



TRIGGERPOINT

2018 Product Catalog





Learn More
Move Better®

TriggerPoint™ empowers people to reach an optimal level of movement by providing the world's best therapeutic self-care products and education.





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Our mission at TriggerPoint™ is to keep you moving freely and without pain.



It was chronic and debilitating pain that inspired our founder, Cassidy Phillips, to take his health into his own hands – literally. Starting in 2001, his body started breaking down. He was told he would never be an athlete again due to a muscular dysfunction. It became his personal mission to understand muscular structure and the regeneration of dysfunctional muscle tissue to create a way to restore his body, and continue living an active and healthy life.

After trying several traditional methods of pain relief, Cassidy developed an out-of-the-box approach. He tackled countless hours of research to better understand the various methods of massage, chiropractic care, and the treatment of traditional injuries. He discovered that there was a void in self-care. There was little opportunity for an individual to take care of their body on their own. This is when he created the massage ball and founded TriggerPoint.

Today, TriggerPoint is part of Implus Footcare, LLC, an organization managing category-leading brands renowned for superior quality, innovative design, and heritage. Implus proudly distributes to over 75,000 retail outlets across North America and over 70 countries worldwide and has expanded TriggerPoint's reach across the United States and internationally.



2002

The TP Massage™ Ball launches and Cassidy sells them out of the trunk of his car at local races.



2006

TriggerPoint expands the line with Deep Tissue Collections.



2009

The GRID®, the original hollow core foam roller, is launched.



2014

TriggerPoint expands their foam line with the NANO®, STK®, and T-Roller®.



2014

TriggerPoint expands reach and distribution by joining Implus.

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.

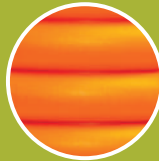
Every TriggerPoint foam roller is designed with our signature GRID® pattern which replicates the feeling of a massage therapist's hand; low and flat like the palm, tubular like the fingers, and high and firm like the finger tips. This patented multi-density pattern channels blood and oxygen through the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







TriggerPoint CORE Roller™

Roll, Relax, Release



The TriggerPoint CORE solid foam roller delivers moderate compression for comfortable relief. Its high-density EVA foam, with a patented multi-density surface pattern, channels blood and oxygen to muscles to break up knots and increase mobility. The CORE Roller is the ideal foam roller for those new to foam rolling or recovering from an injury.

-  Softer, less intense compression than the GRID
 -  GRID pattern channels nutrients directly to tissue to aid in muscle repair
 -  Available in three sizes to roll where you work, live and travel
 -  Includes access to free online instructional videos
-





GRID[®] Foam Roller

Roll It Out



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



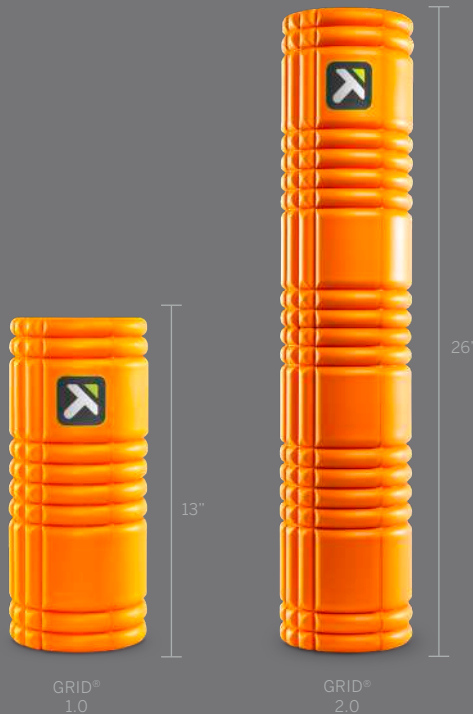
Available in three sizes to roll wherever you work, live and travel



