

REHAB

Balance & Agility

Massages



AEROBIC & FITNESS EQUIPAMIENTO Y FORMACIÓN

**RECOVER AND
GO FAR**





O'LIVE BALANCE BOARD

With handles to be safely used with the hands in floor exercises.



Ref: EN54700.00

O'LIVE RUSSIAN BELT

Ref: EN29100.00

Perform static exercises to work lower body strength. Comes with a metal buckle for quick and easy adjustment, adding user comfort for any size.



O'LIVE STABILITY CUSHION



Ref: EN20200.02
Measure: 40 cm
Color: Negro

Add a new layer of variety and functionality to your workouts by introducing the challenge of instability. This type of stimulus not only breaks the monotony but also engages more muscle groups, enhances balance, strengthens the core, and improves overall body awareness. By incorporating unstable surfaces into your sessions, you boost the effectiveness of each movement, making your body work in a more integrated and efficient way. Perfect for functional training and rehabilitation alike, instability introduces a dynamic element that elevates performance and helps prevent injuries.



O'LIVE MASSAGE ROLLER



Ref: EN52500.00
Measure: 33 x ø14 cm
Colour: Black

Using body weight and the roller, gently relieves your soreness and massages knots in your back, arms, and legs by performing myofascial release, breaking trigger points, and soothing tight muscles while increasing blood flow and circulation to the soft tissues. An extra mini roll (ø 5 cm) is also included, making the perfect companion to treat small body parts. Odorless and easy to clean.

O'LIVE BALANCE PAD

Provides an instability challenge, while strengthening core muscles, improving proprioceptive awareness and increasing muscle strength and mobility.



Ref: PI13400.01
Measure: 47 x 40 x 6cm
Colour: Black

O'LIVE PINPOINT MASSAGE BALL

Great for arms, neck and feet self-massaging. Manufactured using EPP materials, designed to not lose its shape. Odorless and easy to clean.



Ref: BA09801.00 BA09802.00
Measure: ø 8 cm ø 10 cm

O'LIVE SPINE PEANUT MASSAGE BALL

Used as a double pinpoint massage tool great for spine, back and neck relieve. Manufactured using EPP materials, designed to not lose its shape. Odorless and easy to clean.



Ref: BA09901.00 BA09902.00
Measure: ø 8 x 12 cm ø 12 X 24 cm

O'LIVE FOAM ROLLER

Ref: EN49004.01
Measure: ø 14,5 x 91 cm

Cylinder roller made of high density EVA rubber (shore 30/35), a closed cell material with a textured surface that keeps its shape even with intense use. Great for Pilates and body mind sessions.



O'LIVE SPIKY BALL

Spiky massage ball releases tension, relaxes the muscles and stimulates the nerves.

Ref: BA09601.00
Measure: ø 9 cm
Colour: Black





O'Live Fitness Catalogue

Fitness Guide