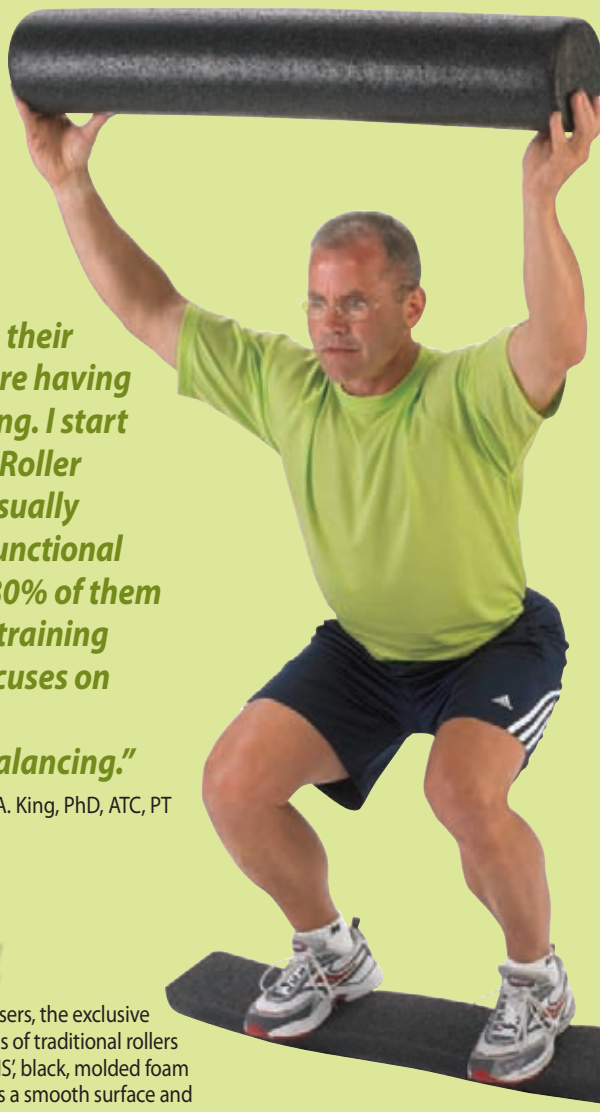


*“Clinicians send me their athletes that they are having trouble rehabilitating. I start them on 3 - 4 Foam Roller exercises and can usually improve pain-free functional performance with 80% of them using this simple retraining technique which focuses on core stability and neuromuscular rebalancing.”*

—Marjorie A. King, PhD, ATC, PT



**optp**  
exclusive

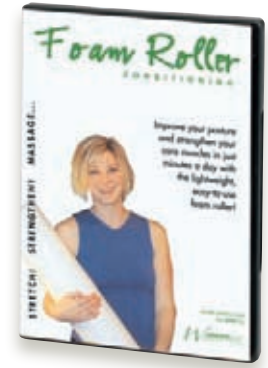
**OPTP AXIS™ Rollers**

Geared for moderate to heavy users, the exclusive OPTP AXIS™ gives all the benefits of traditional rollers without breaking down. The AXIS, black, molded foam technology is firm in density, has a smooth surface and will not lose its shape after moderate to heavy use. Fitness and rehab professionals will love the durability and lasting power of this roller.

**OPTP AXIS™ Rollers      Quantity discounts available**


Shape	Length	Height	Item No.
Round	36"	6"	#AXR366
Half-Round	36"	3"	#AXH363
Round	12"	6"	#AXR126
Half-Round	12"	3"	#AXH123

**HIGH  
QUALITY**



**Foam Roller Conditioning DVD-ROM**

Improve your posture and strengthen core muscles! This easy-to-follow DVD will show you how to stretch, strengthen and massage stiff/weak muscles. Each exercise utilizes the foam roller to engage core muscles and increase range-of-motion while keeping proper spinal alignment. Program length approximately 30 minutes.

 Foam Roller Conditioning DVD (#973DVD)

**OPTP AXIS™ Roller Set**

Also Available as a set including: Two 36" Rounds, Two 12" Half-Rounds, Two 12" Rounds and One 36" Half-Round (#AXSETB)

- Designed for high use
- Ideal for athletes and trainers

