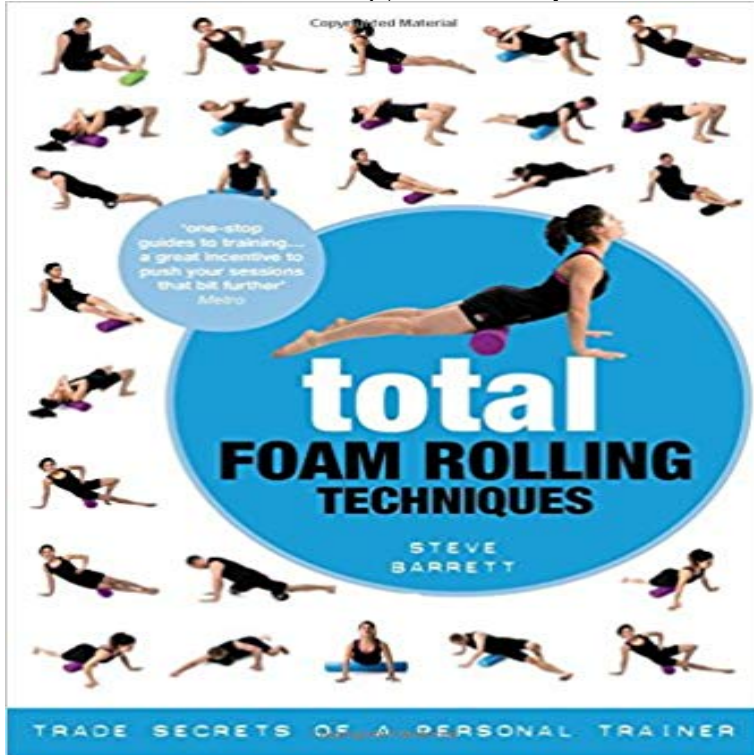


# Total Foam Rolling Techniques: Trade Secrets of a Personal Trainer



The ultimate one stop guide to using foam rollers. A relative newcomer to the fitness scene, lots of us dont know how to use foam rollers effectively as part of an exercise or training routine. Originally used only by physiotherapists and exercise therapists, this new piece of kit has become a mainstay of workouts. Foam rollers work by releasing muscle tension to relieve pain, aid injury recovery and improve flexibility--all through massaging and manipulating muscles. Practical and easily accessible, Total Foam Rolling Techniques is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training. Tried and tested exercises are accompanied by clear photos and illustrations. This book is brimming with ideas for using foam rollers not just in the gym, but at home too. Packed with clear and easy to use exercises, this how-to reference book also provides adaptations of basic and advanced workouts, making it ideal for anyone who wants to get the most out of their fitness gear.- Each exercise idea is organized by fitness level and includes follow-up and extension ideas.- Written in a jargon-free and concise style, this book is light on the science and background, heavy on practicality.

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