



Style-Fit Fascia Roller



Fascia roller in exclusive design - the STIL-FIT fascia roller made of walnut wood is covered with dark brown imitation leather and is reinforced by two aluminium rings. This not only looks classy, but is also extremely comfortable to use.

CHF 225.00

Effective and sustainable

According to the latest findings, fascia training is essential for holistic training. The fasciae act as an enveloping and stabilizing element of the entire musculature and can be stimulated and activated through targeted training. The key to success here is sustainability. Unlike a trained muscle, the connective tissue envelope changes only slowly, but permanently. For an effective fascia training at home already ten minutes, two to three times a week are sufficient.

The advantages

- Targeted activation and regeneration of the muscles
- Improvement of the coordinative abilities
- Increased performance and flexibility of the musculature
- Alleviation of muscle pain and prevention of injuries
- Promotion of blood circulation
- Increase of the general efficiency and the well-being

Technical details

Material body: walnut wood, aluminium

Cover: brown imitation leather with decorative stitching

Dimensions: length 33cm, diameter 15cm

Weight: 1.385g

**The Shark
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