



Rolls-Royce

Operation and Maintenance Manual

Sixth edition 30 December 1996
Revision 5 1 June 2001

Publication ref. 10W2

250-C20
250-C20B
250-C20F
250-C20J
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rouleaux de massage utilisé dans de nombreux cabinets de kinésithérapie ou par les sportifs eux mêmes le rouleau de massage présente de multiples avantages à celui ou celle qui

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les rouleaux en mousse aident à la récupération musculaire après l entraînement en relâchant le tissu conjonctif de vos muscles appelé fascia lorsqu ils sont tendus et raides vos muscles