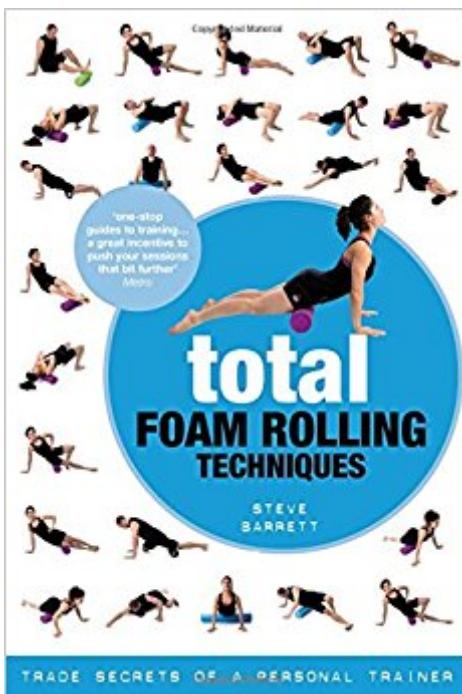


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# Total Foam Rolling Techniques: Trade Secrets Of A Personal Trainer



## 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

Publisher: Bloomsbury USA (December 30, 2014)

Language: English

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Product Dimensions: 6.2 x 9.3 inches

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Average Customer Review: 4.3 out of 5 stars 19 customer reviews

Best Sellers Rank: #407,050 in Books (See Top 100 in Books) #67 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #653 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

â œIt's not a huge book--just 144 pages total--but it provides an enormous wealth of helpful foam rolling information.â • â •Fit Bottomed Girls"According to Barrett, after rolling, you should feel like youâ™ve given yourself a sports massageâ•less tight and more relaxed." â •Coco Meyers, LivingHealthy.com

Steve Barrett is a well respected personal trainer, industry presenter and leading fitness brand consultant. He has worked in the fitness industry for over 20 years.

Exercise descriptions are not clear and can be interpreted in a variety of ways. Trying out new exercises from this book hurt me in an unpleasant and damaging way. I foam roll every day but I generally do only 5-6 exercises that I know from youtube instruction videos, though there are a lot more in the book that I would like to try. If there were links with videos or clear explanations it would be 4 stars. As it is this book is worthless. Stay away.

Great book it really shows how to use the roll in hard position and it explains why it is useful.

Super product!

As a former fitness pro, I'm fairly knowledgeable about all kinds of fitness/wellness "gadgets" and accessories. This author is very objective and clearly states how to use foam rolling for DIY improvement without spending money on massages. As a result of this book, I finally understood the differences in the rollers on the market, and knew exactly what I needed to add to my personal "arsenal."

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

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.

The book helped me to make use of a foam roller I purchased to relieve tight muscles. The exercises were easy to follow and very effective.

Awesome book. I use it in my reference library as a personal trainer.

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Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics

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