

IMPACT™ PERCUSSION MASSAGE GUN

UTILIZE THE IMPACT™ GUN BEFORE, DURING OR AFTER YOUR WORKOUT FOR MAXIMUM BENEFITS. PERCUSSION MASSAGE CAN HELP ACCELERATE MUSCLE TISSUE RESPONSIVENESS BY INCREASING HYDRATION, RANGE OF MOTION AND FUNCTION TO TIGHT MUSCLES.

Indication	Action	Speed	Pressure	Duration	Muscle Position	Movement
Warm Up / Activation	Activate and prime muscles prior to exercise. Reduce risk of injury.	Level 3	Light to Moderate	30 sec or less	Relaxed. Move along the muscle.	Quick, high speed over area.
Mid Workout / Myofascial Mobility	Help muscle recovery and reactivation.	Level 4	Heavy (especially for large muscle groups)	8-12 sec	Target specific area.	Localised
Recovery	Relax muscles and aid recovery. Down-regulate or turn off muscles.	Level 1 or 2	Moderate to Heavy	90 sec or more	Move along the muscle.	Slow movement along the muscle.
Pain Modulation	Reduction in pain to increase movement.	Level 1	Light	10 to 30 sec	Relaxed. Localised spot.	Over painful area.
Body Awareness	Improve movement or mechanics of a joint. Activation of a muscle. Draw attention to a muscle	All Levels	Light to Moderate	10 to 20 sec	Relaxed or with movement.	Over specific target area or movement over area.

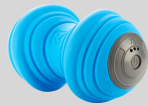
PRODUCT RANGE

DEDICATED TO MAKING YOU BETTER - We believe that by incorporating performance therapy into a daily routine, everyone can enhance their performance, speed up recovery time, and prevent injuries. Add TriggerPoint into your daily routine and unlock your body's inner strength.

VIBRATION THERAPY



GRID VIBE



CHARGE VIBE



MB VIBE



GRID 1.0



GRID X



CORE MINI

FOAM ROLLERS



GRID 2.0



NANO FOOT ROLLER



NANO X FOOT ROLLER

MASSAGE BALLS



GRID BALL



MB1



MB5



MBX



MOBI POINT

HAND HELDS



ACUCURVE CANE



GRID STK



GRID STK X



STK CONTOUR

For product inquiries please contact your nearest retailer