blades Advanced IASTM Certification introduces the concept of skin/fascial/nerve gliding via Instrument Assisted Soft Tissue Mobilization. The tools may be hard-edged, but the techniques don't need to be aggressive to deliver superior patient and client outcomes. The anatomy, physiology and neurology of myofascial soft tissue work is covered, along with a review of the concept of interlayer connective tissue gliding using a rubber sleeve for added tissue traction.



CEUs 6 HOURS
PREREQUISITE FMT BLADES



FMT ROCKPODS®

MYOFASCIAL CUPPING CERTIFICATION

FMT RockPods introduces the concept of skin/fascial decompression to help improve tissue mobility and improve movement with the use of myofascial cups. This course will cover the anatomy, physiology and neurology of the effects of myofascial cupping on connective tissue gliding, tissue traction and tissue decompression. FMT RockPods Certification will explore skin and fascial decompression by evaluating the dermal and fascial systems.

CEUs 6 HOURS
PREREQUISITE NONE

FMT ROCKFLOSS®

COMPRESSION BAND FLOSSING CERTIFICATION

FMT RockFloss introduces the concept of skin/fascial/nerve gliding to help reduce tissue swelling and improve movement with the use of 'compression band floss'. This course will cover the anatomy, physiology and neurology of the effects of compression band flossing on connective tissue gliding, tissue traction and tissue compression.



CEUs 6 HOURS
PREREQUISITE NONE



FMT MOVEMENT SPECIALIST™

MOVEMENT SPECIALIST CERTIFICATION

FMT Movement Specialist will provide attendees an integrated strategy for movement assessment, correction and programming. This course addresses multiple considerations that affect our ability to move including the psychological, neurological, motor, connective tissue systems, environment and personalities of our patients and clients. Movement efficiency and variability will be emphasized as key components to assessment and programming goals.

PART 1 CEUs 6 HOURS
PREREQUISITE NONE

PART 2 CEUs 6 HOURS
PREREQUISITE NONE

TRIGGER
POINT



EVERYDAY RECOVERY FOR EVERY BODY'S MOVEMENT

We're motivated to keep everyone on their best path to muscle recovery. It's not enough to just design the products that continually innovate the fitness and wellness market. We know that offering a wide array of customized education ensures that you have the tools you need to keep moving.





GRID Foam Roller



GRID Foam 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.

RETAIL: \$34.99 MEDICAL: \$20.99 FMT CERTIFIED: \$17.50



GRID X Foam Roller

Dense tissue needs a firmer GRID foam roller to release and relieve aches. The GRID X can be used to release the calves, quadriceps, hamstrings, back and lats.

RETAIL: \$49.99 MEDICAL: \$29.99 FMT CERTIFIED: \$25



GRID 2.0 Foam Roller

The GRID 2.0 is twice as long as the GRID to accommodate larger bodies or offer a more stable surface. Use the GRID 2.0 for a self-massage and roll through the tight muscles, knots and kinks that prevent feeling good and moving well.

RETAIL: \$59.99 MEDICAL: \$35.99 FMT CERTIFIED: \$30



Carbon Foam Roller

The TriggerPoint CARBON™ Foam Roller helps to release the toughest, deepest knots, reduce muscle soreness, and prevent injury through deep-tissue self-massage. Unlike traditional foam rollers, the CARBON goes deeper into tissue to treat tight and sore muscles that hinder mobility. Extra firm and high-profiled nodules go deep into tissue to alleviate tightness and soreness. For maximum results, use the CARBON Roller before and after physical activity. Place the CARBON under the muscle then slowly roll back-and-forth. Deepen the massage action with a side-to-side rocking motion to span the muscle. The CARBON is extremely firm and is recommended for experienced foam roller users with very dense muscle tissue that doesn't respond to traditional foam roller pressure.

13 INCH: RETAIL: \$44.99 MEDICAL: \$26.99 FMT CERTIFIED: \$22.50
26 INCH: RETAIL: \$54.99 MEDICAL: \$32.99 FMT CERTIFIED: \$27.50



NANO Foot Roller | NANO X Foot Roller

Innovative foam roller specifically designed to increase flexibility and relieve minor muscular aches associated to the foot. The NANO™ Foot Roller surface provides a systematic approach to blood flow by channeling nutrients directly to the tissue. Designed to mirror the feeling of a massage therapist's fingertips, the NANO™ Foot Roller is supported by our educational platform that is recognized globally for its effectiveness in the application of myofascial release.

