

# The GRID 1.0 Foam Roller (Orange)

£40.48

## Product Images





## Short Description

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The GRID is the original product for targeted massage and it takes foam rolling to a whole new level. The GRID 1.0 foam roller has been designed for athletes and people of all abilities; from long distance runners and endurance athletes to major sports players and yoga enthusiasts. It can be used to massage your lats, quads, lower back, or any other large muscle group, or for a killer core body workout. It is certain to suit your needs.

The Grid is the most versatile and comprehensive foam roller and workout tool on the market. A must have accessory for any gym, the unique matrix and distrodensity zones design allows for targeted massage and a more realistic massage experience. The GRID version 1.0 measures 13" x 5"

## Description

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### The Grid (Orange)

The Grid is here, and it's going to take foam rolling to a whole new level. Made from EVA foam and with a 1 year warranty against manufacturing defects, it is the ideal tool for massage and exercising. Release tension in muscles after long, har workouts or use it to perform stomach exercises like cruchhes, bicycles.....the possibilities are endless.

### Why use The GRID™

- For massaging your lats, quads, hamstrings, calves, lower back, or any other large muscle group.
- Premium quality construction.
- The unique Matrix and Distrodensity Zones design allows for targeted massage with a more realistic

experience.

## Additional Information

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SKU	GRDO
Weight	1.000000
Equipment Usage	Home & Commercial
Warranty	1 year against manufacturing defects
Made From	EVA Foam
Length Dimensions	13" (330mm)
Width Dimensions	5" (127mm)

## Additional Options

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<b>Other Options</b>	The GRID Mini (Orange)	-£15.00
	The GRID 2.0 (Orange)	£27.00