

# TRIGGER BAR

The Sorinex Original Trigger Bar allows you to tack, floss, dig, roll and release soft tissue injuries and inflammation with 9 in-line bearing wheels for general use and 2 coupled wheels for acute pressure. Differs from lacrosse ball by providing the ability to increase or decrease pressure on body part without having to lay on the floor, plank or chase dropped balls around the room. By using the Trigger Roller in standing position, you can apply maximum pressure for self-myofascial release, or go lightly for pre-training mobility work. Double wheel lets you vary pressure even more while working around joints and bony appendages.

## SPECIFICATIONS

LENGTH	24.125"
WIDTH	4.75"
WHEELS	Urethane
INCLUDES	Trigger Bar (1) Hitch Pin (1)

