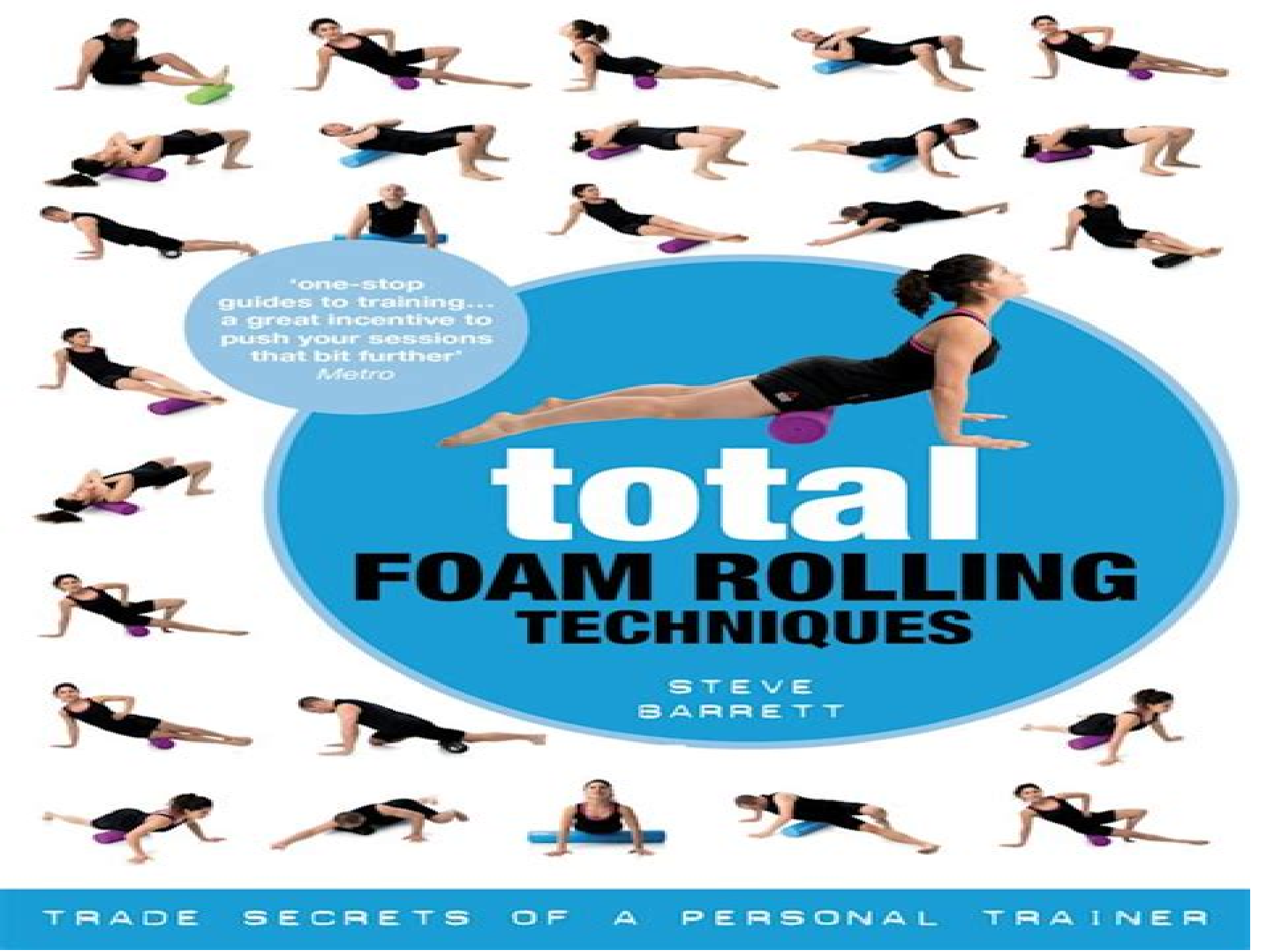




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Complete Guide to Foam Rolling Kyle Stull,2017-09-20 Complete Guide to Foam Rolling is your answer to moving better feeling better and improving your performance Foam rolling before during or after a workout can get blood flowing allowing muscles to work more efficiently and initiate the recovery process to reduce soreness Backed by scientific research Complete Guide to Foam Rolling provides step by step instructions for 27 of the most effective foam rolling techniques for muscle preparation and recovery Reduce pain and restore function with therapeutic movements that help rehabilitate your body and reduce the risk of injury Learn to breathe relax and roll through tight spots as part of your warm up flexibility work and recovery Then adapt any of the ready to use protocols or create a customized program to address specific problem areas well as your overall muscle and nervous system needs You ll learn the difference between various types of rolling equipment and how to choose which is right for your individual needs Special tips throughout the text provide further advice to help you prevent injury to muscles and joints Invest in your training success by applying these proven self massage techniques Complete Guide to Foam Rolling is your path to better overall performance Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam **Foam Rolling** Sam Woodworth,2016-11-08 In just one week I ve noticed an improvement in my posture and the way I carry myself Jeanette G Target key trigger points achieve self myofascial release and reduce muscle pain all in the comfort of your own home Foam Rolling is a full color step by step guidebook featuring beautiful photography and clear instructions You ll find more than 60 targeted foam roller exercises and 20 lifestyle specific programs to relieve pain speed recovery and improve mobility A sought after method of treatment for athletes and those with injury or mobility issues the exercises use a traditional six inch foam roller and other tools such as tennis balls and massage sticks to target key trigger points for muscle pain From upper body exercises to breathing and core

