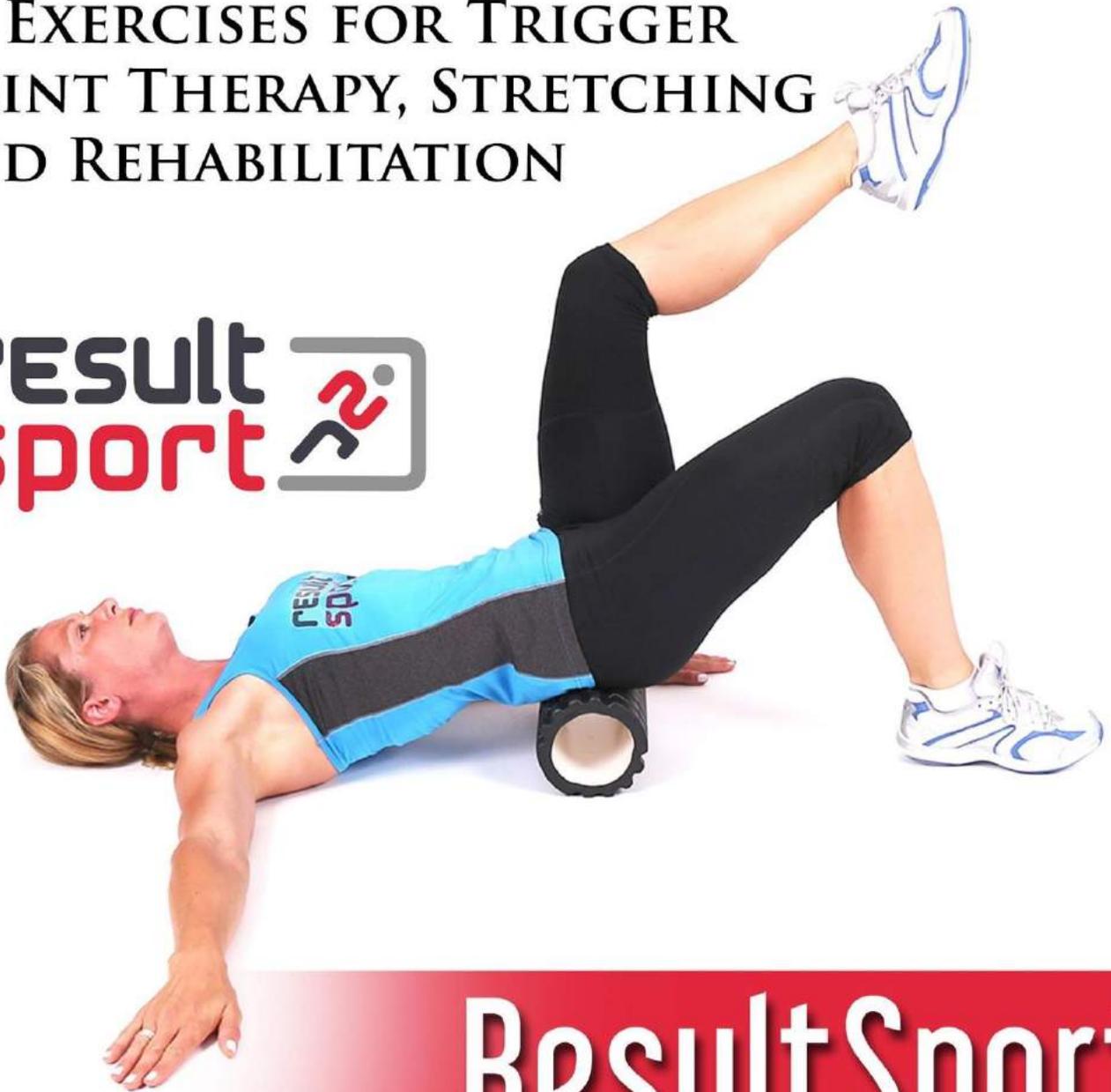


EASY TO FOLLOW GUIDE

FOAM ROLLER

34 EXERCISES FOR TRIGGER POINT THERAPY, STRETCHING AND REHABILITATION



ResultSport

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INTRODUCTION

Foam rolling for health and fitness

Whether you have muscle soreness because of intense physical activity or injury, foam rolling is a technique designed to relax your tight muscles and ease your muscle pain. Also known as self myofascial release, it's a technique that is essentially a great way to get rid of toxin build up. Fascia is a sheet of tissue beneath your skin which enables muscles to move easily. Too much stress on a muscle can cause the fascia to tear and this is what causes painful knots in your muscles.

