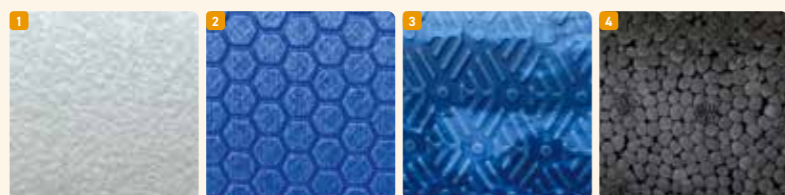




## SISSEL® PILATES ROLLER

The SISSEL® Pilates Roller family ideally complements Pilates mat training, especially concerning balance and stabilisation exercises. It also offers effective ways of loosening fascia tissue on every training level.  
also available: SISSEL® Pilates Roller Center (see p. 63), SISSEL® Mat Strap (see p. 39)

ITEM NUMBER	ATTRIBUTES
310.010	SISSEL® Pilates Roller, approx. 90 cm, white, incl. exercise poster
310.011	SISSEL® Pilates Roller Pro, approx. 90 cm, solid blue, incl. exercise poster
310.017	SISSEL® Pilates Roller Pro, approx. 90 cm, gray, incl. exercise poster
310.014	SISSEL® Pilates Roller Pro, approx. 100 cm, solid blue, incl. exercise poster
310.018	SISSEL® Pilates Roller Pro, approx. 100 cm, gray, incl. exercise poster
310.015	SISSEL® Pilates Roller Pro Soft, approx. 90 cm, blue marbled, incl. exercise poster
310.016	SISSEL® Intense Roller, approx. 100 cm, black
200.000	SISSEL® Mat Strap



SISSEL® Pilates Roller



SISSEL® Intense Roller

- 1 SISSEL® Pilates Roller**
  - Entry-level model, ideal for home use
  - material: PE (see \*p. 54)
  - Ø approx. 15 cm, length approx. 90 cm
  - color: white
- 2 SISSEL® Pilates Roller Pro**
  - more durable, recommended for application in practice and studio
  - material: PE (see \*p. 54)
  - Ø approx. 15 cm, length approx. 90 cm or 100 cm
  - color: blue, gray
- 3 SISSEL® Pilates Roller Pro Soft**
  - softer, therefore more comfortable and easy to keep in balance, ideal for beginners
  - material: EVA (see \*p. 54)
  - Ø approx. 15 cm, length approx. 90 cm
  - color: blue marbled
- 4 SISSEL® Intense Roller**
  - dimensionally stable and robust, thus a more unstable and challenging support surface, ideal for advanced users
  - material: EPP (see \*p. 54)
  - Ø approx. 15 cm, length approx. 100 cm
  - color: black



## SISSEL® PILATES ROLLER CENTER

The space-saving accessory!

- designed to store up to 5 rollers
- material: PE (see p. 54)
- accommodates all SISSEL® Pilates Rollers
- size: approx. 95 x 19.5 x 6 cm

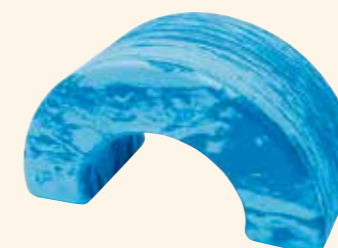


ITEM NUMBER	ATTRIBUTES
310.100	SISSEL® Pilates Roller Center, blue

## SISSEL® PILATES ROLLER HEAD ALIGN DYNAMIC

Reliable neck-support for Pilates exercises!

- practical tool for Pilates mat and roller exercises!
- prevents over-extension of cervical spine
- for optimal body alignment
- keeps head in an anatomically correct position
- rounded shape for dynamic positioning
- usable facing up or down
- material: PE (see p. 54)
- fits any standard



incl. exercise poster



YouTube



ITEM NUMBER	ATTRIBUTES
310.101	SISSEL® Pilates Roller Head Align Dynamic, blue marbled

## SISSEL® PILATES BAND

Supports dynamic mat exercises!

- made of cotton canvas with 6 integrated pockets to hold hands or feet according to the exercise selected
- simple support for increased core stability and perfect posture while exercising
- offers resistance thus increasing the intensity of the exercise
- material: 100 % cotton
- size: approx. 20 x 125 cm
- available in 3 colors



ITEM NUMBER	ATTRIBUTES
310.050	SISSEL® Pilates Band, natural-colored
310.051	SISSEL® Pilates Band, blue
310.052	SISSEL® Pilates Band, red

YouTube



inkl. Übungsposter