RETAIL: \$24.99 MEDICAL: \$14.99 FMT CERTIFIED: \$12.50



CORE Foam Roller

TriggerPoint CORE Foam Rollers offer a solid-core design and durable EVA foam construction to withstand years of repeated use. Unlike standard polypropylene foam rollers that are rock hard when new and can quickly break down and become soft, the CORE is made from EVA foam that has greater resilience after compression. The CORE consistency provides moderate pressure and delivers a premium massage with minimal discomfort. Its Grid pattern technology makes it the only solid foam roller on the market to channel blood and oxygen while you roll. The multi-density surface is designed to massage tight muscles, knots, and kinks to reduce soreness, improve flexibility, and increase recovery. The 36-inch TriggerPoint CORE supports the entire spine during yoga, Pilates, and recovery exercises and provides stability to roll large muscle areas. The 18-inch CORE's versatile size can be easily repositioned during exercise to support a variety of massages and routines. The 12-inch offers an ideal travel companion on the road, at the gym, or on business trips.

18 INCH: RETAIL: \$29.99 MEDICAL: \$17.99 FMT CERTIFIED: \$15
36 INCH: RETAIL: \$59.99 MEDICAL: \$35.99 FMT CERTIFIED: \$30



GRID Caps

The TriggerPoint GRID® Caps & Strap transform your TriggerPoint hollow core foam roller into a gym bag. Includes easy-to-open caps to create storage inside the roller itself, tightly securing all your gym necessities. Durable strap makes your hollow core foam roller easy to carry and adjusts to fit comfortably over your shoulder. Designed to fit TriggerPoint's hollow core foam rollers including GRID®, GRID@2.0, GRID@X, CHARGE™ and CARBON™. Use only with TriggerPoint hollow core foam rollers.

RETAIL: \$14.99 MEDICAL: \$8.99 FMT CERTIFIED: \$7.50



GRID Vibe Plus

The TriggerPoint GRID VIBE™ PLUS Vibrating Foam Roller is a vibrating, high-density EVA foam roller that provides clinical therapy technology in a compact, portable, personal unit. Specifically designed with four vibration frequencies. Features TriggerPoint's patented GRID pattern to replicate the feeling of a massage therapist's hands to help channel blood, improve oxygen flow, and heal tissue. The GRID VIBE PLUS is the roller of choice to prepare the body for peak performance by helping users improve flexibility, balance and mobility. Fully charge the roller for four hours before first use. Subsequent charges should last three hours, or until the charging indicator light stops blinking. The unit's built-in battery can last up to two hours when fully charged. Battery life is dependent on the level of vibration frequency the roller is set to. Measures 12 inches long, with a 3.5-inch diameter and weighs 2.5 pounds. Smaller diameter creates less surface area resulting in targeted, deep tissue compression. Includes an AC charger and owner's manual with detailed instructions for use.

RETAIL: \$99.99 MEDICAL: \$59.99 FMT CERTIFIED: \$50



CHARGE Foam Roller

Take your post-workout recovery routine to the next level with the TriggerPoint CHARGE™ Foam Roller. Its premium design features elevated and opposing curves to replicate effective massage therapy techniques. As you roll, the high and wide ridges stretch the muscle and the high and narrow ridges squeeze the muscles. Combining the pressure from your applied bodyweight and the rhythmic squeeze and stretch motion, the CHARGE helps to push blood and oxygen to sore muscle tissue, resulting in a faster transfer of nutrients needed to repair broken down muscle tissue and increase post-workout recovery time. For the best results, use the CHARGE Foam Roller immediately after physical activity. To begin place the roller directly under the muscle then slowly roll the area with a long and steady gliding motion. Use the CHARGE Foam Roller to massage both the upper and lower body including calves, adductors, quadriceps, hamstrings, upper back and lats.

