



REHAB

RUSSIAN BELT	86	MASSAGE ROLLER	87	MASSAGE BALLS.....	88
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O'LIVE RUSSIAN BELT

You can perform static and dynamic exercises for lower body strength: femoral biceps area, quadriceps and hamstrings. You can perform unconventional exercise positions aiding recovery, preventing injuries, and improving strength and flexibility. The O'Live Russian belt is manufactured with a metal buckle for quick and easy adjustment adding versatility and comfort.

REF.: EN29100



O'LIVE BALANCE PAD

It provides an added stability challenge, while strengthening core muscles, improving proprioceptive awareness and increasing muscle strength and mobility.

REF.: P113400
Dimensions: 46 x 6 x 40 cm



O'LIVE MASSAGE ROLL

By using your own body weight and a cylindrical roller you can perform a myofascial release or selfmassage, break trigger points, and soothe tight fascia while increasing blood flow and circulation to the soft tissues. Incorporates an extra mini roll (ø 5cm) that makes it ideal for smaller parts of the body, such as the arms, lower thighs, and the soles of the feet.

REF.: EN52500
Dimensions: ø14 X 33 cm
Color: Black



O'LIVE FITNESS MAT

The Fitness mat has been awarded with the Sanitized certificate, which gives greater hygienic properties. At the same time its flexibility and its completely smooth surface on the reverse, allows excellent grip to the floor. Its size and properties make it ideal in areas dedicated to personal training, in stretching areas, rehabilitation, etc.

REF.: CL01500
Dimensions: 60 x 1,5 x 180 cm
Color: Blue



O'LIVE COMPACT WALL BARS

Wall bars are useful for a variety of mobility, flexibility and stretching exercises. Made of compact hpl panel and wooden bars from Flanders, and styled to match the different racks from the O'live Compact Series. It includes the steel plates needed to attach the wall bar to the wall.

REF.: F104400
Dimensions: 106 x 203 x 18 cm

