



2



1



3



5



4



6

Your legs
will thank
you!

1. THERMXROLLER

\$60, thermxroller.com

► Whether you want to target muscles with heat or cold, this X-design roller is designed go deep into both large and small muscles at your therapeutic temperature of choice.

2. PRO-TEC ATHLETICS ORB DEEP TISSUE MASSAGE BALL

\$25, pro-tecathletics.com

► This high-density rubber ball delivers medium intensity massage benefits to quads, glutes and calves (or wherever needed) to stimulate muscles and get you back on the run.

3. 110% OVERDRIVE COMPRESSION SOCK + ICE KIT

\$100, 110playharder.com

► Like other 110% products, these post-run recovery compression socks allow you to apply ice therapy exactly where you need it.

4. TRIGGER POINT GRID MINI

\$25, tptherapy.com

► The efficacy of this advanced foam roller belies its size, which makes it easy to take your muscle-relief therapy on the road.

5. MOJI 360DEGREE FOOT MASSAGER

\$40, gomoji.com

► Keep this sturdy massager under your desk so your feet will always feel rejuvenated and ready to run.

6. ZENSAH ARGYLE COMPRESSION SOCKS

\$50, zensah.com

► Go bold with your socks in bright argyles with graduated, over-the-calf compression. (Available in both men's and women's styling and sizing.)