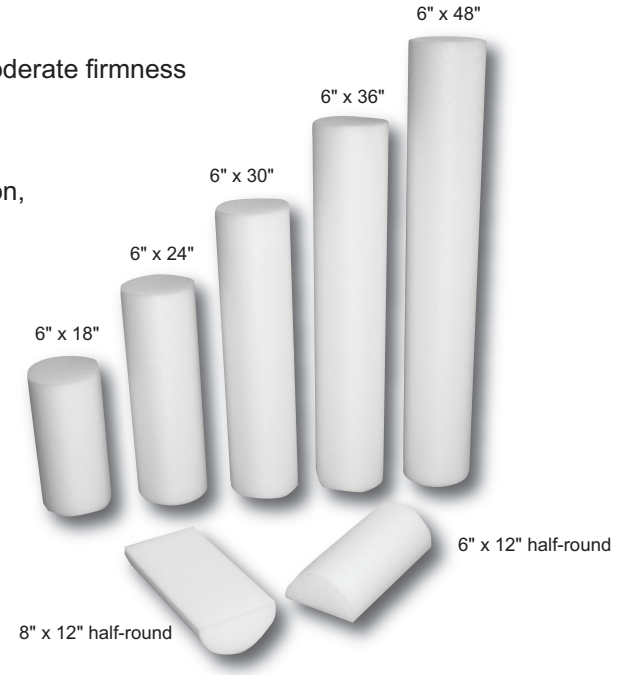
# exercise foam rollers

## CanDo® white foam rollers

### *high quality extruded foam roller*

- extruded polyethylene 2.0 lb. density foam rollers provide moderate firmness
- shorter rollers save space in clinics and homes
- 6" diameter roller is the most popular
- use for positioning, balance, postural and muscle re-education, spinal stabilization, body awareness and coordination and strengthening activities
- use half-round roller for ankle stretching and knee rehabilitation; or as rocker board by standing on flat side
- foam rollers are strong and durable enough to be used by large adults and active children
- available in 12" to 48" lengths with either a round (circular) or half-round (semi-circular) profile
- can be used alone or with other exercisers such as CanDo® exercise band, tubing, weights and balls
- purchase by the case and save (in red below)




| HALF-ROUND (H / DIA.) | | ROUND (DIA.) | |
|---|---|---|---|
| 8" | 4"H x (8" Dia.) | 8" | 8" diameter |
| 6" | 3"H x (6" Dia.) | 6" | 6" diameter |
| 4" | 2"H x (4" Dia.) | 4" | 4" diameter |





### Jumbo™ 8" round

**8" Jumbo™ white**

| | dia x L | |
|---|---|---|
| 30-2260 | 8" x 36" | 40.00 |
| 30-2261 | 8" x 12" | 20.00 |

### 6" round

| 6" white | dia x L | |
|---|---|---|
| * 30-2100 | 6" x 36" | 20.00 |
| * 30-2101 | 6" x 12" | 10.00 |
| **30-2100-12 | 6" x 36" | 225.00 |
| **30-2101-36 | 6" x 12" | 342.50 |
| 30-2108 | 6" x 48" | 28.00 |
| 30-2140 | 6" x 30" | 18.00 |
| 30-2141 | 6" X 24" | 16.00 |
| 30-2142 | 6" x 18" | 14.00 |

### 4" round

**4" white**

| | dia x L | |
|---|---|---|
| 30-2102 | 4" x 36" | 15.00 |
| 30-2103 | 4" x 12" | 7.50 |

### Slim™ 3" round

**3" Slim™ white**

| | dia x L | |
|---|---|---|
| 30-2106 | 3" x 36" | 11.25 |
| 30-2107 | 3" x 12" | 5.65 |

### Jumbo™ 8" half-round

**8" Jumbo™ white**

| | dia x L | |
|---|---|---|
| 30-2270 | 8" x 36" | 28.00 |
| 30-2271 | 8" x 12" | 14.00 |

### 6" half-round

| 6" white | dia x L | |
|---|---|---|
| * 30-2110 | 6" x 36" | 14.00 |
| * 30-2111 | 6" x 12" | 7.00 |
| **30-2110-24 | 6" x 36" | 317.50 |
| **30-2111-72 | 6" x 12" | 477.50 |
| 30-2118 | 6" x 48" | 19.60 |
| 30-2143 | 6" x 30" | 12.60 |
| 30-2144 | 6" x 24" | 11.20 |
| 30-2145 | 6" x 18" | 9.80 |

