

Align Pilates Roll Up Maple Pole 32"

£24.00

Product Images



Short Description

Ensure your alignment and posture and arm work are all helping you focus on correct scapular stabilization during a range of Pilates exercises. This Maple roll up pole is 32" in length and will help you whether you are using a reformer, a ladder barrel or simply during your Pilates matwork.

Roll Up Maple Pole - 32"

Helping to aid alignment, arm work and scapular stability during Pilates exercises, this Roll Up Maple Pole is 32 inches in length and you can use when exercising on the reformer, ladder barrel, or during Pilates matwork. Additionally, it improves balance when performing Pilates reformer exercises while standing. Choose from 60" or 32".

Key Features

- 32 inch solid maple pole
- Helps to aid alignment

- Helps balance with standing exercises
- Option for 32" or 60"
- Length 81cm (32") length - 3cm diameter

Additional Information

SKU	PAPPOLE32
Weight	2.000000
Equipment Usage	Home Use