

SOFT YOGA FOAM ROLLER



"The roller is perfect for my needs. It's sturdy and extremely firm which, based on my research, is exactly what you need to work out any muscle aches or soreness. I try to use it everyday to stretch my back. Great investment for my health!"



The perfect tool for any workout! Great for physical therapy, before or after exercises, yoga and massage therapy. Use the roller to relieve your muscles, as well as to develop your balance, strength, flexibility, and for rehab exercises.

SHOP NOW