Formerly accessible only to pro athletes, coaches and therapists, the ability to heal these fascia tears faster can now be applied by non-health or fitness professionals with the aid of a home ResultSport foam roller tool. The power to help your muscles recover, improve their flexibility and performance, as well as improve your range of motion is now in your hands.

Want to simply improve your already substantial physical capabilities? A ResultSport foam roller will increase your sporting performance and give you an edge over any fellow competitors.

Want to return your muscles to health? A ResultSport foam roller will get rid of knots or tightness in your muscles, improve your flexibility or range of motion and help prevent you from suffering further muscle injuries.

Speed up the healing process

Speed up your own healing process by applying pressure to the specific points of your body that are causing you pain and with the help of your roller, indulge in some deep tissue massage. It's your body weight resting against the ResultSport foam roller that puts pressure on your soft tissue and causes your muscles to relax. Not only can the roller help pain in the places you pinpoint, but also places which are affected by referred pain. (Pain which is travelling far from its origin)

Foam rollers are not just for the injured!

ResultSport foam rollers can be used to enhance existing muscle performance. Other uses of the foam roller include aiding the stretching of muscles in preparation for a workout and helping you warm down after a workout. It will aid you in balance training and prevent further muscular problems. In addition, it will literally get your blood pumping harder to get oxygen to you faster and help you recover from exercise sessions faster.

Follow the exercises in our book and your muscles will soon be healthy, free from pain and ready to perform. Please consult your physician before beginning any kind of exercise program.

How is it used?

You can use your roller to target specific knots in your body, if you're experiencing an area of tightness, or you can target a broad set of muscles in order to make them work more efficiently for you.

For specific areas, rest on the roller for up to 20 seconds. The pressure will help fix the tear in the fascia.

For more general foam rolling, please refer to the exercises. You can use a side to side or backward and forwards rolling action, but please read our disclaimer and consult your physician before using the exercises here.

What will you gain?

Whether you're in pain or simply looking to achieve more, foam rollers have been proven to be beneficial to your physical abilities.

The Lower Extremity Review magazine conducted four studies into the benefits of foam rollers with positive results. They reported a 10-16% increase in knee joint range of motion after using the foam rollers, an increase of 4.3% in sit and reach

ROM (Range of Motion) and 4.4% in ankle ROM. Further positive results were found for permanence enhancement in the absence of injury.¹

Guide to practising the exercises

The exercises in this book are in no particular order. This e-book is designed to provide you with a variety of exercises to try. It is not recommended you work your way through all the exercises presented here in a single session. Please consult a fitness instructor who will be able to help you put together a safe program that will suit you. Don't attempt the exercises without proper instruction from a professional, but here are some tips for foam rolling best practise:

- Keep your core tight well doing activities
- All exercises should be mastered on the stable surface first, before moving on to the roller
- When a particular area is no longer sensitive, then begin to see if there are other sensitive areas and repeat
- Avoid exposing the roller to rough or abrasive services.
- You are advised not to adapt any of the exercises in this book, unless you are a health or fitness professional.
- Perform the exercises in a slow and controlled manner.
- Avoid straining or holding your breath during exercise
- Always warm up before you exercise
- If you have an injury, please get medical attention before embarking on the exercises.
- Drink plenty of water during and after your exercise session.

¹ <http://lermagazine.com/article/foam-rolling-early-study-findings-suggest-benefits>

DISCLAIMER

As this eBook is for educational, rather than medical purposes, it is of the utmost importance that you get a physician's approval and proper instruction before beginning the exercises. You must get a proper trainer to show you the correct way to use this tool. This eBook is simply intended as a rough guide. If a physician or trainer recommends that you do not use the ResultSport foam roller or these exercises, you must follow his or her advice.

Please check the roller for damage or defects before you begin exercising. If it is broken, do not use.

These exercises are intended for healthy adults as a supplement to your exercise regime. It is not designed to replace your existing training methods. Do not overestimate your aptitude and risk over exercising.

Do not exercise if you feel dizzy, lightheaded or have a shortness of breath. If you feel pain or discomfort during the exercises, stop and seek medical attention.

You are responsible for your own health and safety when performing these exercises.

