

Deep Tissue Foam Roller

Achieve fast improvements with the Gym Gear Deep Tissue Foam Roller, ideal for use during warm ups and cool downs to release myofascial tightness.

Health professionals around the world are promoting the benefits of using a Foam Roller.

An essential tool for pilates, core, ab and back stabilisation and strengthening, foam rollers can also be used as a balance training tool to improve balance for sports, everyday balance or in a physical therapy setting.

Using your body weight to apply pressure to targeted areas or even your entire back, legs, arms and buttocks you can self massage your muscles and decrease spot pains. The roller is especially useful for IT (illiotibia) band syndrome.

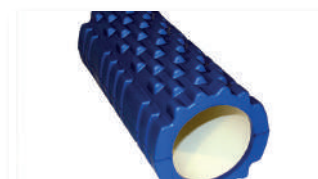
The compact design means our deep tissue foam roller will easily fit in your gym bag, backpack, or carry-on luggage.



Lightweight



High Density Foam



Compact Design



Suitable For Warm Ups

Technical Specifications

Rating	Commercial
Material	High density foam
Dimensions	L 33 x diameter 14 cm

Key Features

Ideal for use during warm ups and cool downs to release myofascial tightness	•
Compact design	•
High density foam	•
For use at home or in the gym	•
Lightweight	•