Superior construction won't break with repeated use



Includes access to free online instructional videos



GRID® 1.0



black
#350013



orange
#350006



pink
#350464



lime
#350327



camo
#350358

GRID® 2.0



black
#350235



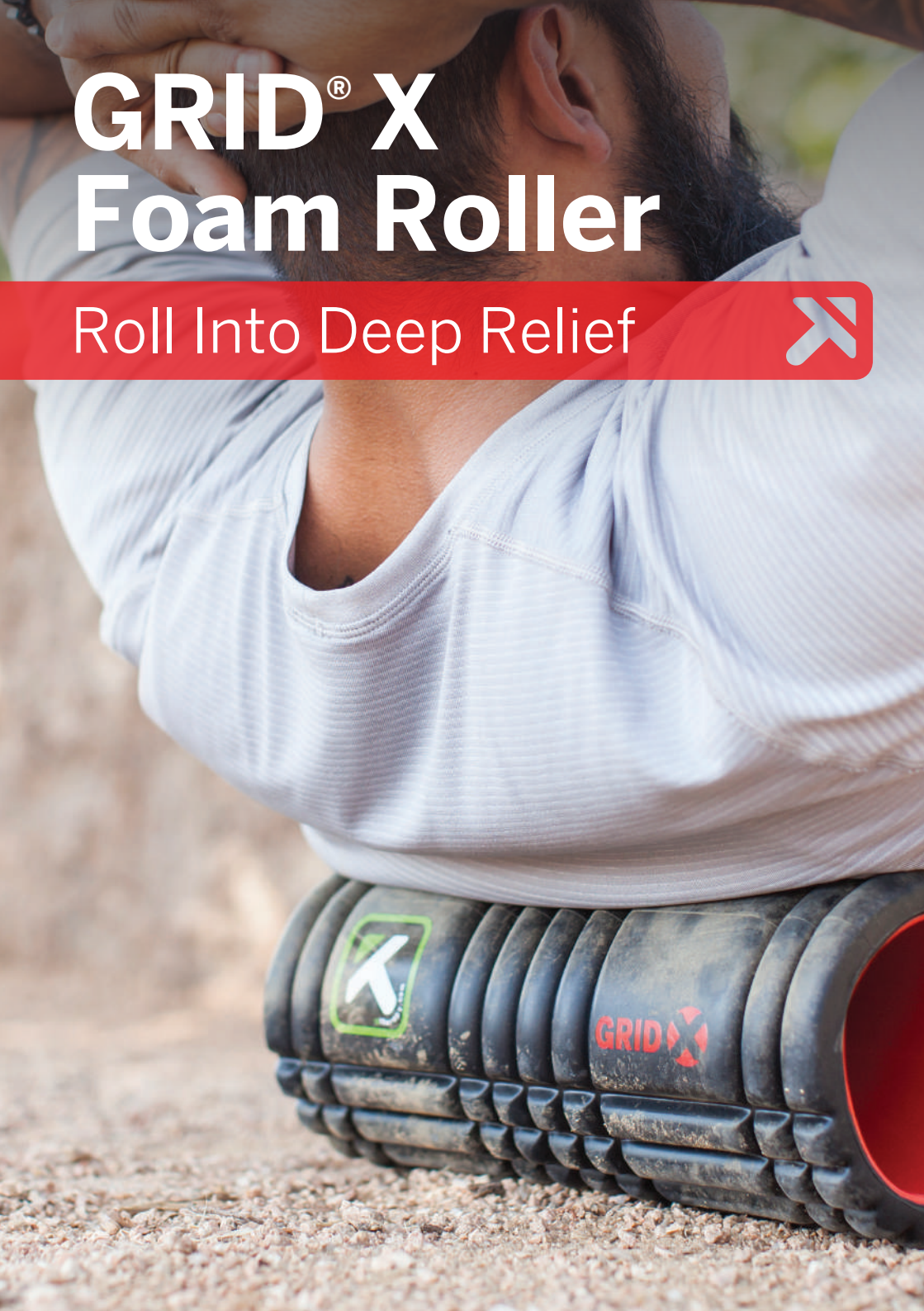
orange
#350228







pink
#350471

GRID[®] X Foam Roller

Roll Into Deep Relief



The GRID X was created to break through the body's toughest, tightest trouble spots to improve mobility and reduce muscle pain and soreness. This extra firm foam roller is for athletes with dense muscle tissue and anyone who prefers a deep tissue massage.

