

# RECOVERY IS KEY

## 5" Massage Ball - GF-DTMB

- **Targets knots and trigger points**
- **Relieve pain and soreness**
- **Dense lightweight foam with a solid core**
- **Soft textured surface to keep it in place**
- **Ultra portable therapy**
- **Leaning on a wall or laying down, simply press and roll**
- **Size: 5" Diameter**
- **Includes Training Manual**

Shelved retail package:  
5"x5"x5"



**GPI SPORTS & FITNESS**  
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