

Elite Foam Roller 15cm x 45cm

Made of EVA foam to resist moisture the Elite Foam Roller 15cm x 45cm can be used in physiotherapy and as part of Pilates or Yoga workouts, fitness routines and rehabilitation training.

When to use it

The Elite Foam Roller is strong enough to withstand repetitive use during gym workouts and rehabilitation exercises. It is ideal for stretching, improving core muscle strength, posture, stability and as part massage therapy.

Many people suffering from Iliotibial Band syndrome use foam rollers to help loosen the Iliotibial Band as this can help in the treatment and prevention of pain to this area.

How it Works

Shock absorbent material makes the Elite Foam Roller the perfect fitness aid for stretching and body strengthening. As well as being lightweight, this hard wearing roller has a 'sponge like' feel to it for a firm comfortable grip.

Density: 30-35 kg/m²

Hardness: 30 degree

