

- **“Rock & Roll “ & “ Shape ups “**
- For fitness enthusiasts seeking to improve muscle tone and blood flow
- Developed in the late 1990s in Korea it is now being distributed in the World.
- Designed on a rocker outsole with a 45-degree heel angle, these shoes’ benefits are based on a three-step walking technique.
- In step one (the heel landing), the calf and thigh undergo a stretching effect. Step two (the sole landing) provides impact relief and a decentralizing effect, while step three (the toe landing) creates an inner thigh and muscle exercise.
- Other benefits touted by the companies include posture and spine correction, improved blood circulation and arch support for flat feet.
- Rockers now offers the two styles “Pivot” and “Oscillate “ at competitive prices.