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ENP PU FOAM ROLLER BLACK 45.5 * 12.5CM

SKU: TT19118
~~**20.00 €**~~ **13.99 €**

Stock: In stock
Categories: Fitness, Fitness Accessories , Foam Body Rollers, Foam Body Rollers, Medical & Physio

PRODUCT DETAILS

The ENP PU Foam Roller is a versatile and essential fitness accessory designed to enhance your exercise routine and provide targeted muscle relief. Made from high-density EVA foam, this foam roller offers a perfect balance of firmness and cushioning, making it suitable for individuals of all fitness levels. The black colour adds a sleek and modern touch to its appearance, making it an attractive addition to your home gym or workout space.

Key Features:

1. High-Density EVA Foam: The foam roller is crafted from premium-quality EVA foam, known for its durability and resilience. This high-density foam ensures effective self-myofascial

release and muscle recovery.
2. Optimal Dimensions: With dimensions of 45.5 x 12.5cm, this foam roller provides ample surface area for versatile exercises. It is compact enough to be easily stored and carried, yet large enough to accommodate various muscle groups.
3. Versatile Design: The ENP EVA Foam Roller is suitable for a wide range of exercises, including self-massage, stretching, balance training, and core stabilisation. It can be used for both pre-workout warm-ups and post-workout recovery.
4. Textured Surface: The foam roller features a textured surface that enhances grip and helps to target specific muscle knots and trigger points effectively. This texture ensures a deeper massage and more efficient muscle release.
5. Durable and Long-Lasting: Constructed to withstand heavy use, the foam roller retains its shape and effectiveness over time, ensuring a reliable workout accessory that lasts.

Exercise Benefits:

1. Self-Myofascial Release: The textured surface of the foam roller allows you to perform self-massage techniques that release tension in the fascia, the connective tissue surrounding muscles. This can help reduce muscle soreness, improve circulation, and enhance overall muscle function.
2. Flexibility and Mobility: Incorporating the foam roller into your stretching routine can help improve flexibility and joint range of motion. By targeting specific muscle groups, you can release tightness and increase muscle elasticity.
3. Muscle Recovery: Engaging in foam roller exercises after a workout helps reduce muscle tightness and promotes faster recovery. It aids in flushing out metabolic waste products and enhances blood flow to the muscles.
4. Balance and Stability Training: The foam roller can be used as an unstable surface for balance and stability exercises. By performing movements such as planks, push-ups, and squats on the roller, you engage core muscles and improve overall stability.
5. Core Strengthening: Many foam roller exercises require engaging the core muscles to maintain balance and control. This can lead to improved core strength and stability over time.
6. Pain Relief: Targeted foam rolling can alleviate muscle knots and trigger points, providing relief from muscle tension and discomfort. Regular use may help reduce chronic pain and prevent muscle imbalances.
7. Prevention of Injuries: By maintaining muscle flexibility and addressing imbalances, the

foam roller can contribute to injury prevention during workouts and daily activities.

Key Specs

BRAND

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