

FULL FOAM ROLL



DESCRIPTION:

A slight color change...same great workout!

Exercises incorporate movements while sitting, standing and lying down. Rounded corners on the Foam Roller add to the comfort level.

- Strengthen deep support muscles to help stabilize the spine.
- Provide proprioceptive challenge.
- Relieve tension.
- Self massage tool for muscles

Diameter 6"
Length 36"
Weight 1.5 lbs

****New arrival – the extra tough, hi-density light weight Black foam roller**