RETAIL: \$39.99 MEDICAL: \$23.99 FMT CERTIFIED: \$20

CHARGE Vibe

The TriggerPoint™ CHARGE™ VIBE Vibrating Massage Roller provides a quicker muscle recovery process. Designed with elevated and opposing curves to replicate effective massage therapy techniques. The high and wide ridges stretch the muscle while the high and narrow ridges squeeze the muscles as you roll. This rhythmic squeeze and stretch motion helps to push blood and oxygen to damaged tissue. This results in a faster transfer of nutrients needed to repair sore muscles and accelerate post-workout recovery. Calibrated with three vibration settings to release muscle tissue comfortably for the user. Combining the CHARGE pattern and multi-speed vibration technology delivers a powerful massage experience that helps to recharge your muscles after physical activity. Fully charge the roller for four hours before first use. Subsequent charges should last three hours, or until the charging indicator stops blinking. The unit's built-in battery can last up to two hours when fully charged. Battery life is dependent on the frequency the roller is set to. Measures 7-inches long, with a 4-inch diameter, and weighs 2 pounds. The compact CHARGE VIBE is portable and can fit into most gym bags and suitcases. Includes an AC charger. Owner's manual features instructions for use and examples.



RETAIL: \$99.99 MEDICAL: \$59.99 FMT CERTIFIED: \$50



STK Contour

The STK Contour is an innovative handheld foam roller featuring a flexible hourglass design and foam surface. The unique construction is designed to wrap around and compress muscles while rolling for to relieve muscle soreness and improve muscle recovery. Foam spindles individually roll across muscles to increase circulation and improve muscle mobility. The STK Contour massage stick can be used while seated or standing, to target both lower and upper body muscles such as the calf, hamstring, quadriceps, hips, and back to reduce muscle soreness and speed up recovery time.

RETAIL: \$29.99 MEDICAL: \$17.99 FMT CERTIFIED: \$15



AcuCurve Cane

The AcuCurve Cane is intended to ease aches normally reserved for a trip to a professional masseuse, especially after a long day at work or day of strenuous activity. The ergonomic massage cane design makes it easy to reach and release tight muscles in the neck, back, shoulders, and lower body. The extra firm tip applies targeted pressure to help break up knots in muscle fibers, while the double massage ball design allows for effective release of tight muscles around the spine to improve flexibility and upper body movement. The unique AcuLoop grip allows for user-friendly gripping and helps leverage product when applying pressure to muscles. The TriggerPoint AcuCurve Cane is an easy-to-use and effective at home remedy to relieve muscle tightness, aches, and stress or sports related muscle tension.

RETAIL: \$19.99 MEDICAL: \$11.99 FMT CERTIFIED: \$10

GRID STK | GRID STK X

The world's first hand-held foam rollers wrapped in patent-pending GRID® 3-dimensional surface channels nutrients directly to the tissue for health and mobility. Available in two densities (regular and extra-firm "X").

GRID STK: RETAIL: \$34.99 MEDICAL: \$20.99 FMT CERTIFIED: \$17.50
GRID STK X: RETAIL: \$39.99 MEDICAL: \$23.99 FMT CERTIFIED: \$20



STK SLEEK

The STK Sleek Handheld Foam Roller features a portable, slim design for targeted muscle relief and recovery. The unique Acura Surface design grips the skin while rolling, to help channel oxygen and blood flow to the tissue for enhanced muscle recovery. Slim grip ergonomic handles provide easy leverage and pressure control for users

to target tight muscle aches. The STK Sleek can be used while either seated or standing, at home or on-the-go, to roll through tight muscles and knots in soft tissue that can restrict movement and mobility. The STK Sleek massage stick can be used on both lower and upper body, including calf, hamstring, quadriceps, hips and back to improve mobility.

RETAIL: \$29.99 MEDICAL: \$17.99 FMT CERTIFIED: \$15





STK Grip

The TriggerPoint STK® Grip is a handheld massage roller that increases flexibility and improves movement when rolled across muscles. While rolling, the unique AcuGRIP® surface grips the skin for an enhanced massage. Slim grip ergonomic handles provide easy leverage and pressure control for users to target tight muscle aches. The STK Grip can be used while either seated or standing, at home or on-the-go, to roll through tight muscles and knots that can restrict movement. Use the STK GRIP on upper and lower body including lower back, calves, hamstrings, quadriceps, IT bands and feet to improve mobility.