### 4" half-round

**4" white**

| | dia x L | |
|---|---|---|
| 30-2112 | 4" x 36" | 10.50 |
| 30-2113 | 4" x 12" | 5.25 |

### Slim™ 3" half-round

**3" Slim™ white**

| | dia x L | |
|---|---|---|
| 30-2116 | 3" x 36" | 7.90 |
| 30-2117 | 3" x 12" | 3.95 |

other sizes available on request  * most popular sizes  **buy by the case and save

## CanDo® 6" black composite roller

- made of molded foam for increased firmness
- ends don't degrade with use
- purchase by the case and save (in red below)

**round**

| | dia x L | |
|---|---|---|
| 30-2280 | 6" x 36" | 22.50 |
| 30-2280-12 | 6" x 36" | 257.50 |
| 30-2282 | 6" x 18" | 15.75 |
| 30-2281 | 6" x 12" | 11.25 |
| 30-2281-36 | 6" x 12" | 385.00 |

**half-round**

| | dia x L | |
|---|---|---|
| 30-2290 | 6" x 36" | 15.75 |
| 30-2290-24 | *6" x 36" | 360.00 |
| 30-2292 | 6" x 18" | 11.00 |
| 30-2291 | 6" x 12" | 7.90 |
| 30-2291-72 | *6" x 12" | 540.00 |



*buy by the case and save

## CanDo® 6" blue roller

- blue foam rollers use same industry standard polyethylene foam as white foam rollers
- attractive blue color keeps roller looking new

**round**

| | dia x L | |
|---|---|---|
| 30-2150 | 6" x 36" | 25.00 |
| 30-2151 | 6" x 12" | 12.50 |

**half-round**

| | dia x L | |
|---|---|---|
| 30-2152 | 6" x 36" | 17.50 |
| 30-2153 | 6" x 12" | 8.75 |



## Tufcoat® roller

- TufCoat® rollers have coated exterior that is durable and adds an extra layer of firmness; can be wiped clean
- interior is standard white extruded foam

**round**

| | dia x L | |
|---|---|---|
| 30-2235 | 4" x 36" | 30.00 |
| 30-2236 | 4" x 12" | 15.00 |

**half-round**

| | dia x L | |
|---|---|---|
| 30-2245 | 4" x 36" | 21.00 |
| 30-2246 | 4" x 12" | 10.50 |



## CanDo® 6" EVA foam roller

- rollers are made from extra firm EVA foam
- firm foam maintains soft feel
- attractive mottled design

**round**

| | dia x L | |
|---|---|---|
| 30-2200 | 6" x 36" | 50.00 |
| 30-2201 | 6" x 12" | 25.00 |

**half-round**

| | dia x L | |
|---|---|---|
| 30-2210 | 6" x 36" | 35.00 |
| 30-2211 | 6" x 12" | 17.50 |



## CanDo® Plus antimicrobial foam roller

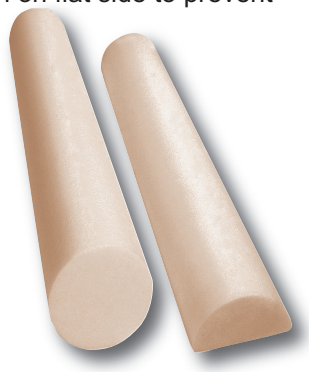
- extruded polyethylene foam made with anti-microbial additive to protect against microbes and odors
- brown tint differentiates anti-microbial foam from standard foam
- extruded half round has skin on flat side to prevent warping (full-skin)

**round**

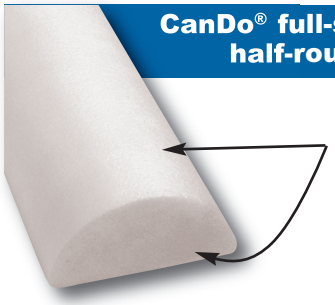
| | dia x L | |
|---|---|---|
| 30-2330 | 6" x 36" | 30.00 |
| 30-2331 | 6" x 12" | 15.00 |

**half-round**

| | dia x L | |
|---|---|---|
| 30-2332 | 6" x 36" | 21.00 |
| 30-2333 | 6" x 12" | 10.50 |



