

# Foam Yoga Massage Roller



The high-density muscle roller is comfortable to use making it easy for beginners but still effective at penetrating the soft tissue layer of tired muscles. Rolling before and after exercises is part of a great stretching routine. Increases blood flow to the massaged site, flushing away stored lactic acid. Stretch overworked and strained muscles by using the roller during your warm-up and cool-downs.

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