



Sprite Foam Roller

\$19.00



Description

It hurts so good to use the Sprite Foam Roller on achy, tired muscles for myofascial massage therapy. Or you can add this fundamental piece to your Pilates and yoga accoutrement, or apply towards core stability, strengthening

and balance exercise.

- 6" wide by 12" long.
- Safe for myofascial release.
- EPP or PE foam options.
- Solid, dense, closed-cell foam.

Additional Information

Activity	Yoga, Gym
Material	Foam
Gender	Men, Women, Unisex
Category	Exercise