

Half Foam Roller - 3 x 35 Inch

£16.00

Product Images



Short Description

An extremely popular and versatile roller this is our 3" x 35 " half foam roll. Used extensively throughout the fitness and rehabilitation industry this is an extremely useful piece of equipment for stretching and self massage. Also many Pilates exercises can be carried out on it.

It is surface washable and easy to clean and will not absorb moisture. This half foam roller measures 35" x 3" Roll and is excellent for use at home or in a class situation as its easy and light to transport. Each order will also include a basic exercise chart.

Description

Half Foam Roller - 3" x 35"

This half foam 3" x 35 " roller is one of our nine sizes. With it being surface washable and easy to clean it will not absorb moisture. Many Pilates exercises can easily be adapted for the Stability Roll.

- Half roll Measures 35" x 3 " .
- Excellent for use at home or in a class situation.
- Easy and light to transport.
- An exercise chart accompanies each order
- White in colour.

Additional Information

SKU	SHR35
Weight	1.000000
Equipment Usage	Home Use