

R8

₩ \$129.00



ALPINE WHITE / 855255004286









WHY WE MADE IT

The R8 was made out of necessity. Tired of rolling around the floor and lugging around a giant foam roller, our goal was to design a tool with all the force built into it, easy to use and mobile enough to use anywhere. Designing a tool that fits a wide range of athletes and targets different muscle groups was a huge challenge, but after many prototypes, testing and feedback, the R8 was born. Now, following the success of the original R8, the new R8 is here. We've been quietly working on the new R8 for over two years. We improved every component, material and feature of the R8 to deliver the best product possible. This is the next level of recovery.

FEATURES / BENEFITS

- · Has all the force built into it for a deep tissue massage
- Easy to use, you don't have to do a 2nd workout to rollout
- · Use the R8 sitting, standing or laying
- · Compact, easily fits inside backpack
- · Provides a flushing effect for improved circulation
- Breaks up muscle adhesions and tight spots
- · R8-Inserts are interchangeable with different inserts (coming soon)

HOW TO USE

Discover all the creative ways to use the r8 on legs and other parts of the body.



QUADS HAMSTRINGS

GLUTES



CALVES SHINS

INCLUDED ACCESSORIES



TRAVEL BAG For easy grab-n-go.



For quick tune up and interchange inserts.

HOW TO GET IT ON

ABDUCTORS

Simply roll the R8.













