# FITPADDY Eva massage roller for deep myofascial release, muscle recovery & flexibility

## DESCRIPTION

The massage roller is an essential tool for muscle recovery and mobility improvement. Made of high-quality EVA, it is designed to provide a deep and effective massage. Perfect for use at home, in the gym, or outdoors, it is ideal for relaxing muscles, relieving tension, and enhancing flexibility.

MYOFASCIAL RELEASE: The massage roller is perfect for myofascial release, helping to ease muscle tension and improve blood circulation. Regular use can reduce muscle soreness and accelerate post-workout recovery.

ERGONOMIC DESIGN: The roller features a textured surface designed to deliver a deep and targeted massage. Its shape allows for easy access to all body areas, ensuring an effective and comfortable treatment.

QUALITY MATERIALS: Made of EVA, a material known for its resilience and durability, the massage roller retains its shape even after intensive use. The hollow core reduces weight, making it easy to transport while maintaining strength and effectiveness.

VERSATILITY: Suitable for a wide range of recovery and stretching exercises, the massage roller can be used to massage the back, legs, arms, and feet. It's a versatile tool that meets various training and rehabilitation needs.

HEALTH BENEFITS: Regular use of the massage roller can help improve flexibility, increase joint mobility, and prevent injuries. It is particularly effective for relieving muscle tension after intense workouts and preparing muscles before physical activity.







## TECHNICAL SPECIFICATIONS.

| | |
|---|---|
| Color | **Black** |

## STRENGTHS

FITPADDY **REF.** ORFMROLLER01 **EAN:** 8056254460710

Recommended retail price: €19.99