



Foam Roller

SKU: **GG-ACC-002**

Firm, high-density foam delivers deep-tissue massage to aid recovery and boost flexibility. This roller also helps strengthen the core and improve balance, making it a versatile tool for both warm-ups and cool-downs. Lightweight yet durable, it's perfect for consistent use at home or in the gym.

Key Features

- High-density foam that retains its shape under frequent use
- Targets tight muscles for recovery and myofascial release
- Enhances flexibility, balance, and core stability
- Portable and lightweight for training anywhere

Technical Specifications

Weight	1 kg
Length / Depth	90 cm
Height	15 cm
Width	15 cm