THE EXERCISES

Back Stretches and Pain Relief

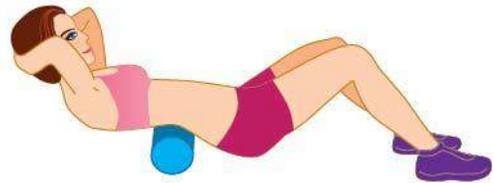
01. Lower back release

Benefits: Ease knots in your lower back. Improve your flexibility

Start: Lie on your back with your knees bent and feet flat on the floor. The roller should be under your lower back. You can either place your hands behind your head, with your elbows raised, or your elbows on the floor behind you.

Finish: Roll from the top of your hips to your lower ribs. Shift your position slightly if you feel too much pressure on your spine.

01



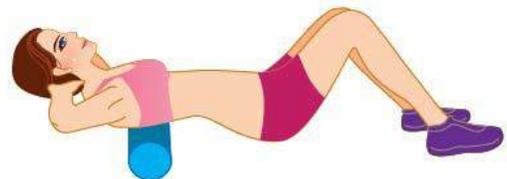
02. Upper back release

Benefits: Alleviate pain in your neck, shoulders and upper back

Start: Lie on your back with your knees bent and your feet flat on the floor. The roller should be under both your shoulder blades. Put your hands behind your head, ensuring you keep your head in line with your spine.

Finish: Bend your knees and lift up your hips. Use your feet to push and pull your body backwards and forwards over the roller between your shoulder blades and the bottom of your rib cage.

02



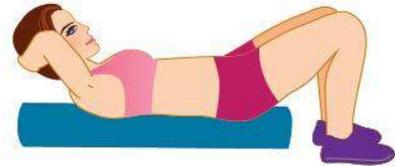
03. Abdominal stretch 1

Benefits: Strengthens abdominal muscles and improves back mobility

Start: Lie on your back with your feet flat on the floor. The roller will be lengthways, underneath your head and hips. Support your head with your hands.

Finish: Curl head and chest up, then release. For further stretch you can bring your arms forward and hold your legs under your knees.

03



04. Abdominal Stretch 2

Benefits: Strengthens abdominal muscles

Start: Lie with the roller lengthways, underneath your head and your hips. Make sure your feet are flat on the floor.

Finish: Raise one leg, keeping it bent at the knee. Then raise the other leg, also bent at the knee, so that your legs are both raised together. Alternate the starting leg.

04



05. Pec Stretch 1

Benefits: Great for back flexibility and release

Start: Have the roller under your back lengthwise from your head to your hips, your knees bent and your feet flat on the floor.

Finish: Move your arms out to the sides, your palms facing the ceiling and above your ears. Hold for 30 seconds.

05



06. Pec Stretch 2

Benefits: Great for back flexibility and release

Start: Have the roller under your back lengthwise from your head to your hips, your knees bent and your feet flat on the floor.

Finish: Move your arms out to the sides, your palms facing the ceiling. This time your hands should be in line with your shoulders. Hold for 30 seconds.

06



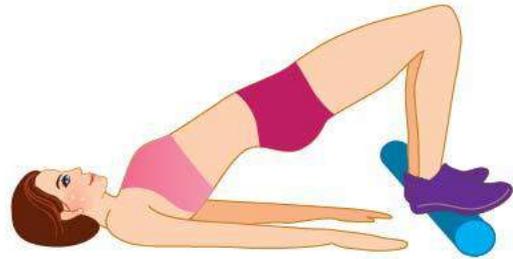
07. Bridge

Benefits: Strengthens hamstrings, glutes and lower back

Start: Lie on your back with your arms by your side. Position your feet hip width apart on the roller, approximately 30cm away from your pelvis.

Finish: Slowly lift your hips off the floor, until there is a straight line from your shoulders to your knees. Hold it for 2 seconds before lowering your hips, so they are a couple of inches above the floor. Perform 3 sets of 10-15 repetitions.

07



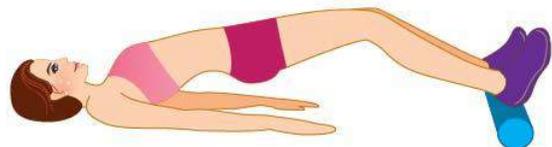
08. Bridge Roll Outs

Benefits: Strengthens the glutes and hamstrings

Start: Lie on your back with your arms by your side. Position your feet hip width apart on the roller, approximately 30cm away from your pelvis.

