

DESCRIPTION

The massage roller is an essential tool for muscle recovery and mobility improvement. Made from 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 improving flexibility.

MYOFASCIAL RELEASE: The massage roller is perfect for myofascial release, helping to loosen 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 provide a deep and targeted massage. Its shape allows easy access to all areas of the body, ensuring an effective and comfortable treatment

QUALITY MATERIALS: Made from EVA, a material known for its strength and durability, the roller maintains its shape even after intensive use. It is lightweight and easy to carry, making it ideal for use anywhere

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 is a versatile tool that fits all 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 for preparing muscles before physical exercise



TECHNICAL SPECIFICATIONS.

Color **Orange**

STRENGTHS