



Folding mat for exercises, fitness and yoga 182x51x0.6 cm

**Product features:**

Material: EVE

Length: 182 cm

Length: 51 cm

Height: 0,6 cm



**Product description:**

**Folding mat in five sections for gymnastic, fitness and yoga exercises.**

**Made entirely of EVA** , this mattress is **comfortable** despite its thickness, and practical, thanks to the small lines that allow it to be **easily folded** , for storage in very little space.

The mattress **has a size of 182x51x0.6 cm** , which also makes it perfect for use by tall people in complete comfort.

**This mat is ideal for fitness, yoga, gymnastics, or for specific exercises such as abdominals, crunches and planks.**