Finish: Slowly extend your legs to roll the foam roller away from your pelvis until your legs are nearly straight and the roller is under your ankles. Then, bend your knees to bring the roller back towards your pelvis. Repeat 3 sets of 10-15 roll outs.

08

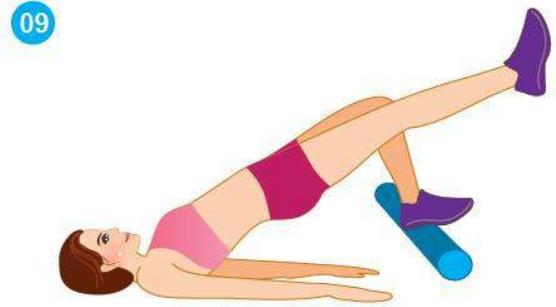


09. Bridge with leg extension

Benefits: Strengthens the glutes

Start: Lie on your back with your arms by your side. Position your feet hip width apart on the roller, approximately 30cm away from your pelvis.

Finish: Straighten one leg, so that your foot is in the air. Perform 10-15 hip raises with your right foot in the air before repeating with your left foot. Do this 3 times.

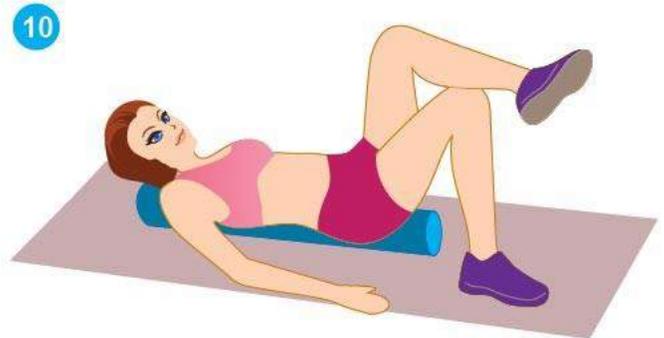


10. Toe taps

Benefits: Strengthens your lower abs

Start: lie on your back on the floor, with the roller lengthwise, underneath your head and your hips. Lift your hips off the floor so there's a straight line from your shoulders to your knees.

Finish: Slowly lift your right foot off the roller and tap it on the floor in front of the roller, before repeating with your left foot. Perform 10-15 alternating toe taps. Repeat this 3 times.



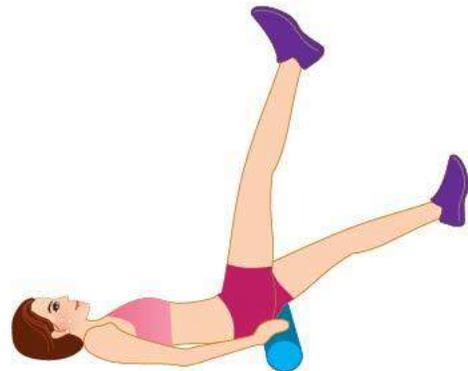
11. Scissors

Benefits: Strengthens your abs

Start: Lie on your back with your feet in the air, directly above your hips. Position the roller so that it lies horizontally under your hips.

Finish: Slowly lower your right leg until it is at a 45-degree angle with your left leg. Then, return your right leg to the starting position and at the same time lower your left leg to a 45 degree. This is one rep. Perform 3 sets of 10-15 repetitions.

11



Side Stretches and Releases

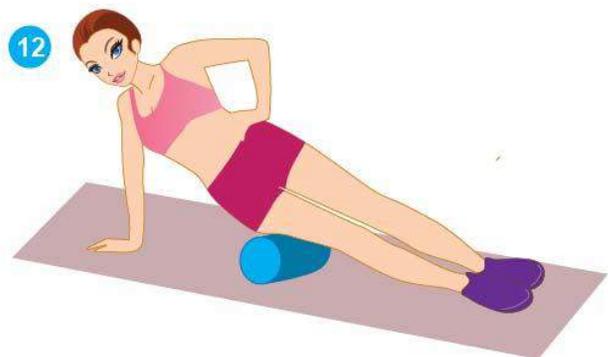
12. Hip stretch

Benefits: Strengthens your hip stabiliser muscles

Start: Raise yourself up on your side with your lower arm straight, your palm pressed against the floor and your upper arm resting on your hip. Place the roller under your thigh.

