



INTENSE WORKOUTS NEED DEEP RELIEF

RUMBLE
ROLLER[®]
GO DEEPER



GO DE

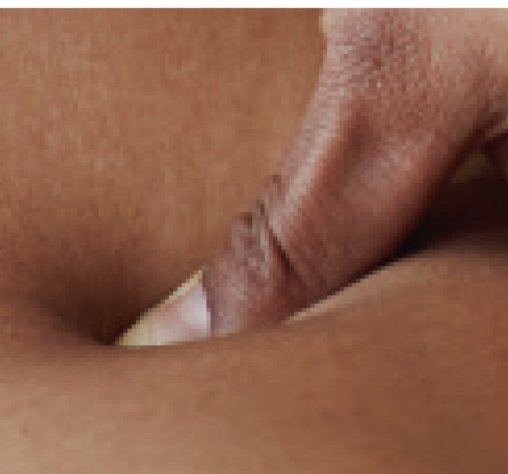
Massage tools that work



KEEPER[®]

Work as intensely as you do.

**RUMBLE
ROLLER[®]**



RumbleRoller / Go Deeper

While regular rollers just compress soft tissue and try to improve circulation, our signature bumps help optimize athletic performance only the way a deep tissue massage could.

- **Deeper:** Penetrates into the deeper layers to target hard to reach knots.
- **Faster:** Kneads and stretches in multiple directions to shorten rolling time.
- **Better:** Easily targets difficult to reach areas around the bones.

It's like having your very own sports massage therapist whenever you need it!

RumbleRoller: The Best Deep Tissue Roller



OUR PATENTED DESIGN REPLICATES THE PRESSURE OF A DEEP TISSUE MASSAGE TO RELEASE TIGHTNESS, REDUCE PAIN AND KEEP THE BODY PERFORMING AT ITS BEST.

- It reduces soreness from the day before and prepares the body.

PERFECT FOR TRAINERS, GYMS OR ON THE ROAD.

- **Tough:** Keeps its shape for life.
- **Sanitary:** Antimicrobial agents help prevent bacteria and fungus growth.
- **Durable:** Sweat proof and dirt repellant surface.



Available in three sizes (Full, Medium and Compact) and two densities (Regular and Extra Firm)

Gator: Our Latest Roller!



AN ADVANCED ROLLER THAT USES AN ADVANCED MASSAGE TECHNIQUE CALLED CROSS FRICTIONAL MASSAGE THAT HELPS BREAK DOWN TOUGH ADHESIONS WHILE IMPROVING MOBILITY.

- Small diameter to intensify the massage.
- Perfect length to treat the entire body.
- Can also be used as a conventional roller to provide compression.

HOW IT WORKS:

Gator has 954 teeth optimized to enable 2 types of use. Roll normally to apply high compressive forces to your muscles. Or hold Gator stationary and shift your body against it to create a shear force to help pull stuck tissues apart.



Beastie Balls: Go Deeper Into Tough Knots



DEEP TISSUE MASSAGE BALLS DESIGNED TO GO DEEPER, HARDER AND SMARTER.

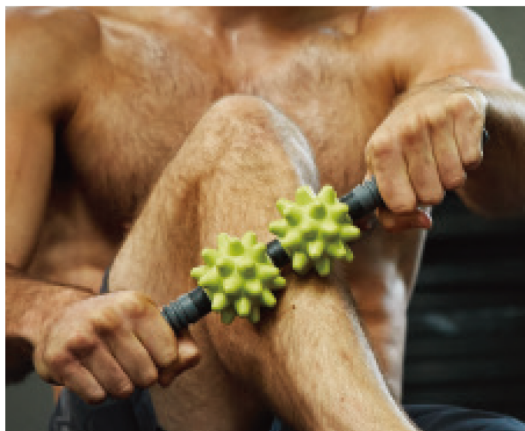
- Dig into our high profile bumps to isolate the source of tension, release tightness and provide relief.
- High friction surface keeps the bumps where you need them when shifting the angle or increasing the pressure.
- Optional base elevates the Beasties for deeper penetration.

PERFECT SIZE TO USE ON THE ROAD OR IN THE GYM ENABLING DEEP "TISSUE RELIEF WHEN AND WHERE YOU NEED IT MOST."



Available in Original & Extra Firm.

Multiple Applications, One Versatile Product



Beastie Bar:

Use as a hand tool or snap into the optional bases to mount on the wall or roll on the floor for even more versatility.

Beastie Hook:

Perfect for hard-to-reach areas like your neck, back and shoulders.

Beastie Wall System:

Perfect for any home or professional gym. Double or single tracks allow you to mount your Beastie tools for more control and versatility.

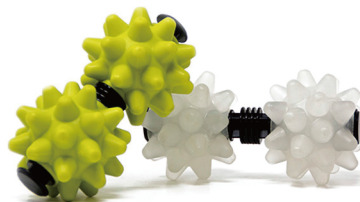
OUR PRODUCTS ARE DESIGNED TO PROVIDE RELIEF FOR EVERY BODY TYPE, AND EVERY LIFESTYLE. OUR LATEST BEASTIE PRODUCTS ARE THE EMBODIMENT OF THAT PHILOSOPHY.



BEASTIE MASSAGE BUTTER

- Healthier:** Better ingredients than ANY commercial massage cream, and that's better for your body.
- Faster:** Doesn't have to be worked into the skin like typical oils and lotions. Great for traditional massages, but also allows you to get into deeper work with less prep.
- Economical:** Due to our concentrated formula, a little goes a long way. In the end, that means lower overall cost and less waste!

Always Improving, Always Growing



BEASTIE ADJUSTABLE PEANUT

- Go Deeper:** High profile bumps go deeper to reduce pain and restore mobility.
- Adjustable:** Adjustable spacing allows for more comfortable placement when treating areas around the spine and sensitive ligaments.
- Compact:** Perfect size to take on the road, gym, or office.

Education



RumbleRoller Foundations Course provides 4 hours of hands-on instruction that teaches you the benefits of self-myofascial release and mobility exercises. You'll learn how to effectively demonstrate and teach RumbleRoller mobilization and mobility exercises to individuals or groups of all fitness levels.

On completion of this course, you'll have everything you need to:

- Explain the Methods and Modifications that most effectively utilize RumbleRoller products.
- Summarize the mechanical and neurophysiological principles of self-myofascial release and mobility exercises.
- Demonstrate how to use a movement screen to prioritize mobility exercises.
- Teach self-myofascial release and mobility exercises to any level client.
- Redeem your proof of attendance for CEC's of different organizations.

GET NOTIFIED

For the dates and location of our next RumbleRoller Foundations Course, or to learn more about hosting one, send us an email to ecolifestylefitness@gmail.com

Better Mobility, Better Profitability



Your clients love all your HIIT based programming, but soreness and injuries can put a stop to their progress. Integrate RumbleRoller's 15 minute warm up and recovery modules or the 45 minute intensive mobility module into your group exercise schedule to help your clients perform their best and reduce the risk of pain and injury.

For more information, email: ecolifestylefitness@gmail.com



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ECO
LIFESTYLE FITNESS

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