

By Carmen Bott

Did you know..... The foam roller is one of the easiest and cheapest ways to improve recovery, restoration, aches, pains and flexibility. What looks to be a simple foam tube is one of the most grueling and (sometimes) painful accessories. The foam roller is great for myofascial release.

During warm-ups, the main goal is to concentrate on loosening up the muscles and increasing blood flow. For a complete warm-up, it can be combined with joint mobility exercises.



Spend time putting pressure on ‘trigger’ areas for more than 10, but no more than 60 seconds. Allow your soft tissue to “melt like butter” into the foam roller versus rubbing the sore areas back and forth. This can cause more inflammation. Be sure to hit the major muscle groups along the spine as well as in glutes/lower extremity. You can use the foam rollers on your upper extremities, but they are better utilized for the legs and glutes.

Happy training!

Train smart, be fast. Contact Carmen Bott, MSc. CSCS RKC: carmen@carmenbott.com



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