



# Eleiko Foam Roller

- ✓ Made in Sweden
- ✓ Mobility work
- ✓ High density foam

Eleiko Foam Roller's high-density construction delivers balanced firmness, so it is soft and comfortable in use with enough hardness for myofascial release, helping increase circulation and improve flexibility and range of motion. Foam rolling can be used to stimulate circulation and free up tissue adhesion enhancing blood flow and tissue lubrication for better movement. Lightweight and easy to transport, Eleiko's ribbed foam roller is perfect for use at home, in the gym, or on-the-go.

## Features

### Foam Roller Benefits

Stimulate circulation and free up tissue adhesion to support better movement. Grooved surface mimics finger compression during massage.

### EPP Construction

EPP foam is a durable and high-density foam material that can withstand the pressure of body weight and provide effective myofascial release. Eleiko Foam Rollers can be fully recycled.

### Varied Uses

Ideal for warm up, cool down, and addressing muscle soreness.

### Design Details

Embossed Eleiko logos and Made in Sweden details at each end.

## Specifications

### Unit of measurement

Sold individually

### Article code

3085791

### Length

370 mm / 14.57 in.

### Height

150 mm / 5.91 in.

### Weight

0,2 kg / 0.44 lbs

### Warranty

1 year

