Better Back™ Foam Roller

The Teeter Better Back™ Foam Roller is a compact, durable fitness tool ideal for self-massage to help release muscle tightness and trigger points. Ideal for performing myofascial release techniques to improve muscle elasticity and blood flow, which can help to enhance performance, avoid injury and speed recovery. The 36" high-density roller retains its firmness and shape through countless positions. Versatile and portable, the Teeter Better Back Foam Roller is also ideal for core work and stabilization exercises so you can strengthen as you stretch!

Feel the Benefits

Roll Away Stiffness & Pain

Large, curved surface is easy to maneuver, delivering targeted relief to hard-to-reach muscles for trigger point pain relief. Roll for self massage to help decrease muscle stiffness and pain, or use as support while working to improve range of motion.

Posture-Correcting

Use as a posture-correcting stretching tool to combat slouched, rounded shoulders and return the head to neutral position.

Improve Core & Stability

Incorporate core work and stability exercises into your rolling routine to strengthen abdominal muscles and improve balance.

Pair with a Teeter Inversion Table

Use pre or post inversion with your Teeter Inversion Table to enhance muscle and pain relief.

Built to Last

MADE IN THE USA

FULL 3 YEAR WARRANTY

36" by 6" Molded, High-Density Foam

Durable black closed-cell polyethylene foam maintains shape and firmness through moderate to heavy usage. Backed by 3-year full warranty. Made in the USA..

Fuss-Free Maintenance

Resilient, and non-slip material repels moisture and cleans easily with a damp cloth.

Packaged Dims	37.1 x 6.8 x 6.75 in (94.1 x 17.1 x 17.1 cm)	38.0 x 21.5 x 28.0 in (96.5 x 54.6 x 71.1 cm)
Packaged Weight	1.8 lb (0.8 kg)	25.4 lb (11.5 kg)
Master Pack Qty	12	
Item / UPC	FR2001 / 759265700018	
Warranty	3-year	