-  Twice as firm as the original GRID
-  GRID pattern channels nutrients directly to tissue to aid in muscle repair
-  Superior construction won't break with repeated use
-  Includes access to free online instructional videos








GRID® X
#350488

GRID VIBE™ Foam Roller

Feel The Good Vibrations 



The precision engineered GRID VIBE vibrating foam roller pairs foam rolling with vibration technology to relax tight muscles, increase range of motion, relieve pain and improve overall movement.

-  Extra firm foam with a small diameter targets deep muscle tissue
-  One vibration frequency optimized for muscle relaxation and pain relief
-  GRID pattern channels nutrients directly to tissue to aid in muscle repair
-  Rechargeable battery port with AC charger
-  Includes access to free online instructional video library



GRID VIBE™
#20986

NANO[®] Foot Roller

Treat Your Feet



The NANO relieves aches and pains and targets tension in the small muscles of the foot and forearm. The raised tips replicate the feeling of a massage therapist's finger tips, to channel nutrients directly to the tissue and improve circulation.



Use while seated or standing to relieve aches and pains



Convenient size is perfect for the gym, office or on-the-road



GRID pattern channels nutrients directly to tissue to aid in muscle repair



Sweat proof and easy to clean material



NANO®
#350525



NANO® X
#350518







STK[®]

STK It To The Pain



The STK, a multi-functional handheld foam roller, can be used seated or standing to roll, release, and relieve minor aches and pains. The AcuGRIP® handles allow user-controlled pressure for a comfortable massage, and can be used to anchor on tight spots for acupressure relief.

-  AcuGRIP handles provide targeted compression to release knots and tightness
-  GRID pattern channels nutrients directly to tissue to aid in muscle repair
-  Available in two densities- regular and extra firm
-  Sweat proof and easy to clean material









The STK Contour™

STK It To The Pain



The STK Contour handheld foam roller wraps around muscles while rolling to relieve tension and improve mobility. Foam surface comfortably compresses the muscle to release discomfort and tightness, while the hourglass design surrounds the muscle while rolling to increase circulation and speed up recovery.

-  Flexible design contours to muscles
-  Compression for targeted relief
-  Rolling increases circulation
-  Lightweight and travel friendly



STK Contour™
#21127







STK Sleek™

STK It To The Pain



The STK Sleek massage stick compresses and rolls across muscles to improve flexibility and optimize movement. The AcuGRIP® surface provides moderate compression and grips the skin, while rolling decreases muscle tension and improves circulation.

-  AcuGRIP material grips muscle
-  Compression for targeted relief
-  Rolling increases circulation
-  Lightweight and travel friendly






STK Sleek™
#21129

AcuCurve Cane

Pin Down The Pain



The AcuCurve Cane features an ergonomic design to target muscle tension, specifically in hard-to-reach areas of the neck and back. The extra firm drop tip offers deep tissue compression to release total body tightness, while massage ball base design can be used to safely relieve tension around the spine.

-  Ergonomic, easy to use design
-  Premium massage for muscle recovery and improved mobility
-  Compression for targeted relief



AcuCurve Cane
#21130



Foam Massage Balls




Roll On The Spot



The MB1®, MBX® and TP Massage™ Balls provide direct deep tissue compression for fast relief of aches, pains and muscle fatigue. Designed to replicate the pressure of a massage therapist's thumb, the TriggerPoint™ massage balls are ideal for targeting tightness and discomfort in small muscles or hard to reach areas.