RETAIL: \$29.99 MEDICAL: \$17.99 FMT CERTIFIED: \$15



Mobility Pack

The TriggerPoint Mobility Pack includes our original hollow core roller, the GRID®, MB1® Massage Ball, and GRID Strap for portable, on-the-go relief of both large and small, hard to reach muscle groups.

RETAIL: \$44.99 MEDICAL: \$26.99 FMT CERTIFIED: \$22.50

STK Fusion

Customize your recovery routine with the TriggerPoint™ STK Fusion™. The STK Fusion combines a handheld massage stick and hands-free stands into a fully customizable massage recovery system. Use as a handheld massage stick for targeted muscle compression. Place in the stands to use the pressure of your body weight to get deeper into muscle tissue. The choice is completely up to you, the user. The internal core of the STK Fusion™ can withstand body weight for hands-free rolling while secured in its stands. Includes two detachable handles and seven independent spinning, reconfigurable roller components for personalized recovery. The grey Spacer targets small and sore tendons such as the Achilles and Patellar. The green Massage Balls pinpoint and release tender spots reducing the chance of injury. The blue CHARGE™ Rollers squeeze and stretch muscles as you roll to enhance blood circulation. This encourages blood flow through all parts of the muscle to speed up tissue repair and keep you moving! For maximum benefits use the STK Fusion before a workout to loosen tight muscles and after a workout to accelerate recovery time leaving you feeling refreshed, faster. The versatility of the STK Fusion™ enables you to massage both the upper and lower body including biceps, triceps, lats, calves, hamstrings, quadriceps, hips and back.

RETAIL: \$69.99 MEDICAL: \$41.99 FMT CERTIFIED: \$35



Performance Kit

The TriggerPoint Performance Collection is for any athlete that wants to increase mobility to achieve optimal performance. Step by step instructions guide you through easy-to-follow self-massage techniques on twelve areas of the body, focusing on key areas that commonly cause performance limitation in athletes. Digital instructions via video and guidebook format allow you to manage your own therapeutic self-care at home, at the gym, or on the road.

RETAIL: \$129.99 MEDICAL: \$77.99 FMT CERTIFIED: \$65



MB Vibe

The TriggerPoint MB Vibe massage ball is a must-have for athletes who want to perform at their optimal level day in and day out. Combined with the spherical design for multi-directional rolling, the roller's vibrations penetrate deep into muscles to target tense muscles with precision. With 3 different vibration speeds, the MB Vibe helps increase circulation compared to non-vibrating massage balls. Ideal for use before a workout, the vibrating massage ball loosens and lengthens muscles to increase flexibility. Roll with the MB Vibe to reduce soreness and stiffness faster than you would with a non-vibrating roller. The roller includes a rechargeable battery, which lasts for up to 2 hours of use per charge.

RETAIL: \$79.99 MEDICAL: \$47.99 FMT CERTIFIED: \$40



MB2 Roller

Unlock twice the relief with TriggerPoint's MB2 peanut massage ball roller. Designed with two settings to ease tight muscles and stiffness in the neck and back, the MB2 can support proper posture and upper back mobility. The adjustable length can be locked for use on smaller muscles that attach directly to the spine, or extended to target the larger muscles of the back. The TriggerPoint MB2 massage balls use a patented, layered construction made up of different densities. The unique EVA foam surface is very dense, yet still compresses to "grip" the tissue, encouraging blood and oxygen flow to keep muscles and fascia healthy. This design works to break up adhesions to restore movement quickly. TriggerPoint MB2 massage ball roller is water-resistant, durable and easy to clean for long-lasting self-massage and recovery. The lightweight, compact design is ideal for mobility on-the-go and perfect for travel use.

RETAIL: \$24.99 MEDICAL: \$14.99 FMT CERTIFIED: \$12.50



MB1 Massage Ball

TriggerPoint's line of hand-made foam massage balls is specifically designed to replicate the feeling of a massage therapist's hands, so you can get relief from discomfort and tightness on your own. As part of the Deep Tissue Essentials product line, these massage balls use a patented, layered construction made up of different densities. This design works to break up adhesions and stimulate blood flow better than non-layered tools to restore movement more quickly. The unique EVA foam surface is very dense, yet still compresses to "grip" the tissue, encouraging blood and oxygen flow to keep muscles and fascia healthy. The MB1 (2.6-inch diameter) is ideal for isolated areas, providing targeted relief without pinching or irritating nerves. The MBX (2.6 inch diameter) has an extra firm surface that offers a deeper level of massage for more intense relief. The MB5 (5-inch diameter) has a large surface area that provides the unique ability to release tight shoulders, hips and groin. All three massage balls are washable, lightweight and slip resistant. They are more hygienic than cloth and will not breakdown after repeated use.

