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**LIFELINE**  
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# Recovery Rollers

## PROGRESSION ROLLER

Speed your recovery and improve your fitness level with this muscle rehabilitation tool that features three different surfaces (flat, ridged and pointed) to allow for a variety of applications—from pressure point targeting to deep tissue massage—on an array of body parts. Crafted with a foam exterior and PVC core to be both lightweight and firm.

- Perform deep tissue self-massage
- Aid in the recovery of muscle and joint pain
- Increase blood flow to soft muscle tissue
- Progressively contoured surface provides 3 levels of pressure
- Core provides durability + will not deform over time
- Eva foam cover for comfort
- Diameter of 5.5"
- Available in two lengths: 13" & 23"



LLPGR13 |  
13" x 5.5"



LLPGR23 |  
23"



- L1 | SMOOTH SURFACE**  
Traditional Massage
- L2 | TRI-RIB SURFACE**  
Increased Massage
- L3 | NARROW GROOVES**  
Deep Penetrating Massage

LEVEL 1



LEVEL 2



LEVEL 3



## FOAM ROLLER

Using a foam roller pre- and post-workout can relieve muscle tension and pain, reduce inflammation, and improve recovery. Made from high-density foam for the perfect combination of firmness and give. Available in two lengths to suit user needs.

- Lengthens muscle tissue to assist with muscle imbalances and help prevent misalignment
- Address muscle and joint pain



LLFR24 |  
Blue 24" x 6"



LLFR30 |  
Black 30" x 6"

## PROFESSIONAL FOAM ROLLER

Apply gentle and sustained pressure to the myofascial connective tissue surrounding your muscles, break up scar tissue and release trigger points to restore normal motion and eliminate pain. This professional model is perfect for physical therapy and rehabilitation settings or for anyone looking for more stability to expand their muscle therapy from quads and calves to larger areas like hamstrings, glutes, lats and upper or middle back.

- Lengthens muscle tissue to assist with muscle imbalances and help prevent misalignment
- Address muscle and joint pain



LLPFR18 |  
18" x 6"



LLPFR36 |  
36" x 6"



# Message Tools

## MASSAGE BAR

Whether rehabbing an injury or trying to reach your personal best, this textured therapy bar provides effective massage therapy for a deep tissue response that enhances the recovery process. The textured surface targets trigger points or knots, and allows you to control the application of pressure that stimulates circulation, decreases muscle pain and disperses the effects of lactic acid.

- Raised patterns designed to attack trigger points for intense muscle relief
- Anti-slip grips allow firm and comfortable hand placement during use
- Inner steel core ensures smooth, consistent rotation

LLMB |



## FOOT THERAPY ROLLER

This small foam roller features a varied texture and is cushioned to stimulate and relax muscles, increase circulation and relieve tension. Engineered to fit the curves of your in-step and arch and designed to activate with your natural movements, it creates massaging pressure that not only helps soothe sore and tired feet but also aids your recovery from injuries like planter fasciitis—making it perfect for runners or anyone who spends a lot of time on their feet.

- Soothes sore feet and legs
- Stimulates circulation
- Relieves tension and stress
- Eases minor aches and pains

LLFTR |

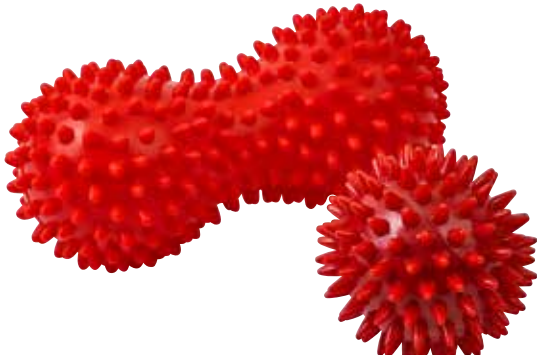


## MUSCLE MASSAGE KIT

These two small rolling devices provide massage therapy and apply concentrated pressure to aching muscles and key trigger points. Outfitted with knobs to increase circulation and relax muscles, these post-workout, physical therapy devices relieve chronic tension and disperse the effects of lactic acid so you can recover faster and improve your strength and flexibility.

- Nubbed surfaces provide targeted pressure
- Small enough for use on most body parts
- Small size massagers are portable + easy to store

LLMMK |



## DUAL MASSAGE BALL

Double roller design targets muscle soreness and knotted tissue around bones like vertebrae and allows for self massage of trigger points in hips, neck, Achilles and feet. The Dual Massage Ball promotes injury recovery, joint flexibility and muscle mobility by relieving stress, smoothing out muscle fibers and increasing blood flow to targeted areas.

- Release muscle tightness and improve recovery time
- Small enough for use on most body parts
- Easily portable at 5" long

LLDMB |



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