Finish: Roll along your thigh.

12



13. Lat stretch

Benefits: Provides an upper body release

Start: Lie on your right hand side with your legs straight and the roller positioned horizontally underneath your armpit. Bend your left leg and place your foot behind your right knee.

Finish: Use your foot to push and pull your body forwards and backwards so the roller rolls down towards the bottom of your ribs and back. Massage the right side of your lat for 1 minute.

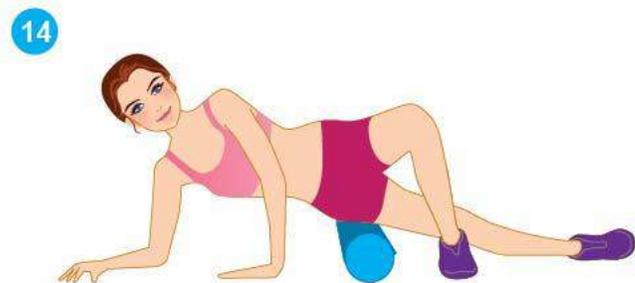


14. Hip and knee stretch

Benefits: Great for hip or knee pain

Start: Lie on your right side with your legs straight and place the roller under your hip, perpendicular to your body. Support your upper body weight using your right forearm. Bend your left leg and put your foot flat on the floor in front of your right knee. Lift your right foot a couple of inches off the floor

Finish: Use your arms to push your body back and forth over the roller so it rolls between your hip and just above your knee. Massage for around 1 minute before repeating on your left side.

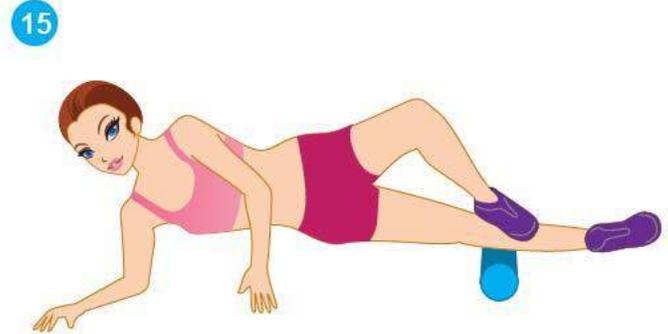


15. Peroneal Stretch

Benefits: Great for the muscles on your lower leg

Start: Lie on your side with both hands on the floor in front of you and the roller positioned under your lower leg. Your upper foot rests on the lower leg. Ensure heels are rotated slightly outward.

Finish: Move the roller from ankles to the bottom of your knees.



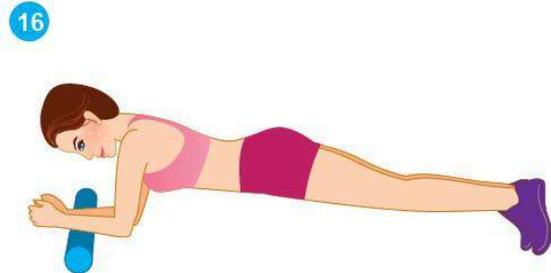
Plank Exercises

16. Plank

Benefits: Perfect those abs!

Start: Facing the floor put your forearms on the roller and your feet behind you so your body is in a straight line.

Finish: Raise your knees to form a plank. Hold and release.

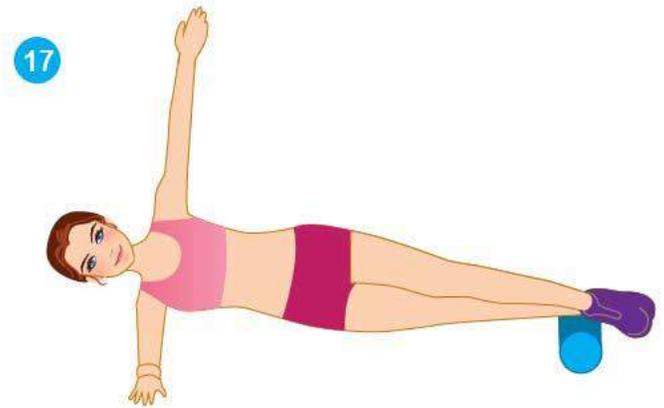


17. Side plank

Benefits: Strengthens side abs

Start: Lie on your side, with your lower ankle resting on the roller, with your lower forearm flat on the floor and your other arm raised in the air.