RETAIL: \$14.99 MEDICAL: \$8.99 FMT CERTIFIED: \$7.50



GRID Ball

The TriggerPoint GRID Ball combines the best of both worlds, blending a next generation massage ball with TriggerPoint's innovative GRID pattern foam rolling technology. The GRID Ball's 5-inch diameter elevates the body to better target hard to reach areas such as the hips and shoulders, while the signature GRID pattern channels blood and oxygen to repair muscles as you roll. The GRID Ball is a convenient recovery aid for use almost anywhere, at anytime to help release muscle tightness and improve flexibility in anyone experiencing muscle tightness.

RETAIL: \$19.99 MEDICAL: \$11.99 FMT CERTIFIED: \$10



Mobipoint Massage Ball

TriggerPoint MobiPoint Massage Ball provides direct muscle compression to help relieve soreness, discomfort and tightness. Designed with a 2 inch diameter, this massage ball can be used to apply targeted pressure in small surface areas such as hands and feet. Raised tip texture stimulates blood and oxygen flow making the MobiPoint Massage Ball perfect to help enhance mobility and decrease soreness. The solid plastic construction of this massage ball makes it durable, hygienic and easy to clean.

RETAIL: \$7.99 MEDICAL: \$4.79 FMT CERTIFIED: \$4



GRID STK



EXERCISE AND FITNESS EQUIPMENT FOR EVERYONE

It doesn't matter if you're an elite athlete or just starting your fitness journey – SKLZ carries the exercise equipment and fitness accessories you need to reach your goals. Our selection of fitness equipment includes training aids that can be used individually and in a group, and much of our equipment can fold away easily, making it ideal for athletes on-the-go. From warm-up to cool down, and everything in between, explore the equipment that will help you perform at your best.







MINI BANDS

Mini Bands are an effective and versatile training tool that can be used to increase strength and stability in the upper and lower body. Mini Bands are ideal for lateral movement exercises, hip and glute activation, and shoulder stabilization. This 3 Mini Band set offers 3 different levels of resistance - light, medium, and heavy.

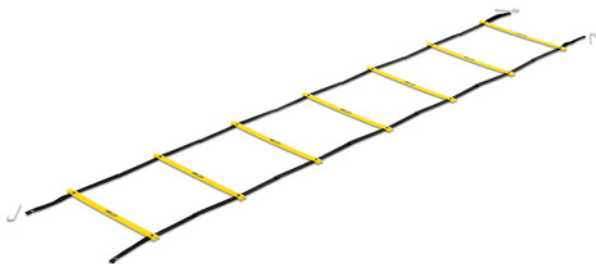
RETAIL: \$19.99 MEDICAL: \$11.99 FMT CERTIFIED: \$10



FOOT MASSAGE BALL

Roll away the minor foot aches associated with training. With a unique size and texture, the Foot Massage Ball helps stimulate circulation, increase mobility and target small muscle groups to aid in recovery. It is portable, water resistant and easy to use.

RETAIL: \$9.99 MEDICAL: \$5.99 FMT CERTIFIED: \$5



QUICK LADDER PRO

No webbing means no tangling; no tangling means no training time lost. Inspired by the concertina, or accordion, fold of Chinese fans, the Quick Ladder Pro keeps things efficient during training sessions. Rigid, hinged sides and overall durable construction make for easy folding and unfolding. Simply put, it's the ladder to replace all ladders.

RETAIL: \$59.99 MEDICAL: \$35.99 FMT CERTIFIED: \$30



ELEVATION LADDER

Unlike a traditional training ladder, the SKLZ Elevation Ladder is designed to have the flexibility of a flat ladder as well as an elevated ladder. This unique feature allows coaches, teams, and individuals to perform a variety of agility and speed drills. Easy to mount, the ladder switches between a flat ladder and 4" hurdles within seconds. Helping to increase quickness through accelerated foot strike and lift frequency, the SKLZ Elevation Ladder works to improve overall maneuverability around the field or on the court. The ladder measures 7' long and each rung measures 26" wide and 15" long. Made of durable yet lightweight PVC plastic, the Elevation Ladder is ideal for on-the-go workouts and pre-game warmups. It folds down quickly for convenient storage and includes a convenient carry bag and usage guide.

