





GRID[®] X Foam Roller

Roll Into Deep Relief



The GRID X was created to break through the body's toughest, tightest trouble spots to improve mobility and reduce muscle pain and soreness. This extra firm foam roller is for athletes with dense muscle tissue and anyone who prefers a deep tissue massage.

-  Twice as firm as the original GRID
 -  GRID pattern channels nutrients directly to tissue to aid in muscle repair
 -  Superior construction won't break with repeated use
 -  Includes access to free online instructional videos
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GRID® X
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