

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.



**WATER
RESISTANT**



**3-DIMENSIONAL
SURFACE**



**PORTABLE
(GRID mini)**



 **TRIGGERPOINT**

All product within the GRID® line are designed to provide the best balance of pressure, circulation, and durability.



Soleus

Optimize foot mobility and create a strong foundation for movement

Set Up

Sit with calf rested on GRID® (just below the meaty part of the calf).



Zones: 1 2

Programming

4 Rolls Forward/Back



4 Spans



Quadriceps

Release the quadriceps to maintain mobility in the knee and hip

Set Up

Lie down in plank position with one knee bent towards hip. Position GRID® just above knee.



Zones: 1 2

Programming

4 Rolls Forward/Back



4 Knee Bends



Thoracic Spine

Maximize spinal rotation

Set Up

Lie on back, place GRID® just above lumbar curve. Place feet flat on floor. Cradle head in hands or cross hands on chest.



Zones: 1 2

Programming

4 Rolls Forward/Back



4 Cross Frictions



TriggerPoint™ empowers active people to reach an optimal level of movement by providing the world's best Performance Therapy products and education. Learn more at www.tptherapy.com.

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