RETAIL: \$49.99 MEDICAL: \$29.99 FMT CERTIFIED: \$25



QUICK LADDER

Train with the Quick Ladder and quickly improve your acceleration, lateral speed and change of direction while enhancing balance, rhythm and body control. These core skills are critical to any athlete that wants to perform at a faster level than the competition in any sport.

RETAIL: \$29.99 MEDICAL: \$17.99 FMT CERTIFIED: \$15



ACCELERATION TRAINER

Acceleration and first step speed are critical components of any sport. Using proven overload and release training methods, the Acceleration Trainer helps athletes at all levels build first step quickness and top-end speed.

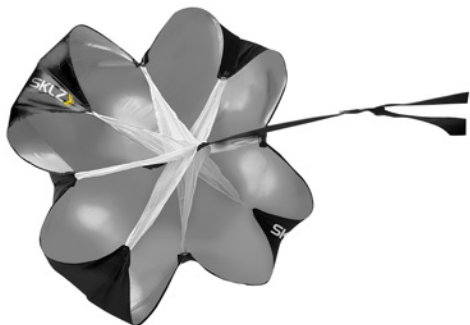
RETAIL: \$59.99 MEDICAL: \$35.99 FMT CERTIFIED: \$30



SPEED SAC

Improve 40-yard dash times, overall speed, and explosiveness.

RETAIL: \$79.99 MEDICAL: \$47.99 FMT CERTIFIED: \$40



SPEED CHUTE

The Speed Chute allows you to maximize acceleration and top end speed through progressive resistance and overspeed training. The Speed Chute features a quick-release buckle for that mid-stride, shot-out-of-the-cannon sensation. The resistance allows you to improve stride length and frequency.

RETAIL: \$29.99 MEDICAL: \$17.99 FMT CERTIFIED: \$15



SPEED HURDLES PRO

The hurdles coaches and athletes have asked for are here. The Speed Hurdle Pro is the most versatile hurdle available, offering variety to training sessions with adjustable 6-, 9- and 12-inch height settings. Each hurdle features a highly durable base, low-profile design for feet of all sizes and innovative, bounce-back construction.

RETAIL: \$69.99 MEDICAL: \$41.99 FMT CERTIFIED: \$35



6X HURDLES

For speed, agility and plyometric drills, it's hard to beat hurdles. That's why these all-purpose hurdles are designed to stand up to the biggest beatings and heaviest athletes. Lightweight, durable and featuring bounce-back construction, they come in packs of six.

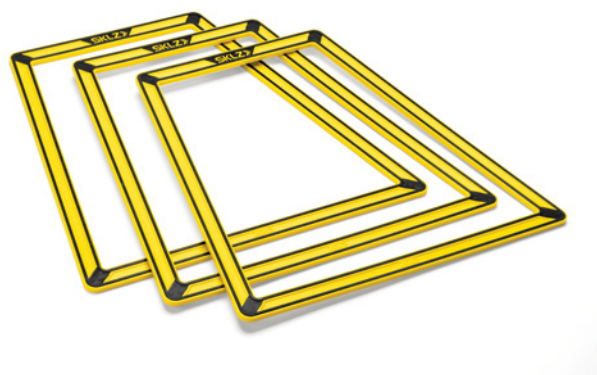
RETAIL: \$49.99 MEDICAL: \$29.99 FMT CERTIFIED: \$25



AGILITY LADDER

Train with the Agility Ladder to improve acceleration, lateral speed and change of direction while enhancing balance, rhythm, and body control. Incorporate into any workout to increase intensity and burn calories.

RETAIL: \$14.99 MEDICAL: \$8.99 FMT CERTIFIED: \$7.50



AGILITY TRAINER PRO

Sports aren't linear; neither should your speed training be. The Agility Trainer Pro's trapezoid design helps increase footwork and agility in game-like movement patterns. Built to create curvilinear and broken training patterns, this unique trainer helps you practice the change of direction that changes the game.

