

# Jordan Soft Roller

£42.84

## Product Images



## Short Description

Why use a foam roller? You can use a roller for self-massage as well as for stretching. Helping to soothe muscles that are tight or sore (trigger points) massaging will help to speed up muscle recovery. The technical term for this is myofascial release. This 62cm soft roller is great for athletes or gym users that want to massage say a hamstring before or after exercise.

## Using Your Soft Roller

This soft roller comes with lots of raised firm foam nodules. These act like fingers to help decrease muscle tightness and help break up muscle adhesions and /or scar tissue formation. As well as massaging muscles and helping with stretching out, you can also use a roller to introduce instability to help with core, strength and balance exercises.

## Key Features

- 62cm x 14cm wide soft roller
- Easy to carry in bag
- Lightweight

- Comes in Grey / Green
- Colour instructions included
- EVA/Polyolefin blend - Waterproof & Latex free

## Additional Information

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SKU	JLLSR
Weight	1.500000
Equipment Usage	Home Use