

Coming Winter 2011...

# Recovery & Regeneration

**Give your body the regeneration it needs and the recovery it deserves.**

- ✓ Release muscular tension
- ✓ Improve your biomechanics
- ✓ Increase functional strength
- ✓ Improve muscle pliability
- ✓ Decrease muscle soreness

**Try R&R for FREE.**  
**Ask your coach for details.**

  
  

**Trigger Point Performance Therapy** features 4 core products combined with comprehensive instruction to help you manage your aches and pains. Based on a patented material that changes shape after five to seven seconds, each massage tool is designed to use body weight to apply pressure to the muscles. This hands-free concept allows you to massage even hard-to reach muscle groups with ease and comfort.



tptherapy.com

**TRIGGERPOINT**  
PERFORMANCE THERAPY



**TWIST**  
SPORT CONDITIONING CENTRE