RETAIL: \$99.99 MEDICAL: \$59.99 FMT CERTIFIED: \$50



AGILITY CONES

Agility Cone training significantly improves an athlete's ability to accelerate, decelerate, and quickly change direction with precise timing and body control. Perfect for any sport and a staple at any evaluation combine. Includes 20 cones, carry rack for easy transport and storage, and instructional DVD with training drills.

RETAIL: \$19.99 MEDICAL: \$11.99 FMT CERTIFIED: \$10



PRO BANDS

At its core, all exercise involves resistance. The Pro Bands give you all the benefits of resistance—increased strength, flexibility and stamina—in a portable size. Use them to warm-up muscles and prime joints, for strength and flexibility training and to help increase lateral speed and forward acceleration.

LIGHT:	RETAIL: \$19.99	MEDICAL: \$11.99	FMT CERTIFIED: \$10
MEDIUM:	RETAIL: \$29.99	MEDICAL: \$17.99	FMT CERTIFIED: \$15
HEAVY:	RETAIL: \$39.99	MEDICAL: \$23.99	FMT CERTIFIED: \$20
EXTRA HEAVY:	RETAIL: \$49.99	MEDICAL: \$29.99	FMT CERTIFIED: \$25



RESISTANCE CABLE SET

Get your total body training wherever you want. Durable, versatile training cables offer five resistance levels – from 10 to 30 lbs. – to let you customize your workout. The Flex Handles with Slide-Lock technology let you switch Cables in a snap. And the anchor attaches to nearly any door jam – home or away.

LIGHT:	RETAIL: \$20.99	MEDICAL: \$12.59	FMT CERTIFIED: \$10.50
MEDIUM:	RETAIL: \$21.99	MEDICAL: \$13.19	FMT CERTIFIED: \$11
HEAVY:	RETAIL: \$23.99	MEDICAL: \$14.39	FMT CERTIFIED: \$12



EXERCISE BANDS

Enhance strength and endurance levels by adding resistance to your upper and lower body workouts. These Exercise Bands are an effective and versatile training tool that can be used anywhere.

RETAIL: \$7.99 MEDICAL: \$4.79 FMT CERTIFIED: \$4



EXERCISE SLIDERS

Build core strength and increase flexibility. Add these low impact, dual sided Exercise Sliders to your workout to make it more effective and efficient.

RETAIL: \$14.99 MEDICAL: \$8.99 FMT CERTIFIED: \$7.50



COURT SLIDEZ

Featuring a low-friction, non-marking surface, Court Slidez are safe for hardwood, tile, courts and any smooth surface, letting you use your body weight to activate your core to build strength and flexibility with high-intensity, low-impact moves. The only thing left on the floor will be your hard-earned sweat.

RETAIL: \$24.99 MEDICAL: \$14.99 FMT CERTIFIED: \$12.50



SLIDEZ

When it comes to strength, athletes know it starts with the core. Built to engage your core through a variety of movements, Slidez are created with a low-friction bottom that slides on virtually any surface, while a non-slip, ergonomic tread pattern provides better grip for hands and feet.

RETAIL: \$29.99 MEDICAL: \$17.99 FMT CERTIFIED: \$15



RECOIL 360

Serious athletes train to maximize power, speed and vertical jump. That's why the Recoil 360 is built for multi-directional training and use with or without a partner. The Recoil 360's sheathed cable stretches from 8 to 22 feet with resistance that increases from 15 to 50 lb.

RETAIL: \$49.99 MEDICAL: \$29.99 FMT CERTIFIED: \$25



HOPZ 2.0

Add air to your game with the most comfortable, easy-to-use vertical trainer available. Built to increase explosive leg power and strengthen key lower body muscles to maximize jumping ability, HOPZ is perfect for basketball, football, volleyball or any player who wants to add to their vertical.

RETAIL: \$69.99 MEDICAL: \$41.99 FMT CERTIFIED: \$35



COREWHEELS

Take your planks, push-ups and pillar exercises to a new level with the COREwheels dynamic core strength trainer. The rolling wheels on each side destabilize your movements, causing your shoulders, torso and hips to work harder than ever before. Features ergonomic foam handles, lightweight design, and a training guide to get you started.