TP Massage Ball

The original massage ball is a versatile massage tool made with a firm core, wrapped in cushioned material to provide a safe level of targeted deep tissue compression.




-  Comfortable cloth material for gripping the skin's surface
 -  Provides targeted deep tissue compression and will change shape with increased pressure
 -  Convenient size for travel and portability
-

The MB1 and MBX massage balls are designed with a slip resistant texture to enhance product stabilization. The EVA foam surface is sweat proof and easy to clean.

MB1 Massage Ball

-  Foam surface grips the skin for a more effective massage
-  Deep tissue compression for targeted relief
-  Convenient size for travel and portability

MBX Massage Ball

-  Foam surface grips the skin for a more effective massage
-  Extra firm density delivers targeted deep tissue massage
-  Convenient size for travel and portability



TP Massage™ Ball
#350457



MB1® Massage Ball
#350051






MBX® Massage Ball
#350068

MB5[®] Massage Ball

Roll On The Spot



The MB5 massage ball replicates the pressure of a massage therapist's elbow to relieve tightness and restore movement in hard to reach muscles like the glutes, hips and shoulders. The 5" diameter elevates the body to target and release muscle tension for increased range of motion.

-  Targeted compression releases tightness in large muscle groups
-  Lightweight and travel friendly
-  Sweat proof and easy to clean surface



MB5® Massage Ball
#350075

GRID Ball™

Roll On The Spot



The GRID Ball is ideal for anyone seeking mild, targeted massage to relieve muscle pain and tightness. The 5-inch diameter elevates the body to target hard-to-reach areas like hips and shoulders, while the signature GRID pattern channels blood and oxygen as you roll.



