



Product Description Copy

Centr Fitness Kits

Product Name: Centr Recovery Kit

Product Name Optimized for Ecomm: Centr by Chris Hemsworth Recovery Kit with 3-month Centr Membership

Introducing Centr's Recovery Kit, the ultimate solution to target sore muscles and release tension after a demanding workout or a long day. This comprehensive recovery kit is designed to provide you with everything you need to promote blood flow, enhance circulation, and achieve targeted relief that keeps you moving.

With this kit, you can stretch, roll, and massage your muscles, effectively reducing muscle soreness and promoting faster recovery. The combination of different tools allows you to customize your recovery routine based on your specific needs and preferences.

The kit includes a massage roller stick, foam roller, stretch strap, and three massage balls - lacrosse ball, trigger point ball, and spikey ball - providing a versatile range of options to address various muscle groups and areas of tension. Whether you're targeting specific trigger points or looking for a full-body recovery session, this kit has you covered.

Recover faster, alleviate muscle soreness, and keep your body performing at its best with our comprehensive Recovery Kit.

Use your equipment with Centr to get personalized coaching from Chris Hemsworth's team of experts. Your equipment purchase includes a complimentary 3-month digital membership (\$59.99 in subscription savings) to fuel your movement, meals, and mind. Centr's digital platform can be used on any device and syncs with your favorite wearable to track your progress. Centr coaching comes with limitless ways to improve your total well-being with fitness training, nutrition advice, and mindfulness tools from Centr's top experts.

- **Find Muscle Relief** Target sore muscles and release tension after a workout or a long day with this complete recovery kit. Stretch, roll, and

massage your muscles to promote blood flow and circulation. **It's everything you need for targeted relief that keeps you moving.**

- **Foam Roller** Target larger surface areas with this 13" roller.
- **Massage Roller Stick** Get myofascial relief with this ergonomically designed, 2-texture device.
- **Stretch Strap** Get a deeper stretch with this strap that provides extended support.
- **Lacrosse Ball** Target hard to reach areas.
- **Spikey Ball** Reach deeper into muscles and increase circulation on feet, hands, and other areas.
- **Trigger Point Ball** Get a deep tissue massage on your back, legs and shoulders.
- **Includes 3 Month Centr Digital Membership** Train with Chris Hemsworth's team of experts while unlocking the power of your new equipment through customized workout programs. It's your go-to source for total well-being with limitless ways to fuel your movement, meals, and mind.

ALT - Shorter Copy

Introducing Centr's Recovery Kit, the ultimate solution to target sore muscles and release tension after a demanding workout or a long day. This comprehensive recovery kit is designed to provide you with everything you need to promote blood flow, enhance circulation, and achieve targeted relief that keeps you moving.

The kit includes a massage roller stick, foam roller, stretch strap, and three massage balls - lacrosse ball, trigger point ball, and spikey ball - providing a versatile range of options to address various muscle groups and areas of tension.

This Centr Kit includes a 3 month digital membership (\$59.99 value) to the Centr app where you can train with Chris Hemsworth's team of experts while unlocking the power of your new gym through customized workout programs. Centr is your go-to source for total well-being with limitless ways to fuel your movement, meals, and mind.

- Target sore muscles and release tension with a combination of stretching, rolling, and massage techniques.
- Enhance blood flow and circulation, promoting faster muscle recovery.
- The kit includes a massage roller stick, foam roller, stretch strap, and three massage balls - lacrosse ball, trigger point ball and spikey ball - providing a complete range of tools for a well-rounded recovery routine.

- Tailor your recovery routine to your specific needs and preferences.
 - Versatile and convenient, allowing you to perform targeted relief sessions at home, at the gym, or on the go.
 - Includes 3-month Centr digital membership (\$59.99 value)
-