

Dual Density Foam Roller 15cm x 45cm?

This durable 15x45cm dual density foam roller has been designed to provide various levels of resistance to provide effective massage for different needs making it ideal for physiotherapy as well as for Pilates and Yoga workouts.

When can I use the Dual Density Foam Roller?

Strong and durable to withstand repetitive workouts and exercises the 15 x 45cm dual density foam roller can be used for stretching as well as for improving your core muscle strength, posture, stability and as massage therapy. This roller can also be used for problems such as carpal tunnel or neck strain.

How does the Dual Density Foam Roller work?

This foam roller features dual density sides; a low density surface and a harder density surface to create a two in one roller. This dual density roller provides various levels of resistance that can be used for different needs as well as a variety of exercise and massage levels. The foam roller is ideal for improving core strength and posture, while the massage effect helps to increase circulation and stimulates the muscles for effective stretching.

Black side: hardness 25-30 degree,

Grey side: hardness 19-21 degree,