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Foam Roller Workbook, 2nd Edition Karl Knopf, 2019-01-15 A full color step by step guide to end pain regain range of motion and prevent injury using the foam roller With this helpful full color guide you can learn how to use your foam roller to remediate muscle strain caused by everything from sitting long hours at your desk to overdoing it at the gym In addition special programs will enhance your sporting life whether you hit the track the court or the slopes Designed to improve your posture balance and muscle tone each exercise is carefully explained and includes step by step color photos to guarantee you do it right and gain the maximum benefits including Increase Flexibility Release Tension Alleviate Chronic Pain Rehabilitate Injury Improve Core Strength Break Up Knots

Taller, Slimmer, Younger Lauren Roxburgh, 2016-02-02 From the A list bodyworker trainer and alignment expert dubbed the body whisperer by Goop comes Taller Slimmer Younger a powerfully simple daily foam roller routine to help you sculpt longer leaner muscles stand an inch taller look ten pounds slimmer and renew your body and mind Are you ready to roll ALIGN YOUR BODY ALIGN YOUR LIFE There s a new buzzword in the fitness world fascia It s the connective tissue that wraps around your muscles and organs and helps keep everything in place But in our increasingly busy and often stressful lives tension and toxins are often stored within our fascia resulting in serious long term consequences including poor posture excess weight acute anxiety and chronic pain Fitness and alignment expert Lauren Roxburgh who has worked with such stars as Gwyneth Paltrow Gabby Reece Melissa Rauch and Baron Davis has the solution to keep your fascia supple flexible and strong Using only a foam roller you can reshape and elongate your muscles for a leaner younger look while also releasing tension breaking up scar tissue and ridding yourself of toxins In just fifteen minutes a day Roxburgh s 21 day program will guide you through a simple series of unique rolling techniques that target ten primary areas of the body including the shoulders chest arms legs hips butt back and stomach The result is a healthy balanced aligned body that not only looks but feels fantastic Advance praise for Taller Slimmer Younger As an athlete with a lifelong passion for fitness and wellness I am always looking to get an edge in my body and Lauren Roxburgh has helped me do just that Lauren s philosophy will rejuvenate your body and spirit helping you look and feel lighter and brighter reducing stress and tension while dramatically improving your stance in your body and also in your life Gabby Reece U S beach volleyball champion This book is sure to become the body bible for anyone who wants to live a healthy fit and balanced life Melissa Rauch actress The Big Bang Theory and True Blood Lauren s method has rejuvenated my spirit giving me more energy and strength which has allowed me to perform better on and off the court Baron Davis two time NBA all star Lauren s method sculpts the body s soft tissues slimming and streamlining whatever part you work She s a body whisperer Goop If you ve never tried foam rolling I highly recommend it Lauren Roxburgh s program is designed to improve posture release tension and stress activate and strengthen the core and heal from the inside out When I was a model

I used a foam roller to lengthen my muscles I m so excited to get back into it once I give birth Oh and Goop dubbed her The Body Whisperer Enough said MollySims com

p-i-l-a-t-e-s Instructor Manual Foam Roller - Levels 1 - 5 Catherine Wilks,2011-06-26 p i l a t e s Foam Roller Instructor Manual 39 Exercises over 5 Levels this manual offers a complete guide to performing exercises on the Foam Roller! A fantastic versatile piece of equipment necessary for any Pilates Studio or Fitness Professional This manual offers a step by step guide to progressing clients with this apparatus It is an excellent resource for Pilates Instructors and Personal Trainers

Trigger Point Therapy with the Foam Roller Karl Knopf,Chris Knopf,2014-10-07 Unlock the healing powers of trigger point foam rolling with easy to follow exercises anyone can do at home and in the gym Deceptively simple and incredibly versatile the trigger point foam roller is a highly effective self therapy tool By following the step by step movements in this book you can maximize its healing potential to Alleviate Pain Speed Recovery Release Tension Break Up Knots Rehabilitate Injuries Increase Flexibility A complete guide to using this amazing piece of equipment for self treatment Trigger Point Therapy with the Foam Roller shows how to soothe relieve and heal the tight muscles caused by everything from hours sitting at a desk to overdoing it at the gym It also details the best methods to release painful trigger points and break up soft tissue adhesions that contribute to chronic pain

Foam Roller Guide Dr George Deborah,2021-06-26 Foam Roller Guide is your answer to moving better feeling better and improving your performance Foam rolling before during or after a workout can get blood flowing allowing muscles to work more efficiently and initiate the recovery process to reduce soreness Backed by scientific research Foam Roller Guide provides step by step instructions for 27 of the most effective foam rolling techniques for muscle preparation and recovery Reduce pain and restore function with therapeutic movements that help rehabilitate your body and reduce the risk of injury Learn to breathe relax and roll through tight spots as part of your warm up flexibility work and recovery Then adapt any of the ready to use protocols or create a customized program to address specific problem areas well as your overall muscle and nervous system needs You ll learn the difference between various types of rolling equipment and how to choose which is right for your individual needs Special tips throughout the text provide further advice to help you prevent injury to muscles and joints Invest in your training success by applying these proven self massage techniques Foam Roller Guide is your path to better overall performance

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