Premium massage for muscle recovery and improved mobility



Softer, less intense compression than the MB5



GRID pattern channels nutrients directly to tissue to aid in muscle repair



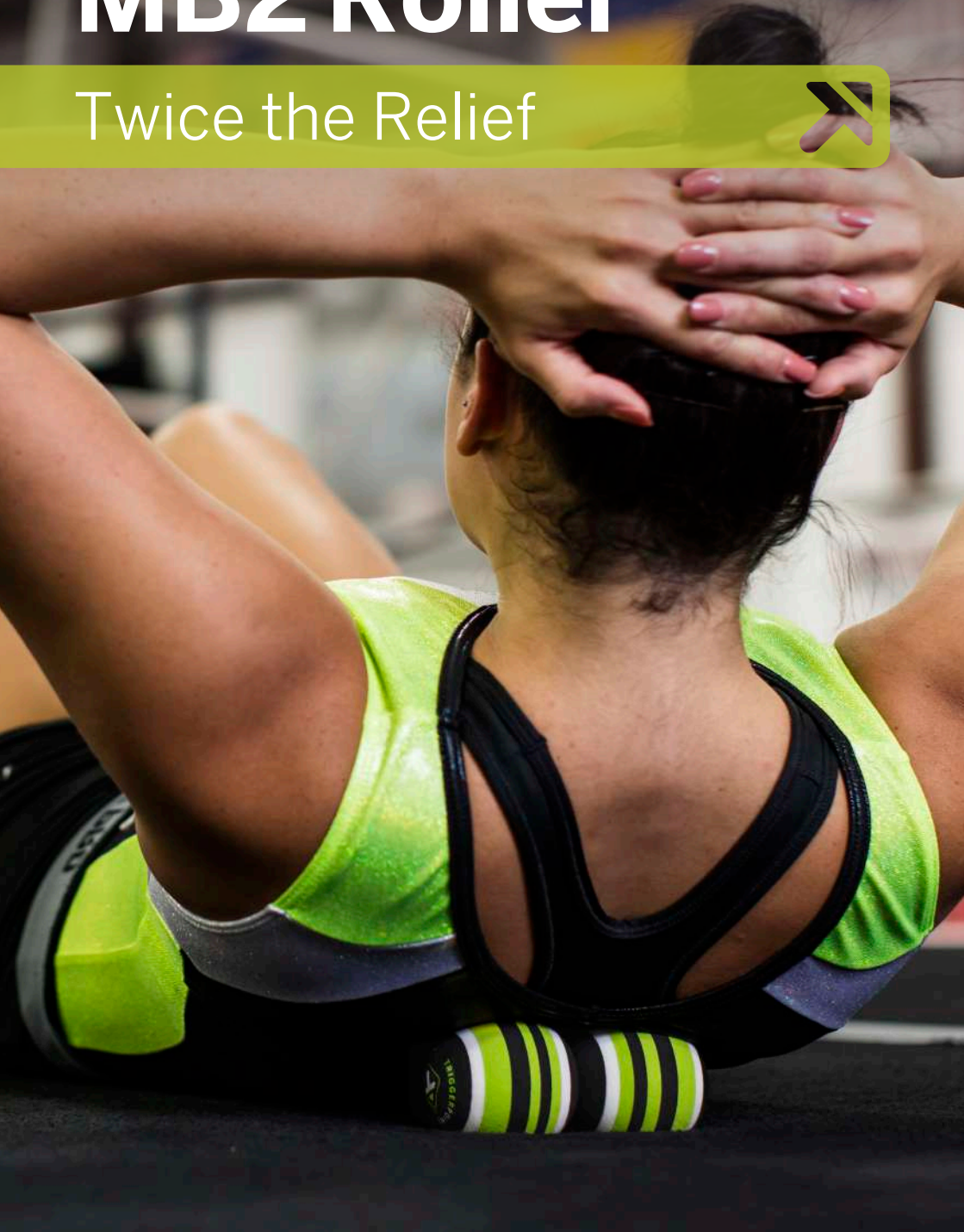
Lightweight and travel friendly







GRID Ball™
#21128

MB2 Roller®

Twice the Relief



The MB2 Roller offers two settings to target key back muscles that support proper posture and upper back mobility. The adjustable length can be locked for use on small muscles around the spine, or extended to target the larger muscles of the back. The MB2 Roller is ideal for releasing tightness that causes back pain and restricts mobility.

-  Two settings to target different areas of the back
-  Targeted compression for pinpoint relief
-  Portable for on-the-go relief
-  Sweat proof and easy to clean






MB2 Roller®
#203913

MobiPoint™ Massage Ball

Roll On The Spot



The MobiPoint massage ball targets tightness and tension in the small areas of the hands and feet, and its compact size is perfect for on-the-go relief. The raised tips stimulate circulation and soothe discomfort that keeps you from moving well.

-  Targets tightness in hands and feet
-  Portable and easy to use
-  Sweat proof and easy to clean



MobiPoint™ Massage Ball
#203937



Deep Tissue Collections

Unlock Your Body





Foundation Collection
#350044



Performance Collection
#350037



Foundation Collection

A collection of four deep tissue massage products and education designed to target deep muscle tissue and restore movement in the top four muscles that keep you moving.

Foundation Collection Includes:

- The FootBaller™ releases tightness in the foot and lower leg
- The Baller Block™ elevates the lower leg to target deep muscle layers
- Two MB1® Massage Balls provide targeted compression to release tightness
- Access to TriggerPoint's video portal with four instructional videos showing how myofascial compression techniques unlock soft tissue in the lower leg, glutes, hips, and pectoral muscles

Performance Collection

A collection of six deep tissue massage products and education designed to target deep muscle tissue and restore total body mobility.

