



Deep Tissue Foam Roller

SKU: **GG-ACC-003**

Compact deep tissue relief for faster recovery and better mobility. This foam roller is a versatile tool for pilates, balance work, and self-massage, helping to release tight muscles and ease spot pain wherever you train.

Key Features

- Supports pilates, core, ab and back stabilisation exercises
- Effective for self-massage and deep tissue release
- Helps reduce pain from IT band syndrome
- Improves balance for sport, rehab, and daily movement
- Compact design fits in gym bags or carry-on luggage
- Targets back, legs, arms, and glutes with controlled pressure



Technical Specifications

Weight	2 kg
Length / Depth	33 cm
Height	15 cm
Width	15 cm
Max User Weight	100 kg

