

Club Core Foam Roller - 4 x 38 Inch (Blue)

£36.00

Product Images



Short Description

For the best foam roller around check out the club core foam roller 4" x 38" which is suitable for use in home or commercial environments. The club model is designed to not lose its shape so can be used by personal trainers, gym instructors and will last you longer than conventional rollers.

Foam rollers are a simple yet effective tool that are great for a variety of exercise and rehabilitation purposes. Used for stretching, massage, self-myofascial and thoracic release. If you want to get the most out of it, we suggest you research to find the best exercises and stretching techniques to perform.

Description

Club Foam Roller

This version of the club roller measures 4 inches in diameter and 38 inches in length. It is manufactured from closed cell PE recovery Memory Foam unlike cheaper alternatives that use polystyrene foam. This means it is slightly firmer and if you lie or kneel on it it will not permanently indent. If it does, these indentations will usually recover in 24 hours.

Available in an attractive blue swirl colour they are easy to clean and will not absorb moisture. Ideal for use in gyms or the home and used by exercisers and fitness professionals worldwide they are great value for money. Train for balance and alignment or if you have tight muscles, get a great massage from foam roller exercises.

Additional Information

SKU	CCR4
Weight	1.000000
Equipment Usage	Home Use