Finish: Use your forearm to push your body off the floor, keeping yourself in a slight line. Hold and release.

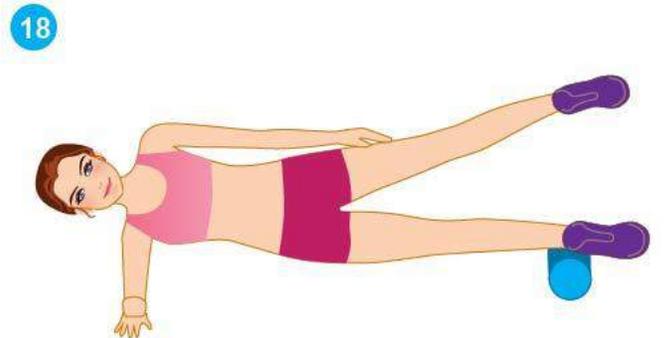


18. Raised side plank

Benefits: Strengthens glutes and abs

Start: Lie on your side with the roller positioned under your lower leg. Raise yourself up, keeping your forearm flat on the floor.

Finish: Lift your upper leg. Hold and release.

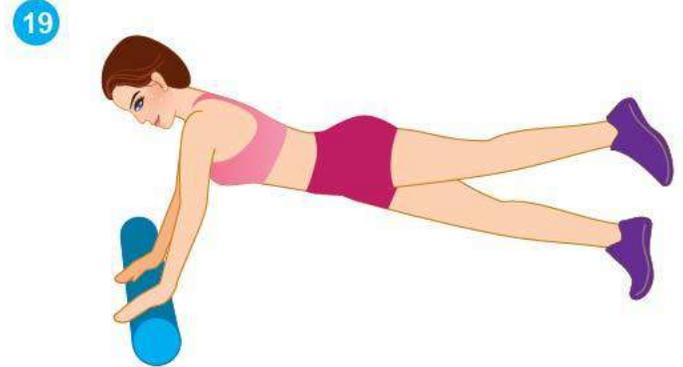


19. One leg plank

Benefits: Leg and Ab strength

Start: Put yourself in a push up starting position, with your arms straight and your hands on the roller. Both legs are straight back so your body is in a line.

Finish: Raise one leg in the air so that it is in line with your hip. Alternate legs.



20. Bent knee plank

Benefits: Strengthens abs

Start: Put yourself in a push up starting position, with your arms straight and your hands on the roller. Have one leg straight back and the other bent at the knee and brought in towards your chest.

Finish: Lower the bent leg back into a straight position. Alternate legs.



Leg stretching and strengthening

21. Sitting leg raises

Benefits: Strengthens abs and legs

Start: With a foam roller behind your upper back and your hands supporting your head.

Finish: Lift one leg at a time, bent at the knee. Hold and release.



22. Calf massage

Benefits: Strengthens the calf muscles

Start: Sit on the floor with your legs straight and your hands on the floor behind you. Place the foam roller horizontally underneath your lower leg.

Finish: Use your arms to push your body back and forth over the roller so it rolls between your ankles and just below your knees. Massage the calves for one minute

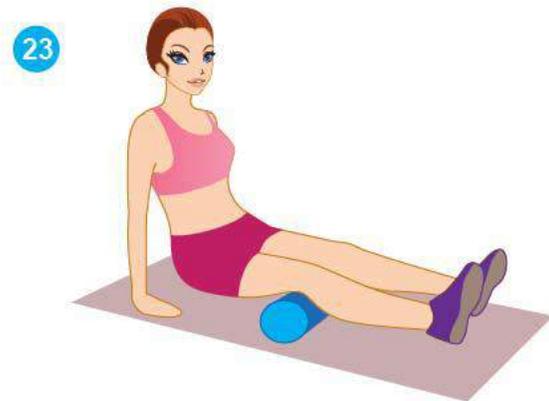


23. Hamstring massage

Benefits: Strengthens the hamstrings

Start: Sit on the floor with your legs straight in front of you and your hands on the floor behind you. Position the foam roller horizontally underneath the middle of your upper leg and lift your feet off the floor.

Finish: use your hands to push your body forwards and backwards so the roller rolls between your pelvis and just above your knee. Massage the hamstrings for one minute.



24. L sit

Benefits: Strengthens abs

Start: Sit on the floor with your legs extended in front of you and the roller positioned horizontally underneath your ankles. Place your hands on the floor beside you, fingers facing forward.

