

Foam Roller - Yoga/Pilates

RRP: \$49.95

The benefit of using a foam roller during work-out sessions is being promoted by many health professionals. Our Commercial Deep Tissue Foam Roller is not your typical foam roller. This product makes your training time more effective because it allows you to achieve your goals in less time.

It is well known among fitness experts that the foam roller is an essential tool for Pilates, and for core, ab and back stabilization as well as for general strengthening. The foam roller has proven effective in balance training for sports as well as for physical therapy. The rollers also double as self-massage tools for the upper and lower back and the calf, hamstring, glutes and quads. IT (iliotibial) band syndrome is alleviated with foam roller workouts. The foam rollers are recommended for both intermediate and advanced users for balance training and in professionally supervised training due to the challenge they present with their full round design.

You will see great improvements in a short period of time using this foam roller. It is ideal for both warm-up and cool-down periods in order to best release myofascial tightness. You will calm your muscles faster and prevent spot pains by using your own body weight to apply pressure to targeted areas and even to your entire back, legs, arms and buttocks areas

Specifications:

- Heavy duty construction
- Dense EVA Foam + Plastic Tube
- Designed to last
- Dimensions : 14cm x 33cm (5" x 13")

