

# Jordan Foam Roller - Full Size

£32.76

## Product Images



## Short Description

Whether you want to self massage, use for corrective or stretching exercises or as a tool to help you get ready for that race in the warm up, this full size foam roller offers a 98cm length and 15cm diameter. Lightweight, waterproof and not made of latex, this means you can use at home, on the track or in a studio for maximum benefit.

## Description

### Why Choose a Foam Roller?

The use of foam rollers has become increasingly widespread, whether it's Pilates-style exercises, corrective, stretching or self massage. Commonly used by physiotherapists they are an excellent massage tool or self-myofascial release using trigger points. So for stretching and postural work they have become an invaluable

piece of equipment which can easily store in any corner of your home or in your gym.

This foam roller measures 98cm long x 15cm thick but there is also a half-size available if you need. Surface washable and easy to clean, these rollers will not absorb moisture. Excellent for use at home or in a class situation. Easy and light to transport.

## Additional Information

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SKU	JLLFR
Weight	1.000000
Equipment Usage	Home Use