Performance Collection Includes:

- The FootBaller™ releases tightness in the foot and lower leg
- The Baller Block™ elevates the lower leg for deep tissue compression
- QuadBaller™ releases tightness in large muscles like the quadriceps, hamstrings and adductors
- Two MB1® Massage Balls provide targeted compression to break up painful knots
- TP2 Ball Sleeve couples two massage balls to release tightness and discomfort in the back
- Access TriggerPoint's video portal with 12 instructional videos and ebook on how myofascial compression techniques unlock soft tissue for total body relief and improved mobility

Consumer Education

TriggerPoint™ Video Portal





- Create your own personal profile
- Build a custom library of **follow along** and **how to** videos, so you can you can roll, recover and keep moving
- Access the most up to date TriggerPoint™ education
- Videos available in SD or HD



GRID VIBE™

Discover the benefits of vibration plus foam rolling technology. Learn to release key muscle groups, help restore flexibility, and enhance ease of movement with the GRID VIBE video instructions.



CORE ROLLER

Roll, release and recover with easy-to-follow CORE Roller instructional videos.



GRID® METHODS

Learn to apply simple foam rolling methods along five key areas of the body with follow along videos.



DEEP TISSUE ESSENTIALS

Unlock your body and improve mobility with easy-to-follow myofascial compression techniques for the Deep Tissue Collections.



Professional Education

Online Courses





GRID Foam Rolling – Foundations: \$49

Fundamentals of foam rolling using the GRID® Foam Roller

Myofascial Compression Techniques – Foundations: \$99

Fundamentals of Myofascial Compression Techniques using the Performance Collection

Foot and Lower Leg Mobility: \$49

Applications of Myofascial Compression Techniques to improve foot, ankle and lower leg mobility

TriggerPoint 2.0: Advanced Applications of Myofascial Compression Techniques: \$99

Advanced applications of Myofascial Compression Techniques

Learn more at:
tpttherapy.com/learn



*Accreditations may not be applicable to every course.

Professional Education

Live Courses



TriggerPoint™ offers accredited, practical-based education courses centered around our systematic approach to foam rolling that teach how to use a variety of tools designed to restore natural movement, minimize risk of injury and move better.



Foam Rolling: Principles and Practices – 4 Hours

Learn the practical application of foam rolling

Learn the fundamentals of myofascia, review the latest self-myofascial release (SMR) research, and dive into the TriggerPoint SMR movement philosophy using the GRID® foam roller. Walk away with practical knowledge and hands-on experience coaching and cueing movements that can be scaled for all client levels.

Multi-Tool Mobility: Advanced Self-Myofascial Release Techniques – 8 Hours

Expand your knowledge of foam rolling with mobility tools

An expansion to our Level 1, Foam Rolling: Principles and Practices course, learn the foundational concepts and methods of foam rolling on a variety of mobility tools across 15 areas of the body and 29 different releases. Discover the why behind the effectiveness of foam rolling and how to know which tool works best for your client.

Myofascial Compression Techniques: The Evolution of Foam Rolling – 8 Hours

Advance your knowledge of SMR beyond foam rolling

Take your knowledge beyond foam rolling by learning the practical applications behind TriggerPoint's deep tissue tools designed to increase mobility and improve performance through improved biomechanics. Covering 14 areas of the body, this course provides an in-depth knowledge of how to use and teach Myofascial Compression Techniques to increase the performance and training results your clients demand.

Assessments to Performance: Using Mobility as the Foundation of Function – 4 Hours

Master assessment based programming for better mobility

Unlike its predecessors, Foam Rolling Principles & Practices and Myofascial Compression Techniques: The Evolution of Foam Rolling, this course covers fundamental principles of human movement science, including anatomy, joint motion, function and dysfunction. Learn the logic behind assessment based programming to design and implement an effective self-myofascial release program utilizing the MB5® Massage Ball and MB2 Roller®.



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



MB1
MBX

Designed to replicate the feeling of a massage therapist's hand by providing a safe level of localized deep tissue compression to address discomfort and tightness.

With slip-resistant texture to enhance stability, the 2.5" foam surface makes it easy to clean.

Available in two densities, regular and the extra firm MBX for intense relief.

TRIGGERPOINT

MB5

Designed to replicate the feeling of a massage therapist's hand, the 2-inch diameter TriggerPoint MB5 massage balls provide a safe level of deep tissue compression to address discomfort and tightness.

