

## What is the Travel Roller®?

The Travel Roller is the ultra durable portable foam roller with 3 different density acupressure balls conveniently located inside its internal storage compartment. The Travel Roller has two removable-replaceable closed cell foam covers which allows users to select inbetween hard and soft settings. The Travel Roller allows users to take their foam rolling to the next level. The Travel Roller conveniently fits in your gym bag or suitcase. Please use the Travel Roller cautiously and consult your health-care provider if you have any questions or concerns. For free updated online video instruction on the Travel Roller please visit: [www.travelroller.com](http://www.travelroller.com)

## What is the A.I.R. Training System?

The A.I.R. (Align, Integrate, Renew) Training System is a holistic wellness system which features the Travel Roller as one of its key tools for health and high performance training. The A.I.R. Training System is implemented by master trainer's Adam Wood, CSCS and Arysta Bogner, HLC as they passionately deliver private one-on-one personal training sessions, group workshops, video/telephone consultations and DVD presentations. To learn more about the A.I.R. Training System integrative corrective training and other products please visit: [www.airtrainingsystem.com](http://www.airtrainingsystem.com)

## The Travel Roller Story?

Adam Wood B.Kin CSCS & Arysta Bogner-Wood B.Kin, are the creators of the Travel Roller®. A combined two decades of real world training, injury and rehabilitation experiences of these two world class athletes matched with their Kinesiology degrees brought about the revolutionary all-in-one portable massage tool – the Travel Roller®.

Together, this dynamic fitness duo has taken foam rolling to a whole new level of performance and sophistication. They are positively influencing one of the latest fitness trends in North America!

The Travel Roller® is the "Original" durable, portable foam roller. It was invented by Adam in 2007 and was originally hand built in his garage. Today the Travel Roller is the smallest most durable, human friendly body roller available and has been sold to tens of thousands worldwide.

## Human-Friendly Body Roller Better for You, the Earth and everything else.

### Travel Roller Technology:

Extra firm inner core  
Double soft outer cover  
Washable/Waterproof  
Highly Durable  
Ergonomically correct size  
Guaranteed Form Retention

"All-in-One" Best Massage tool  
Perfect for Travel & Home use

Treats the entire body

*"I spent thousands of dollars on chiropractors, physio's, acupuncture, and so on. Nothing has even come close to what the Travel Roller has done for me. This is hands down the best thing that I have ever used on my body and I mean ever. Thank you for this great product, it has completely rejuvenated me."*  
– Morgan, College Football Player

*"The Travel Roller is great that its so small and compact. It packs easily into my hand luggage and I can feel the release in tension in my muscles after use."* – Darian, Olympic Gold Medalist



Order NOW:

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[www.travelroller.com](http://www.travelroller.com)

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- no LATEX
- no RUBBER

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