Finish: Use your hands to push your pelvis off the floor until your legs are parallel to the floor. Make sure you keep your shoulders down, your pelvis stays underneath your shoulders and your back remains straight. Hold this position for one minute.



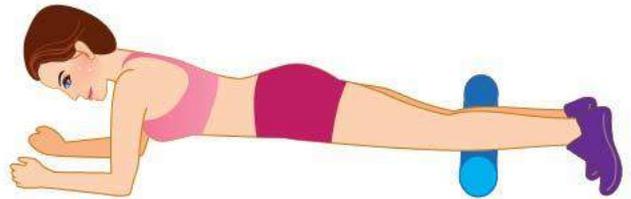
25. Shin massage

Benefits: Prevents shin splints

Start: Get into plank position, but with the roller under your shins.

Finish: Move your knees towards your upper body and roll from ankles to knees.

25



26. Tibialis Anterior massage

Benefits: Strengthens the Tibialis anterior muscle

Start: Begin by getting onto your hands and knees. Place the roller underneath your shins, perpendicular to your body and lift your feet off the floor.

Finish: Use your hands to move your body forwards and backwards so the roller rolls between your ankles and just below your knee. Massage your Tibialis anterior for one minute

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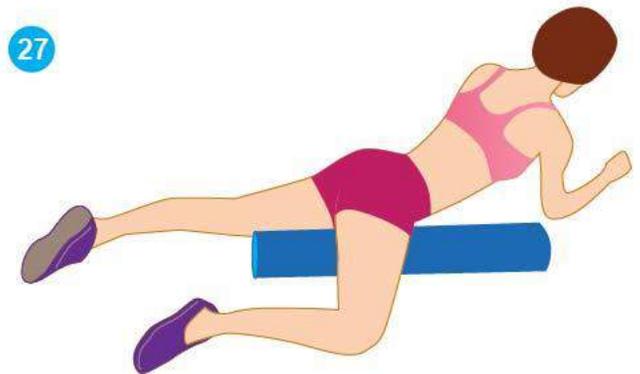


27. Adductor Stretch

Benefits: Strengthens the adductor muscles

Start: Lie face down on the floor with your legs straight and partially spread. Lift your upper body off the floor and support yourself using your forearms. Bend your right knee out to your right hand side making sure your lower leg stays on the floor. Position the roller underneath the inside of your right upper leg.

Finish: Use your arms to move your body forwards and backwards so the roller travels between your groin and your knee. Massage adductors for one minute. Then repeat on the left leg.



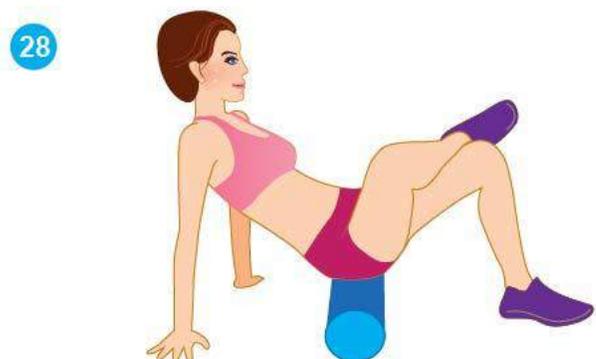
Arm, Glute and Ab stretches

28. Glute Stretch

Benefits: Strengthens the glutes

Start: Position your right buttock on the foam roller with your feet flat on the floor in front of you. Lift your right leg so the right ankle is resting just above your left knee. Your right knee should be pointing out to the right. Put your hand on the floor behind you to support your upper body.

Finish: massage the right glutes for 1 minute before repeating with your left glutes.

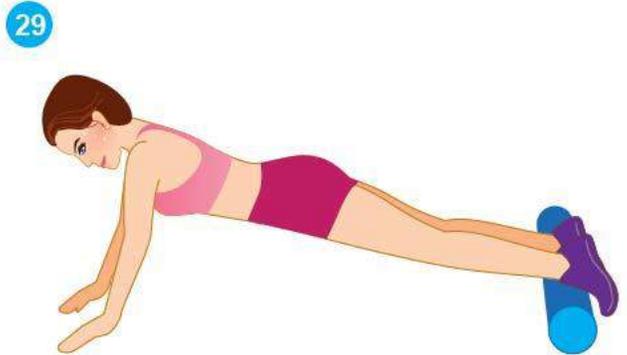


29. Ab Roll Out

Benefits: Strengthens abs

Start: Put yourself in a push up starting position, but with the roller under your feet rather than your hands.

