

# MEDISANA®

## **For sports and regeneration: The new PowerRoll Soft from MEDISANA is an effective workout companion thanks to its intensive depth vibration**

*Neuss, 22 February 2017* After the long winter months, many wish being able to be healthy and fit by begin of spring. The new PowerRoll Soft from MEDISANA is an effective workout companion for this goal. Its specialty is the innovative deep vibration that the massage roll uses to support, recover and regenerate the muscles. With PowerRoll Soft, MEDISANA combines pressure massage through the own weight of the device with a deep-acting effective vibration massage. An instantly noticeable effect and especially suitable for beginners and recreational athletes because the intensity levels of the PowerRoll Soft are lower than those of the PowerRoll Pro and the degree of hardness is medium instead of hard. As an eyecatcher, the PowerRoll Soft comes in a black-pink colour variant.

Due to the vibration, especially the myofascial tissue - the deep muscles and the connective tissue - are stimulated and blood circulation is promoted. Especially in this tissue, painful hardenings and tensions occur often, for example, by overstressing or one-sided strains. MEDISANA PowerRoll Soft helps to prevent tensions and achieves rapid muscle growth and fast muscle regeneration. With help of a manageable workout plan, the PowerRoll Soft can be used right away. Four programs support warm-up, muscle growth and regeneration. The training exercises concentrate on the areas of mobility, flexibility, balance and strength. In the supplied DVD, experts Svenja Thoes and Andreas Dreitz explain and demonstrate the training exercises. Since the massage roll with its four intensity levels increases the blood flow to the muscles, it can be used ideally also for warm up purposes and not only for the main workout.

PowerRoll Soft is available from specialist retailer [www.medisana.de](http://www.medisana.de) for EURO 99.95 (MSRP).

### **MEDISANA AG**

Jagenbergstraße 19

41468 Neuss

Phone: 02131 / 3668 0

Fax: 02131 / 3668 5095

[presse@medisana.de](mailto:presse@medisana.de)  
[www.medisana.de](http://www.medisana.de)