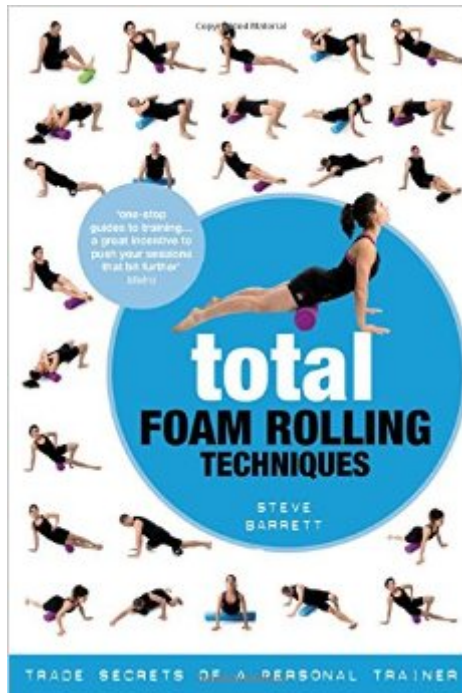


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# Total Foam Rolling Techniques: Trade Secrets Of A Personal Trainer



## Synopsis

The ultimate 'one stop' guide to using foam rollers. A relative newcomer to the fitness scene, lots of us don't 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.

## Book Information

Paperback: 144 pages

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #46,865 in Books (See Top 100 in Books) #18 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #112 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

## Customer Reviews

Finally I understand how to use my foam roller. Have purchased at least 3 other books about foam rolling: all lacked adequate pictures and clear instructions. The book itself is exactly as long as it needs to be. Although there are 144 pages, the page size is 6"x9", pages are beautifully formatted with many "how to" photos as well as "tricks of the trade" boxes to remind you of the essentials. This

book covers 54 exercise. While most people develop a routine of 10-15 exercise to stretch their areas that benefit from stretching before a workout or can be used for "problem" muscles that feel tight or uncomfortable. It is great to have an arsenal of potential stretches - you never know when some strange tightness is going to occur. I learned the basics of foam rolling as part of an exercise class. I found that my repertoire was limited and it was often difficult to remember exactly what to do. THIS BOOK HAS BEEN AN EXTREMELY VALUABLE RESOURCE. It is one of the few exercise books I have that I use at least 1-2 times a week.

I've had a foam roller laying around in my basement for awhile and didn't know how to use it, really. The photos that go along with the descriptions are very helpful to ensure that you're rolling the right way. Gives much relief to aching, post-workout muscles to help with recovery.

this book makes the roller so useful now, I am getting much use now.

Bought this as a gift, very nice guide with step by step direction...now I want one!

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