

Roll Me

by Kritapat Pornpipatpaisan

For many people in prison, staying fit becomes hugely important. When confined in a cell for 23 hours a day, some people focus on bodyweight training in order to maintain their health and improve wellbeing during their time in prison. Therefore, the Roll Me exercise chair is designed to replace ordinary prison chairs with exercise equipment. This allows prisoners to work out more efficiently without having to misuse cell furniture. It works in a similar way to a yoga ball and can also be used as a chair, providing comfortable seating.

