

# FASCIA MASSAGE ROLLERS



## EXERCISE INSTRUCTION

TRENDY PONTIA | TRENDY ONDAS



# FASCIA MASSAGE ROLLERS



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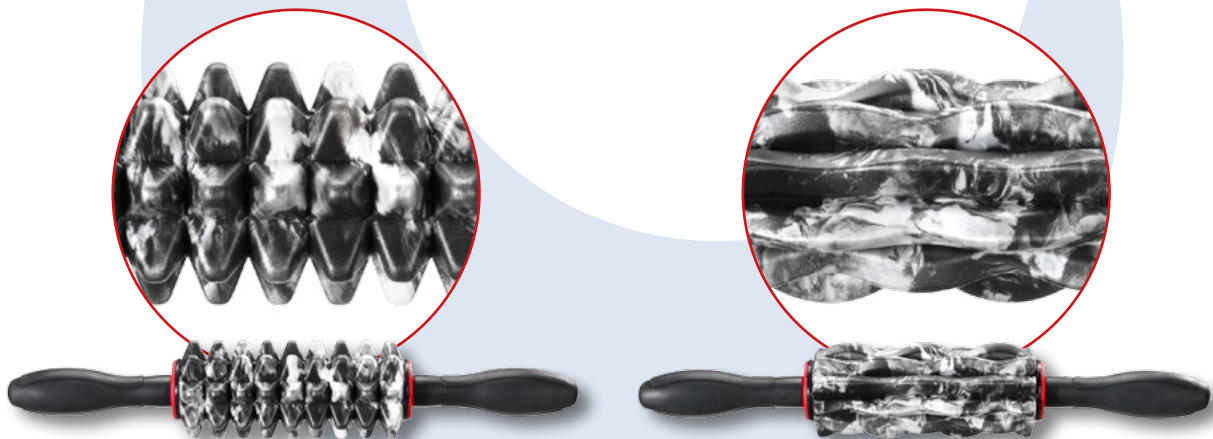
ACTIVE AND FAST REGENERATION OF THE TISSUE WITH THE HANDY FASCIA MASSAGE ROLLER TRENDY PONTIA AND TRENDY ONDAS.

# FASCIA MASSAGE ROLLERS

THE SOFT TISSUE COMPONENTS OF OUR CONNECTIVE TISSUE IS CALLED FASCIA, THIS COVERS OUR BODY LIKE A NET. THE FASCIA IS INVOLVED IN IMPORTANT MOTION SEQUENCES AND METABOLIC PROCESSES.

REGULARLY PRACTICE WITH THE **TRENDY PONTIA** AND **TRENDY ONDAS** CAN SOLVE THIS FASCIA AND HELP THE BLOOD CIRCULATION AND INCREASE.

ITS GRIPS ENABLE AN EASY HANDLING FOR BODY AREAS SUCH AS NECK, LEGS, ARMS AND SHOULDERS. THE FASCIA MASSAGE ROLLERS FIT IN EVERY GYMBAG AND OFFER MANY APPLICATIONS, SUCH AS MASSAGE AND RELAXATION EXERCISES, AND ACTIVE REGENERATION OF CONNECTIVE TISSUE BEFORE AND AFTER WORKOUT.



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TRENDY PONTIA AND TRENDY ONDAS CAN BE EASILY DISASSEMBLED. SO THE ROLLERS CAN BE USED WITHOUT HANDLES FOR MASSAGE.



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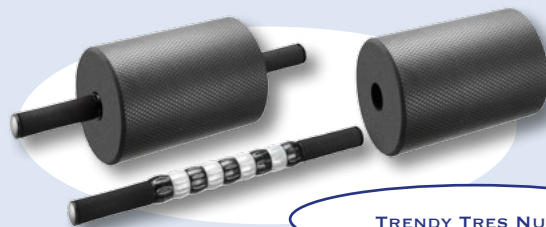


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## FASZIEN MASSAGEROLLER BY TRENDY SPORT



TRENDY TRES NUMA



TRENDY PONTIA | TRENDY ONDAS



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