## CanDo® full-skin extruded half-round roller




- extruded as a half circle, not sliced in half, providing a full skin
- full skin keeps the half-round roller from warping or bowing and keeps surface cleaner

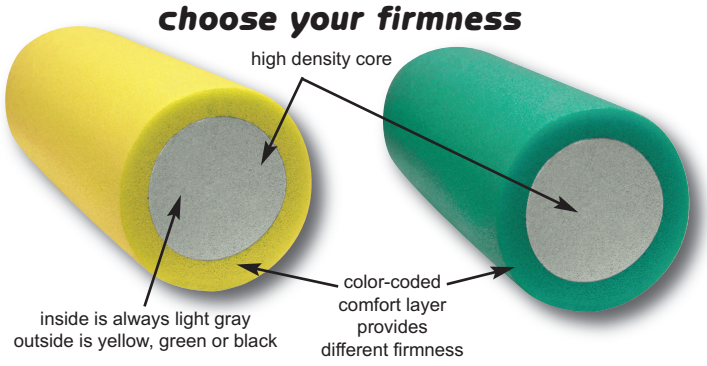
**half-round**

| | dia x L | |
|---|---|---|
| 30-2340 | 6" x 36" | 21.00 |
| 30-2341 | 6" x 12" | 10.50 |

## CanDo® foam rollers

### NEW CanDo® premium 2-layer foam roller

- 6" round, high-density core with 1½" comfort layer
- comfort layer available in 3 levels of firmness
- for rehab exercises for upper/lower back, calf, hamstring, glutes and more
- designed for Pilates, core, abdominal, back stabilization and strengthening routines




| color | firmness | 6" dia x 30"L | | 6" dia x 15"L | |
|---|---|---|---|---|---|
| yellow | x-soft | 30-2390 | 20.00 | 30-2395 | 12.50 |
| green | medium | 30-2392 | 20.00 | 30-2397 | 12.50 |
| black | x-firm | 30-2394 | 20.00 | 30-2399 | 12.50 |

### NEW CanDo® economy hollow foam roller




- 6" round, extruded foam roller with hollow core
- for rehab and exercise targeting upper/lower back, calf, hamstring, glutes and more
- designed for Pilates, core, abdominal, back stabilization and strengthening routines

| | each | | case/qty | | |
|---|---|---|---|---|---|
| 6"D x 30"L | 30-2495 | 15.00 | 30-2495-12 | 12/cs | 180.00 |
| 6"D x 15"L | 30-2496 | 7.50 | 30-2496-24 | 24/cs | 180.00 |

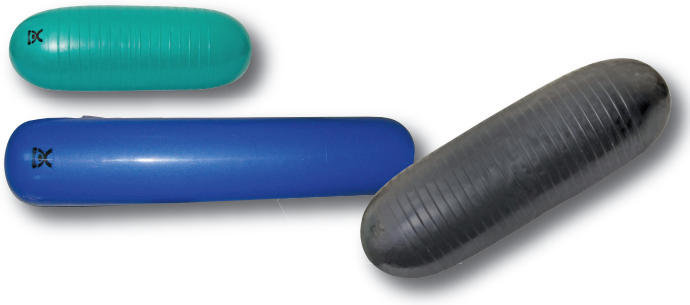
### CanDo® Plus foam roller




- the CanDo® Plus foam roller combines the universally comfortable firmness of a white roller with the sleekness of a dark roller
- rounded edges help prolong life of the roller
- gray color conceals both dirt and aging
- attractive look appeals to clinic and gym users alike

| | each | | case/qty | | |
|---|---|---|---|---|---|
| 6"D x 36"L | 30-2500 | 25.00 | 30-2500-12 | 12/cs | 285.00 |
| 6"D x 18"L | 30-2501 | 17.50 | 30-2501-24 | 24/cs | 397.50 |
| 6"D x 12"L | 30-2502 | 12.50 | 30-2502-36 | 36/cs | 427.50 |

### CanDo® inflatable roller



- rollers inflate like exercise balls
- fully inflate to increase difficulty, and partially inflate for added stability

| | | |
|---|---|---|
| 30-2082 | 7"D x 17"L - green | 20.00 |
| 30-2080 | 7"D x 30"L - blue | 25.00 |
| 30-2081 | 9"D x 28"L - black | 30.00 |