

The Black Speckled High Density Round Foam Roller lets you get on with your day without being slowed down by tight, painful muscles. This simple, at-home fitness tool allows you to get all the pain-reducing benefits of a massage at a price you can afford. It's easy to clean and its lightweight design means you can move it from room-to-room without any hassle.

Regular use of the foam roller may help to reduce delayed onset of muscle soreness (DOMS), which can be describe as muscle tenderness or trigger points. The use of a foam roller, in the short-term increase flexibility and joint range of motion. Therefore, foam rolling can be very useful in intense periods of competition or training. It can be used on multiple muscle groups, including your glutes, hamstrings, legs, back and much more. You can even lie on our Black Speckled High Density Round Foam Roller to stretch your chest and extend your thoracic spine, which both get stiff and tight in office workers. You can perform balance and core exercises, or just use it for simple stretches each morning.

The best available evidence suggests that the repetitions and sets for maximum benefit from your foam roller should be:

- 3-5 sets of 20-30 second periods, 3-5 times a week

How does it work?

The Black Speckled High Density Round Foam Rollers responsive design works in tandem with your body weight. It therefore offers a form of deep soft-tissue therapy that will aid in remove any nagging aches or stiffness that can build up in some muscle groups over time. Even though it is moulded using firm polyethylene foam, it is extremely light to carry, while also being incredibly compact. You are free to use it all around the home, or take it to the gym to support your workout there too. This lightweight, convenient foam roller will enhance your life and exercise routine to ensure you always keep in great condition.

Specifications:

- Size (L): 18 inches
- Dimensions: 45 x 15 x 15 cm (LxWxH)
- Colour: Black

Product Features:

- Moulded edges that make the foam roller responsive and agile
- Ensures good levels of flexibility and balance, perfect for rehab exercises
- Made from polyethylene foam that always retains a firm shape
- Easy to clean and maintain, light to carry and transport
- Approximate measurements: 45 x 15 x 15 cm (LxWxH)