RETAIL: \$39.99 MEDICAL: \$23.99 FMT CERTIFIED: \$20



SUPER SAND BAG

Develop total body strength, stability and endurance by training with the Super Sandbag. This versatile training tool allows you to execute countless training exercises, working your upper and lower body. Develop explosive power on-demand. The removable weight bags can be used as soft weights to increase the intensity of any drill or exercise.

RETAIL: \$59.99 MEDICAL: \$35.99 FMT CERTIFIED: \$30



PRO MAT

Warm up and recovery are key to increasing performance. Designed for a full 24" x 68" of coverage, with grommets for hanging, the Pro Mat gives you a ½" of pro-grade, easy to clean, durable foam for comfort on most any surface.

RETAIL: \$79.99 MEDICAL: \$47.99 FMT CERTIFIED: \$40



STABILITY BALL

The Stability Ball is an essential component to any training session. It intensifies a multitude of movements for greater core strength and improves balance and posture. Made from high-quality materials, it's the perfect tool to challenge your next workout.

RETAIL: \$24.99 MEDICAL: \$14.99 FMT CERTIFIED: \$12.50



BALANCE PAD

Add the power of destabilization to your training to increase your core strength and build balance. The Balance Pad forces your body to react by activating foot, ankles and lower leg muscles, helping build the strength and stability key in athletic performance, balanced movement and injury rehab.

RETAIL: \$59.99 MEDICAL: \$35.99 FMT CERTIFIED: \$30



TRAINING CABLE

5-foot Training Cable compatible with all Slide-Lock components, to add variety to your strength and power training.

LIGHT:	RETAIL: \$8.99	MEDICAL: \$5.39	FMT CERTIFIED: \$4.50
MEDIUM:	RETAIL: \$10.99	MEDICAL: \$6.59	FMT CERTIFIED: \$5.50
HEAVY:	RETAIL: \$12.99	MEDICAL: \$7.79	FMT CERTIFIED: \$6.50
EXTRA HEAVY:	RETAIL: \$16.99	MEDICAL: \$10.19	FMT CERTIFIED: \$8.50



CHOP BAR

For any athlete looking to build core strength and rotational power — baseball, football, and golf —the Chop Bar is the answer. Create variable resistance to build explosive power and elevate your game.

RETAIL: \$39.99 MEDICAL: \$23.99 FMT CERTIFIED: \$20



DOOR ANCHOR

Simple solution that turns any 3-hinged door into a durable anchor point. Pair it with Training Cables and Handles or Functional Training System.

RETAIL: \$4.99 MEDICAL: \$2.99 FMT CERTIFIED: \$2.50



DUAL HANDLES

With proprietary Slide-Lock technology, the Dual Handles bring the core strength training you would find in top gyms to anywhere you train. They change easily and provide 360° rotation so they will never limit your movement or routines.

RETAIL: \$19.99 MEDICAL: \$11.99 FMT CERTIFIED: \$10



UNIVERSAL CUFF

Turn your home into a fully functional training space by combining the Universal Cuff with Training Cables and the Universal Anchor. Build arm, leg and core strength and stability wherever you train. The Universal Cuff is also a great tool for stretching and warming up.

RETAIL: \$14.99 MEDICAL: \$8.99 FMT CERTIFIED: \$7.50



TRAINING ROPE PRO

The 40' Training Rope Pro brings new levels of performance to your workout. Built to provide feedback waves key in developing new levels of strength, power and endurance, the rope helps you build each side of your body equally.

RETAIL: \$179.99 MEDICAL: \$107.99 FMT CERTIFIED: \$90



SPEED ROPE

With its steel rod and ball bearing system for smoother rotation, this high performance jump rope adds intensity to training and builds endurance. A coated low-kink, customizable-length cord and right angle mount enables proper wrist and arm positioning.

RETAIL: \$24.99 MEDICAL: \$14.99 FMT CERTIFIED: \$12.50



JUMP ROPE

Train speed, quickness and endurance with this durable jump rope. With padded grips, a center mounted swivel, the Jump Rope is a simple approach to get more results from your training.

RETAIL: \$14.99 MEDICAL: \$8.99 FMT CERTIFIED: \$7.50






ROCKTAPETM
Go stronger, longer



TRIGGER POINT

SKLZ»

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