

RECOVERY IS KEY

Self massage kit featuring reinforced UltraFin Core

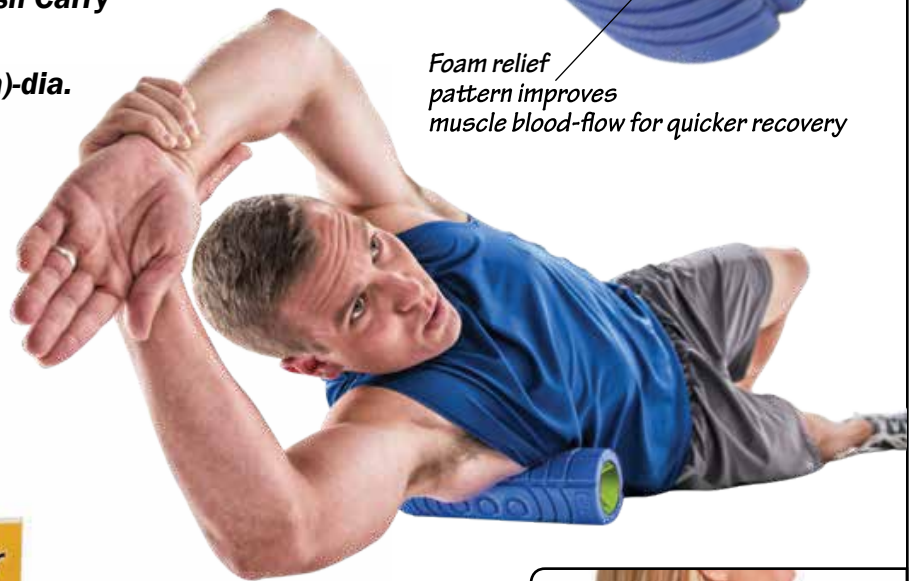
GoFit Go Roller - GF-FR4

Flexibility, core strength and post-workout recovery are vital to any fitness program. When exercising on the go, get all the benefits of deep tissue, self massage recovery with the GoFit Go Roller—constructed with GoFit's UltraFin Core. This patent-pending innovation allows deeper pressure with greater stability. The unique inner structure provides support with an open design for upper body exercises. When you're on the go, make the Go Roller, your go-to therapy. **Train. Recover. Repeat. GoFit.**

- **UltraFin Core prevents flexing and breaking of inner core**
- **Holds more weight than traditional "hollow core" rollers**
- **Foam relief pattern improves blood-flow so muscles recover quicker**
- **Includes: Myofascial Release Ball, Mesh Carry Bag and Training Manual**
- **Size: 12" (30.5cm)-length x 4" (10.2cm)-dia.**



Foam relief pattern improves muscle blood-flow for quicker recovery



Myofascial Release Ball for trigger point massage



Perfect for travel



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