

FOAM ROLLER

The Foam Roller is used for various stretching and recovery exercises.

PRODUCT SPECIFICATIONS

	SKU	L	D	CLR	WT
Small	TD-FMR-18	17.7 in (45 cm)	5.9 in (15 cm)	Black (Grey Text)	.5 lbs (0.2 kg)
Large	TD-FMR-36	35.4 in (90 cm)	5.9 in (15 cm)	Black (Grey Text)	.9 lbs (0.4 kg)

USE

The Foam Roller is used to put localized pressure on muscles by pressing the affected muscle against the roller.

CARE

Clean surfaces with a neutral pH cleaner. Avoid contact with rigid or sharp edges or abrasive surfaces. Store in a dry environment. Inspect before use to ensure there is no damage.



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