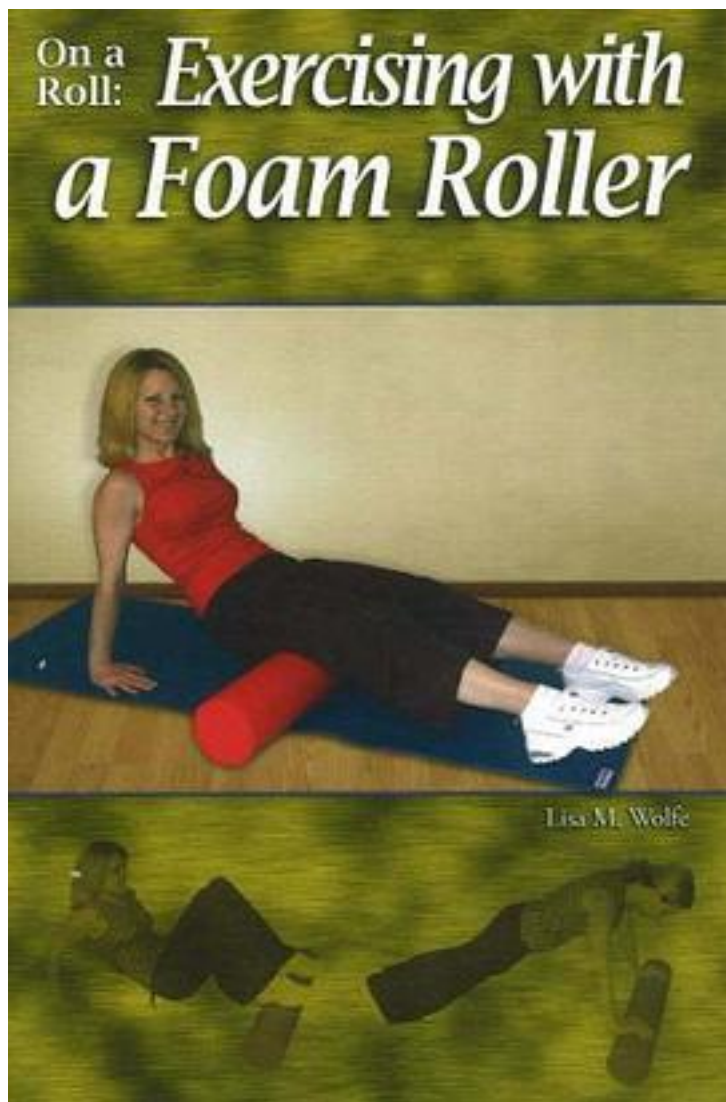


On a Roll



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On a Roll provides a fantastic workout for those looking to improve balance, posture and stability. These foam roller techniques are also designed to enhance core strength and tone. Over time, the muscles of the body stop responding to the same types of movements. On a Roll provides a solution to this with a variety of exercises for any fitness level.

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