

# RECOVERY IS KEY

**Massage relieves knots trigger points and muscle soreness**

## GoFit GoBall - GF-MBR

The GoFit GoBall targets sore muscles for pain-relief. Part of GoFit's Muscle Pain Management system, the GoBall relieves knots, trigger points and muscle soreness. Reach your back, shoulders, glutes, legs, and other spots in need of deep-tissue massage. Leaning on a wall or laying down, simply press and roll. The cord helps you target areas of pain and keeps the ball in place. The ball's density and no-slip rubber surface is ideal for trigger point release. You decide how much pressure you want to apply to your target-point areas for maximum relief. Get effective muscle-pain relief at home, the office or on the go.

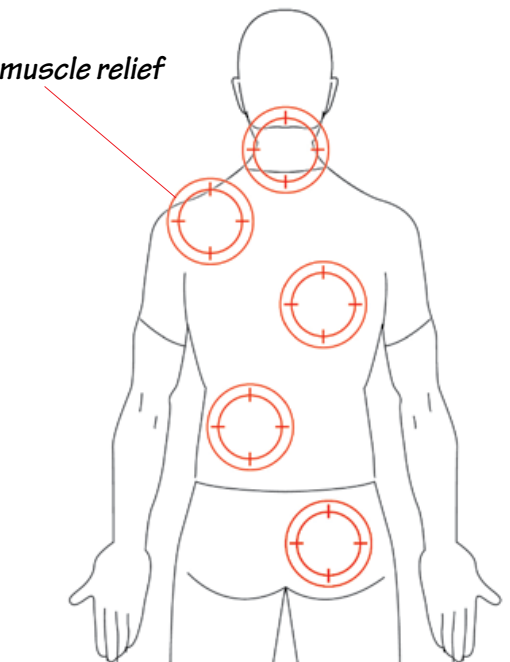
- **Trigger point therapy and deep tissue pain relief**
- **Firm solid rubber ball, gently stretch soft tissue to alleviate knots and trigger points**
- **Durable cord allows user to reach and target hard-to-reach areas**
- **No-slip rubber surface on gripping ball and therapy ball**
- **Cord Length: 22" (55.9cm) Ball Diameter: 2.7" (6.9cm)**
- **Therapy Poster included**



Form-moulded Clam package with product reveal—shelved or pegged



Targeted muscle relief



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