

## Foam Roller

The Gym Gear Foam Roller is the ideal tool for physiotherapy, pilates, yoga, fitness and rehabilitation.

This scientifically designed training aid will support and massage lean tissue whilst improving balance, stabilisation, flexibility and core strength.

The lightweight design makes this foam roller perfect for use at home or in the gym, and the high density foam construction ensures the roller will maintain its shape even with frequent use.



Lightweight



High Density Foam



Massages Lean Tissue



Suitable For Rehab

### Technical Specifications

<b>Rating</b>	Commercial
<b>Material</b>	High density foam
<b>Dimensions</b>	L 90 x diameter 15 cm

### Key Features

Suitable for rehab	•
Supports and massages lean tissue	•
Improves balance, stabilisation, flexibility and core strength	•
For use at home or in the gym	•
High density foam	•
Lightweight	•