With a slip-resistant texture to enhance stability, the 2.5" foam surface makes it easy to clean.

TRIGGERPOINT

GRID STK
GRID STKX

The GRID STK and GRID STK X are an innovation in hand held foam rollers. Specially designed with GRID surface and AccuRoll™ handles to roll, relax and relieve minor aches and pains.

Available in two densities, regular and the extra firm for intense relief.

TRIGGERPOINT

GRID

Take an idea on the original GRID foam roller, the GRID X was created to provide deeper compression to combat trouble bands (ideal for experienced users) that never relax intensely.

TRIGGERPOINT

NANO
NANO X

Designed to increase flexibility and release minor muscle tension, the Nano rollers are associated with the foot and lower leg.

Available in two densities, regular and the extra firm NANO X for intense relief.

TRIGGERPOINT

GRID
GRID 2.0 GRID mini

The GRID foam roller is designed to replicate the feeling of a massage therapist's hands. The three dimensional pattern provides exceptional relief to common discomforts.

The original GRID family features the same firmness in three sizes to fit any lifestyle.

TRIGGERPOINT

You don't have to figure it all out on your own.

We offer product handouts with simple instructions, so you can learn the best ways to roll. Available in print and digital formats.

GRID
GRID 2.0 GRID mini

The GRID foam roller is designed to replicate the feeling of a massage therapist's hands. The three dimensional pattern provides exceptional relief to common discomfort.

The original GRID family features the same firmness in three sizes to fit any lifestyle.

TRIGGERPOINT

Water Resistant, 3d 3 Dimensional Surface, Portable (GRID mini)

...the GRID® line are designed to provide the... circulation, and durability.

...and create a strong foundation for movement

...part of the calf).

Programming

4 Rolls Forward/Back

4 Spasm

...ability in the knee and hip

Programming

4 Rolls Forward/Back

4 Knee Bends

Programming

4 Rolls Forward/Back

4 Frictions

...improves active people to reach an optimal level of movement by providing the world's best Performance. Their easy products and solutions. Learn more at www.triggerpoint.com

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All Eyes On TriggerPoint™

In The Media



GQ

LOOK SHARP • LIVE SMART

*RUGGED STYLE

HOW TO LOOK ROUGH & READY ALL YEAR LONG

THE EXTREME DIET THAT JUST MIGHT REBOOT YOUR BODY

MICHAEL FASSBENDER
THE LEADING MAN HOLLYWOOD'S BEEN WAITING FOR

CONFESSIONS OF A DRONE PILOT

THE GQ GUIDE TO BUSINESS TRAVEL
- HOW TO PACK, WHERE TO EAT, WHAT TO WEAR & HOW TO HAVE FUN ON YOUR BOSS'S DIME

+ MEET THE NEXT LEBRON

\$4.99US \$5.99CAN
0 4284957 5

Three (Warmer) Ways to Beat Muscle Soreness

Less Pain

Let Those Muscles Breathe

Compression sleeves aren't just for Carnalis. 2013's recovery rights will increase blood circulation, thereby delivering more oxygen to your ailing muscles. If you'd rather not look like your girlfriend on her way to yoga, wear them under your clothes.

PHOTO: DEX.COM

Roll Out the Knots

The easiest, most travel-friendly foam roller money can buy. Like your very own business physical therapist, it'll help break up muscle knots from your lower back down to your calves.

PHOTO: IFTHAPPY.COM

Give Yourself a Pulse

The stimulating device contracts and relaxes your muscles to help increase blood flow. Fear not the electrodes: The currents are only as intense as you make it.

PHOTO: IFTHAPPY.COM

More Gain

I finally summoned the courage to get in, the sound I made was equal parts shriek and primal scream. And yes, there were George Costanza levels of stinkage. Like a frightened turtle!

The glacial water felt like a thousand dry needles poking my skin. But when I ran the next day, my legs were surprisingly fresh. My cranky knees and calloused palms?

