

PRODUCT SPECIFICATIONS

Core Rollers

Code: ADAC-11604

MRP : 4199.00

COSCO[®]
SPORTS | FITNESS



Designed to engage the core muscles and strengthen the upper body. The rolling motion of the equipment triggers hard to target muscles through a variety of exercises such as oblique and pike roll-outs. Individual rollers can be used to train the core, arms, chest, shoulders, hips.