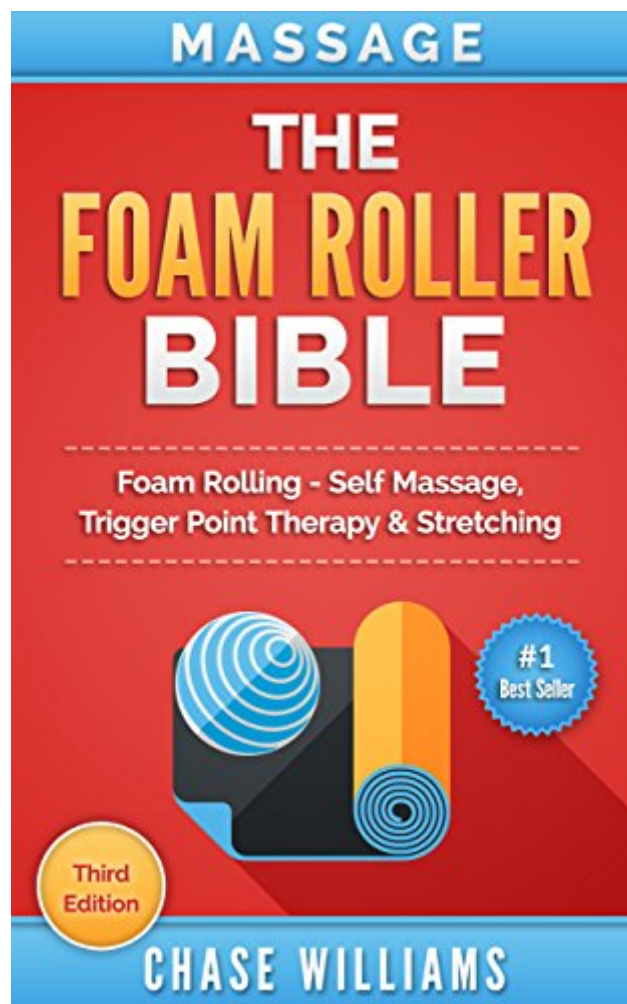


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# **Massage: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, Pressure Points, Hip Flexors, Calisthenics)**





## 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.â€¦â€¦â€¦ Upgraded 3rd Edition â€¦â€¦â€¦ 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's 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:â€œ The history of Foam Rollingâ€œ What self-myofascial means and how it worksâ€œ How to incorporate Foam rolling with Yoga for greater enhancementâ€œ IT (Iliotibial) Bandâ€œ How runners can benefit from foam rollingâ€œ 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:â€œ Neck Musclesâ€œ Upper Back (Thoracic) Musclesâ€œ Lower Back Musclesâ€œ IT (Iliotibial) Bandâ€œ Calf Musclesâ€œ Thigh (Quadriceps) Musclesâ€œ Glutes and Hamstrings andâ€œ 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

This book is utter garbage. I wish I could give it negative stars, one is entirely too many. The great reviews are almost entirely bogus. Investigate and you will find that almost ALL these reviews are from reviewers who have exclusively rated other crummy books, and rated them highly. Do you know what nobody needs? A book about exercise and stretching with no images or diagrams whatsoever. I never review things, but felt obligated to let people know that this book isn't worth a nickel.

At first I thought I was going to read yet another "exercise book", but soon enough I understood that it was a lot more than that. The book really goes deep about foam-rolling and describes to detail every piece of information necessary to be a professional "foam-roller". From where to buy and how to choose the best foam roller for you, to completely putting it to practical use and transform your day by day workout routine. Overall, this book is amazing. Highly recommended. Don't think twice...

This is a Very Awesome Book when it comes to Foam Roller. Everything that you need to know about Foam Roller are already included here. I really admire the author Chase Williams in creating

this book. Chase started the book with a brief history of foam rolling and what I like is the many benefits of foam rolling into our lives. Let me mention some benefits of Foam Roller: increased mobility, increased in the blood flow throughout the body, pain therapy, improved functions on our vital organs, improved vitality, and much more. Actually, because of those benefits, I'm really convinced to try this Foam Roller as well. There are so much valuable information as well that Chase included in the book, like about Self-Myofascial Release, choosing the right type of foam roller for you, the exercises. Chase even tackles about trigger points, and why does it hurt when we first try out foam roller, and then eventually why the pain reduces gradually. Chase also explains about how to incorporate Foam Roller into your Yoga routine, and how the Foam Roller can actually make you younger. Overall, this is a Complete Book about Foam Roller. I highly recommend this to everyone who wants to become younger, healthier, using the Foam Roller. This is a Must-Book for you. With that, I'd highly give Chase Williams and The Foam Roller Bible a Very High and Amazing 5-Star.

Foam rolling used to be an exclusive practice among athletes and therapists. Now, the inner circle has expanded. Foam rolling has become a widespread practice. It is now very well known as a reliable technique for easing muscle pain and preventing injury. This book guided me about how to use foam rolling for maximum release of tired. Actually, I had a huge interest to know about these massage techniques and for that reason I purchased this book Great exercise!

Being into Yoga myself, I have on occasion tried out one of the foam rollers my instructor has in her studio. I didn't like it, it was too much for me, but I thought there must be something more to it, because I've read they are really good at getting out the kinks in your muscles. Come to find out, from reading Jason van den Berg, the author's book, that there are many different types of self-massage rollers and getting the right foam roller, especially when first starting out is important if you want to get the full benefit of self-myofascial release. The white colored rollers are the ones to start with, moving into a lightly colored one and then for a medium amount of massage pressure, move into blue or green. Black provides much more resistance for a deeper massage, and it was a black roller I was using. Live and learn.

This book is really good because the basic strokes of the big picture and the picture detail. Being into Yoga myself, I have on occasion tried out one of the foam rollers my instructor has in her studio. I didn't like it, it was too much for me, but I thought there must be something more to it, because I've read they are really good at getting out the kinks in your muscles. This book showing a different

way, that is, any description that is suitable for general-purpose massage and other body parts for the whole body. This book is a good source of information for people who want to learn how to use rolling foam for self massage.

Massage is the best way to relax your body. I doubt if any of us don't want that. When I read this book, I learned that there are certain massages needed for your body. What makes this book great is that it introduced to us different massages which are from all over the world so it is already practiced for a long time and have proven itself one of the best healing touches. I'm glad I bumped into this book; it's quite helpful! . This book helped. It was such a quick read too. I'm glad for the helpful information.

This book is very informative. It opens the new abilities of the massage. Frankly speaking I don't hear anything about this technique. The doctor proposed my grandmother to make the massage as per this technique. I looked through many libraries and it was not easy to answer this question. Suddenly I found this book in . So I was happy to know so much about the MAT and Active release therapy. I am very grateful to the author for this book

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