Bone. That tight-as-tyrosinase?

Couldn't feel it.

Since then, I've developed strategies (do a post-workout shower, or a post-workout shower) to help my legs feel better and my mind feel better.

Sometimes I'll give my legs a little extra love with a hot water bottle and well, you know, you know.

Physically, it'll take me about 12 to 15 minutes to feel like I'm not in that much trouble. It's somewhere in there and later for the rest of the day.

It's a total hang-as-like Dutch advice. Well, not. Pretend not to notice the chill.

—BILL BRADLEY

82 GQ.COM NOVEMBER 2013



A More Supportive
 All these balls have the reinforced fabric on the inside, designed to be used on uneven surfaces. The balls are made of high-quality, non-slip, slip-resistant material. They are designed to be used on uneven surfaces, like grass, sand, and dirt. They are designed to be used on uneven surfaces, like grass, sand, and dirt.



A Better Resistance Band
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.

Home Gym

Training advice good, you have your outdoor workout get indoors.



An Inexpensive Home Gym
 All these bands have the reinforced fabric on the inside, designed to be used on uneven surfaces. They are designed to be used on uneven surfaces, like grass, sand, and dirt. They are designed to be used on uneven surfaces, like grass, sand, and dirt.



How to Weights
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.



The 3-in-1 Protein from Body
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.



DAPHNE JOY
GLAM & FIT

IRON MAN

HUGE ARMS
IN 6 SETS

PROTEIN THAT BURNS FAT
EXCLUSIVE

1 SUPP YOU NEED TO TAKE

THE JOURNEY OF JASON MITROSA

These aids will help you get you back in the gym for at least up on the toilet! Don't give and feigning good.



10 Minute Body

THE PRODIGE Home Food Pods
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.



10 Minute Body

to Live for the July/August issue

Women's Health



captivating Moves, and More!

FITNESS BONUS

DROP A DRESS SIZE

A successful slim-down mixes strength workouts and high-intensity interval training to sweat through plateau.



- 1. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 2. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 3. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 4. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 5. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 6. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 7. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 8. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 9. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 10. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 11. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 12. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.

Sore No More

For your next workout, to get the most out of it, use this product. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.



Get in Shape with a New Workout
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.

WEEK 4

8-week workout plan (TOTAL 2007)

SET YOURSELF UP FOR SUCCESS

How to get your rest and recharge, plus the healthy diet to eat to keep your metabolism on fire.

Buy some new gear
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.

Pump up your playlists

Get in Shape with a New Workout. This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.

Make more "me time"

How to get your rest and recharge, plus the healthy diet to eat to keep your metabolism on fire.

Seek new workouts

Get in Shape with a New Workout. This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.

Start a real diet

How to get your rest and recharge, plus the healthy diet to eat to keep your metabolism on fire.

MEET OUR SPA GURU

Get in Shape with a New Workout. This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.

EDGE



Get in Shape with a New Workout. This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.

On the Run

Gear that lets you take the fit life style on the road.

by Mark Barroso



THE GLASSES ARE TREATED TO WATER- AND SHUDDER-RESISTANT

10 BEST BOTTLES



Get in Shape with a New Workout. This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.

10 BEST BOTTLES



Get in Shape with a New Workout. This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.

10 BEST BOTTLES



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Great gifts!

- 1. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 2. 10-MINUTE HIIT**
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- 3. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 4. 10-MINUTE HIIT**
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- 5. 10-MINUTE HIIT**
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- 6. 10-MINUTE HIIT**
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- 7. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 8. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 9. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 10. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 11. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.
- 12. 10-MINUTE HIIT**
 This is a high-quality, non-slip, slip-resistant band. It is designed to be used on uneven surfaces, like grass, sand, and dirt. It is designed to be used on uneven surfaces, like grass, sand, and dirt.

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October 13 at 9:46am · 🌐

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