



## Trigger Point Rush Roller grey



The Trigger Point Rush Roller 33cm foam roller is used to improve muscle flexibility. It does this by kneading the muscles in multiple directions, which promotes muscle compression that improves tissue hydration and elasticity.

**CHF 59.90**

Designed with a unique textured pattern, the RUSH Roller effectively shears muscle tissue to promote range of motion and glide. Shearing improves mobility by kneading muscles in multiple directions. Featuring firm, high ridges and a hollow core, the RUSH Roller provides graduated muscle compression that improves hydration and tissue elasticity.

Dimensions: width 33cm, diameter 14cm  
Colour: grey