

Foam Rollers



Great For:

- Runners
- Body Builders
- Bikers
- Hikers
- Sports Athletes

Purpose:

Foam Rollers are great for rolling out sore and tight muscles. Foam Rollers can be used before, during, and after activity to help loosen tension in the muscles. Foam Rollers effectively disperse lactic acid build up in the muscle, making it ideal for use after activity.



Advantages

- Easy
- Aids in flexibility
- Inexpensive (Typically between \$10-\$20)

Disadvantages

- Slightly uncomfortable
- Awkward storing

Alternatives

Companies sell different types of Foam Rollers in order to perform different things. Some have ridges and other divots on them to dig deeper into the muscles.