Finish: Bring your feet towards your chest and back to move the roller. Repeat 10 times.

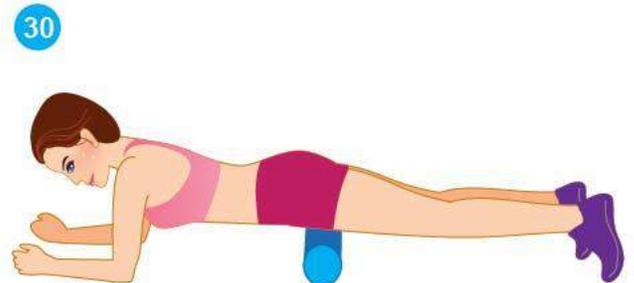


30. Quadricep Massage

Benefits: Strengthens the quadriceps

Start: Get into the plank position with your elbows directly below your shoulders and your fingers pointing forward. Position the roller horizontally underneath the middle of your upper legs.

Finish: Use your forearms and your feet to move your body forwards and backwards so the roller rolls between your hips and just above your knee. Massage your quadriceps for 1 minute.



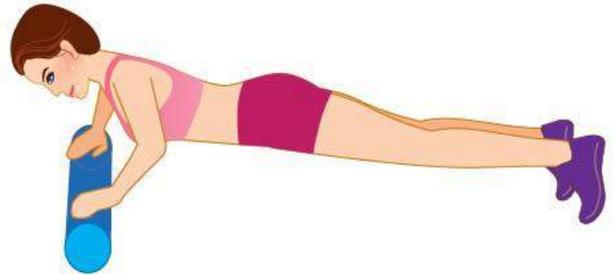
31. Push up

Benefits: Strengthens your abs

Start: Lie on your front with the roller horizontally under your shoulders.

Finish: Place both hands on the roller and push upwards, straightening your arms and raising knees. Keep body straight. Do 10 repetitions and repeat 3 times.

31



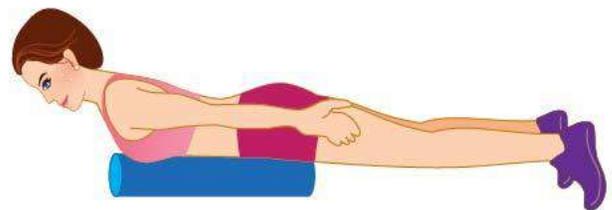
32. Total Body Stretch 1

Benefits: Stretches the whole body

Start: Lie on your front with the roller lengthways along your torso and your toes resting on the floor.

Finish: Raise your arms off the floor, but out to the side, so your arms are at a 45-degree angle to your body. Hold and release.

32

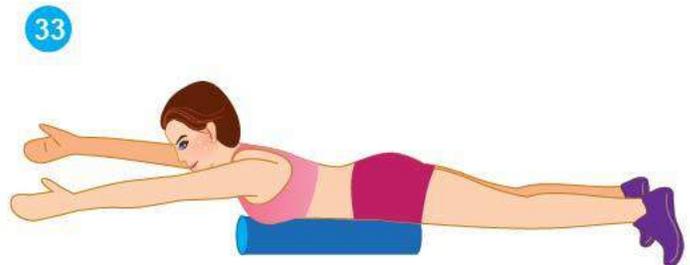


33. Total body stretch 2

Benefits: Stretches the whole body

Start: Lie on your front with the roller lengthways along your torso and your toes resting on the floor.

Finish: Keeping your arms straight in front of you, raise them off the floor so they are parallel with your shoulders. Hold and release.



34. Arm Lifts

Benefits: Builds strength in the arms and core

Start: Get into a press up position with your arms straight and your hands on the roller. If this is too difficult you can perform the exercise whilst on your knees as shown in picture. Slowly lift your right hand to extend your arm in front of you until it is in a straight line with your back.

Finish: Slowly lower your hand back to the roller and repeat with your left-arm. This is one repetition. Perform three sets of 10–15 repetitions.



The Perfect ResultSport FOAM ROLLER for You

When a problem area is free of pain, then continue rolling regularly to keep the area relaxed. It's easier to prevent muscle pain from occurring, than cure once it has occurred.

We sell several different ResultSport foam rollers. You can see our range [here](#).