Serrano Australia

Foam Roller - Yoga/Pilates

RRP: $64.95

Let this in-home gym foam massage roller help you get in shape and tone up in your own home or at the gym!

This EVA foam massage roller comes in orange and its 45 x 15cm compact size will allow you to use it at home or take it to the workout. Not only will this attractive fitness enhancer help you tone and strengthen, it will serve as your very own personal masseuse. This foam massage roller is ideal for yoga and Pilates classes, fitness routines and even for rehabilitation and physiotherapy.

Our EVA massage roller is a great companion in massage therapy and self-myofacial release as well as elements of basic training routines such as balance training and stretching. Regular use will promote flexibility and core strength.

The design of our EVA 15cm massage roller is much more than meets the eye. Your own body weight is used to provide the appropriate amount of pressure to get the most out of your workout. Whether sitting or lying down, rolling your muscles along this amazing device will help build muscle power while simultaneously stretching your muscles and diminishing the spasms and knots that naturally form when you challenge your body. The EVA massage roller won't give your muscles the chance to get sore. It's truly a workout and massage all in one!

The massage roller allows you to target the muscle group you need to focus on. It's great for the lower back and eases the soft tissue tightness of the legs, hamstrings and glutes. By stretching your muscles during workouts, you will increase blood flow and circulation to the soft tissues.

Constructed from high-density EVA foam, this must-have massage roller features a textured and dotted surface that is soft to the touch yet brings comfort to even the most rigorous workout. This top-grade material helps maintain the roller's shape and ensures its long-lasting durability.

Features:

- 45 x 15cm
- Comes in orange
- High-density EVA foam construction
- Light-weight and mobile
- For the home or gym workout

Attributes:

- Colour: Orange