

# Club Foam Roller - 6 x 38 Inch (Black/Grey)

£30.00

## Product Images

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## Short Description

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If you are looking for a high quality club quality foam roller, then this 6" x 38" version is one of the best foam rollers on the market. Designed to not lose its shape unlike other cheaper alternatives the club core foam roller is ideal for use at home, in a gym or by personal trainers/fitness instructors.

Foam rollers can be used for a variety of exercise and rehabilitation purposes. Great for stretching, massage, IT band and self-myofascial release. We suggest you research some exercises and massage techniques to help you get the most out of it. The beauty of the club roller is that even if you lie or kneel on it, it will indent but return to its normal shape.

## Description

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### Club Foam Roller

Measuring 6 inches in diameter and 38 inches in length the club foam roller is a great option for those who want a roller that will stand the test of time. Cheap rollers often lose their shape or can be too hard. This club core roller strikes a balance between the 2 and is suitable for use in commercial environments.

Manufactured from closed cell PE Recovery Memory Foam (not the usual polystyrene foam like cheaper alternatives), any indents made during a workout will usually recover within 24 hours. This club core foam roller comes in a contemporary black/grey colour, is easy to clean and will not absorb moisture.

## Additional Information

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Weight	1.000000
Equipment Usage	Home Use