

# RIDGE ROLLER.



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## FOAM ROLLING JUST GOT SERIOUS.

Cool looking yet brilliantly effective, the Ridge Roller mimics the pressure applied by a sports therapist's hands meaning both **fitness beginners and seasoned athletes can benefit.**



### WARRANTY AND BUILD.

Warranty: 1 year.

### DIMENSIONS AND WEIGHTS.



380mm x 140mm  
(15" x 5.5")

### CLUB BENEFITS.

**MOST EFFECTIVE AND STYLISH ROLLER AVAILABLE.**

**DESIGNED TO WITHSTAND** CONSTANT, HEAVY AND REPEATED USE WITHOUT BREAKING DOWN.

**IDEAL FOR USE IN HEALTH AND SPORTS CLUBS.**

### PT BENEFITS.

**USE PRE, POST AND DURING YOUR WORKOUT FOR MAXIMUM VALUE FOR MONEY.**

**GREAT ADDITION TO ANY PT ZONE OR COOL-DOWN AREA.**

**EASY CLEAN SO IDEAL FOR BUSY STUDIO ENVIRONMENTS.**

### USER BENEFITS.

**PERFECT FOR EXPERIENCED FOAM ROLLER USERS.**

**APPLY SIGNIFICANT, BUT BEARABLE PRESSURE ON MUSCLES AND FASCIA.**

**USE TO ACHIEVE A CORE BODY WORKOUT.**



**BUILT FROM ENVIRONMENTALLY FRIENDLY EVA FOAM.**



**FEATURES RIDGES AND HOLLOWS** to replicate the palm, fingers and fingertips enabling the roller to penetrate the muscle deeper, for a more effective massage experience.



**HOLLOW DESIGN MAKES IT GREAT FOR STORAGE** as it's lighter and takes up less space in a rucksack so ideal for PTs on the go.



**RIDGES ARE MOULDED INTO THE SURFACE,** rather than cut, to maintain the integrity of the closed cell EVA foam and to extend the roller's lifespan.



**FOR THE FULL EXPERIENCE** use with our range of great looking and high performing mats.

To **truly embrace foam rolling** you have to understand that it is likely to hurt when you first start. Originally people thought that we were simply breaking down scar tissue, however, this is an over simplification of what is really going on. Muscle and fascia displays almost an instant response to being rolled, with the **possibility of instantly reducing pain** and **improving range of motion throughout the body.**



**VIEW THIS PRODUCT ONLINE.**