

GoFit's Extreme Massage Bar—targeted, deep tissue massage and trigger point release.

Extreme Massage Bar - GF-EMB

Flexibility and recovery are vital for any exercise program. Self massage increases flexibility and helps with post-workout recovery. The GoFit Extreme Massage Bar has specially designed nodules for trigger point release—promoting blood flow and targeting tight, knotted muscles for relief. Whatever your activity, roll out relief and release the knots, with GoFit's Extreme Massage Bar.



- **Rolling relief pattern for trigger point therapy and self massage**
- **Specially designed nodules erodes deep tissue trigger points**
- **Restores flexibility, provides relief for muscle soreness**
- **Durable rubber is firmer than muscle tissue**
- **Smooth ball-bearing roller system**
- **Ergonomic handles with soft-grip rubber**
- **Outside roller diameter: 2" (5cm)**
- **Length: 16.75" (42.5cm)**
- **Length of roller area: 8" (20.3cm)**
- **Hanger loop for easy storage**
- **Includes Training Manual**



Muscle Pain Management

Specially designed nodules that are firm, yet forgiving for trigger point release

New ergonomic handles have soft-grip textured rubber with the same smooth, ball-bearing rolling action



Hanger loop for easy storage



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