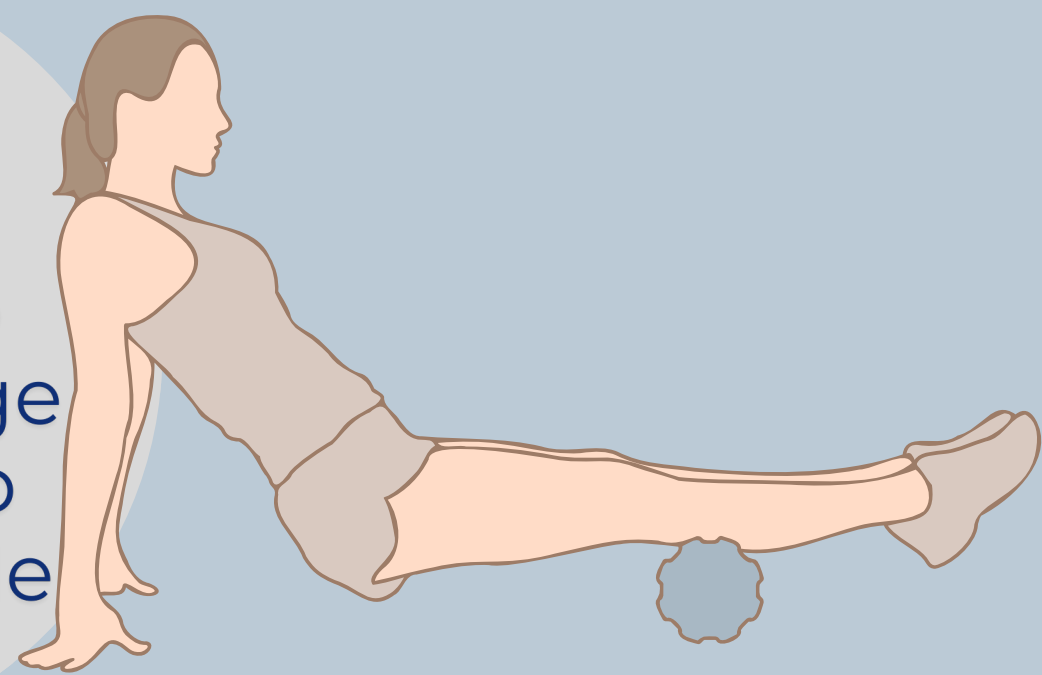


Stick Mobility

Stick mobility is a training system that improves your mobility, stability, and strength. The system combines joint mobilization, strength training, and deep fascial stretching to increase athletic performance, reduce risk of injury, and accelerate the recovery process. The exercises use the Mobility Stick as a tool to improve range of motion, muscle activation, coordination, and body awareness to build a strong foundation for better movement.

Rumble Roller

Rumble roller is a scientifically engineered mobility tool designed to mimic thumb-like, deep tissue massage pressure. This effect helps to break up knotted muscle fibers, decrease muscle tension, and diminish tightness.



FlexVit

FlexVit contains all the essential elements to help in the maintenance of critical joint components such as cartilage, ligaments, tendon, bone and skin. When the cartilage is in good shape and synovial fluid is topped up, the joints will show no resistance or pain during motion.

