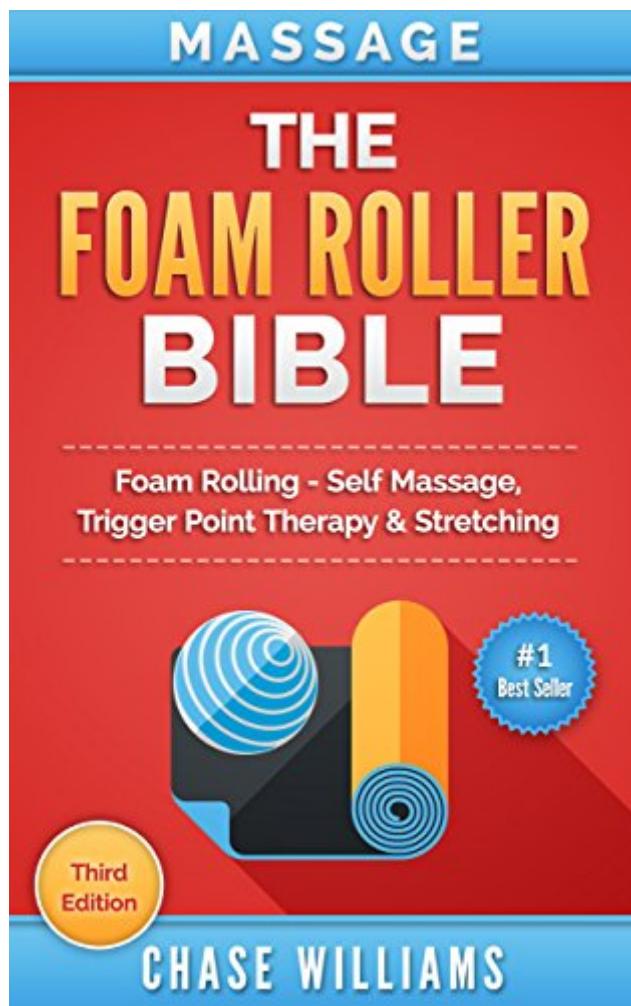


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# **Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1)**





## Synopsis

Learn about where Foam Rolling came from, how Foam Rolling works, what self-myofascial release is all about, which foam roller is right for you, and how to use Foam Rolling for maximum release of tired, sore and strained muscles. | Upgraded 3rd Edition

| This book is not just another "exercise book", but actually goes in depth to provide you with an unparalleled look at the latest wave that has been sweeping the country. This extraordinary guide will take you step by step into finding the best foam roller and utilizing it to completely transform your daily workout regime. This book not only tells you what to do, but through easy to understand language, it will explain why to do the exercises, with detailed explanations that are easy to grasp while, at the same time, highly informative and educational. By the time you are finished reading this book, you will know everything there is to know about Foam Rolling. | Read it FREE on Kindle Unlimited - Download TODAY!

Covered in this book are such topics as: The history of Foam Rolling, What self-myofascial means and how it works, How to incorporate Foam rolling with Yoga for greater enhancement, IT (Iliotibial) Band, How runners can benefit from foam rolling, Why foam rolling helps you stay younger and may even reverse some effects of old age. The exercises herein will help you work all major muscle groups, in order to maintain maximum mobility and flexibility and minimize cramps and muscle aches common in high-impact workouts, aerobic exercises and even day to day life of walking, bending and lifting. You will learn to roll out pain and discomfort in your: Neck Muscles, Upper Back (Thoracic) Muscles, Lower Back Muscles, IT (Iliotibial) Band, Calf Muscles, Thigh (Quadriceps) Muscles, Glutes and Hamstrings and Feet. If you have only recently heard of Foam Rolling and are looking to learn more about it, this book is for you. If you have been using Foam Rollers for a while now, but it just doesn't seem to be doing the trick, then this book is for you too. Even if you have been using foam rollers for years, but want to become more of an expert on their proper use and how, exactly, they work to relieve tension and increase mobility, then this book is for you as well. You will not find any other work in one place that will teach you as much about foam rolling and get you on your way to becoming an expert on Foam Rolling. This book may very well be the first, the last and the only book you will ever need to read on Foam Rolling! Become an expert on Foam Rolling! Improve your workouts and flexibility NOW! All you need to do to become in the know about Foam Rolling is to scroll up to the top of this page and BUY it now! ^ Scroll to the top and click the "BUY" button. ^

## Book Information

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## **Customer Reviews**

I found the techniques in this book very much helpful. You will be addicted to this foam rolling once you applied this to your body. Your body will complain if you go a couple of days without it. One of the best and the easiest ways to give your body that over all massage without having to hire a professional masseuse which of course can save you more money.

This The Foam Roller Bible is very useful for anyone suffering from back pains like me. I always face on computer the whole in one position only so I always feel back pains. This trigger point therapy massage is of a great help in alleviating any kind of pain without feeling the pain again. Awesome!

This is a nice way to relief pains and help with discomfort. This is a whole new process for me and I have learned how to effectively make use of it. There are other ways to relief pains but this is an effective way to do so. I am glad to have read this book.

This book has nice big easy to read print. BUT, it has dozens of misspelled words and grammatical errors, that make it hard to read. There isn't a single demonstrative picture. The imformation was okay, however the book could be greatly improved.

I keep hearing about foam rollers while searching online for ways to alleviate my back issues. I still haven't bought one yet, but at least with this book I'll be ready when I do. I was surprised to learn that foam rolling might help more than just back pain - it might reduce my headaches as well. I also learned that there are different types and sizes of foam rollers to choose from. I'm very grateful for this book because of how it has informed my decision. Much thanks to the author!

I have used a foam roller for many years and I love it for massage. I was therefore delighted to come across this new book by Jason van den Berg. It takes the reader through the basics and then on to the next level. It has a great range of exercises - from beginner to more advanced levels. This is an ideal book for the home exerciser. Jake

The book has a great range of exercises you can do with the roller, it was eye-opening. From her philosophy, to her explanations, instructions and workouts, this foam roller program and method is 'doable'. My body is going to be capable of performing these exercises to the fullest intention. Have fun!

Not a bad book, but zero pictures. You face to visualize everything

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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 Book 1) Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use Trigger Point Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3) Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Tight Hip Flexors: The 7 Minute Tight Hip Solution:Simple and Effective Movements That Quickly Release Tight Hip Flexors And Reduce Hip Pain (Hip replacement ... mobility exercises, hip flexor

exercises) Acupressure: The Ultimate Beginners Guide To Acupressure For Health & Healing (Self Massage, Tennis Ball Massage, Pressure Points, Trigger Point Massage) Tight Hip Flexors: Relieve The Pain of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips) Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Calisthenics: Workout Routines - Full Body Transformation Guide (calisthenics workouts, calisthenics for beginners,calisthenics books, calisthenics program) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) How to Play Tennis: The Complete Guide to the Rules of Tennis, Tennis Scoring, Tennis Grips and Strokes, and Tennis Tips for Singles & Doubles Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, Calisthenics) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Color Atlas of Acupuncture: Body Points, Ear Points, Trigger Points (Complementary Medicine (Thieme Paperback)) Tennis: Top 5 Strategies How to win more matches, How to Play Tennis, Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1) 101 Tennis Tips From A World Class Coach VOLUME 1: A Common Sense Approach to Tennis (101 Tennis Tips From A World Class Tennis Coach) Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch

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