



Total Conditioning on the Foam Roller: ROLL THIS!



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Mission: "wellness without walls™"

I. INTRODUCTIONS

1. Nāmaste! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude
3. findlawrence.com, L's Background, and the Biscontini Scholarship
4. Our Purpose Today: (stability and mobility)
5. Resources:
6. Workshop/Masterclass
7. Theme:

II. THEORY

1. Origins of the Foam Roller
2. Sizing:
 - 6" diameter and 3feet long
 - Other sizes: 1/2 foam rollers
 - 1 1/2 foot foam rollers
3. Benefits:
 - o Improved proprioception from labile surface
 - o Self Myo-fascial release
 - o Additional support behind knees, lower-back, neck
 - o Promotes thoracic extension
 - o Help in getting up and down
 - o "neutral" spine gage ...
 - o
4. Muscle "Knots": Myo-Fascia-Release (MFR)

"...inelastic collagen is a knot of fibers manipulated from a bundled position (that causes adhesion) into an alignment that is straighter with/direction of muscle/fascia. gentle pressure applied assists in releasing by stimulating Golgi tendon organ and thus creates autogenic inhibition." NASM CPT
5. Techniques:
 - a. stroke the muscle against gravity, or from origin to insertion, LARGE strokes
 - b. use SMALLER strokes to try to "stretch," or roll out, the muscle, diminishing tension
 - c. stroke the muscle again with LARGE strokes
8. Variables:
 - a. Lever length
 - b. Rotation (external/internal)
 - c. Body weight
6. Reebok and NASM:
 - a. Progression/Regression training
 - b. Foam rollers in warm-ups and cool-downs obligatory

"It's amazing what you can do if you get out of your own way!"



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III. PRACTICAL

FOAM ROLLER "PERSONAL TRAINING" EXERCISES

1. SMR Core
2. SMR Distal (1+2 always a bit)...
3. Seated Forward Rolls (on shins)
4. Seated Balance (long, short, tossing)
5. Ankle Work & Standing (Tai Chi)
6. Lunging (under either foot)
7. Feldenkrais Quadruped
8. Half & Full Body (Prone) Rolls
9. Cat Options (spinal flexion)
10. Plank (9 + 10)

FOAM ROLLER "GROUP FITNESS"/ Mind-Body EXERCISES

1. Abdominal Flexion w/Med Balls
2. Pilates and Yoga Bridges (1 + 2)
3. Yoga Fish (assisted spinal extension)
4. Yoga Cobra/Pilates Retraction
5. Pilates "Swan" (spinal extension)
6. Pilates Prone Tuck and Extend
7. Yoga Pigeon (hip opener)
8. Pilates Side-Lying (kicks, scissors, beats)
9. Prone Balance (spinal decompression)
10. Supine Balance

Extras:

1. Double Rolls
2. Across spine for quadruped
3. Seated Lateral Flexion
4. Trapezius "hold and catch"
- 5.

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Notes for PT Exercises:

1. SMR Core

Purpose: releasing knots from core

Progression: more bodyweight

Regression: less bodyweight, uni

2. SMR Distal

Purpose: releasing knots in arms/legs

Progression: more bodyweight

Regression less bodyweight, uni

3. Seated Forward Rolls

Purpose: stretch hams, erectors

Progression: roll onto toes

Regression roll towards knees

4. Seated Balancing & Tossing

Purpose: core balance/obliques

Progression: feet on roller, toss

Regression feet on floor, hand off

5. Ankle Work & Standing

Purpose: improve ankle balance

Progression: squat & stand no shoes

Regression: 1 leg, shoes, no squatting

6. Lunging w/Rotation

Purpose:quads/hams/glutes + balance

Progression: step onto & rotate

Regression: roll towards back & lower

7. Feldenkrais Quadruped

Purpose: neutral core control

Progression: body on, 1 shoulder flex, eyes closed

Regression: knees on floor, roll

8. Half Body Prone Rolls

Purpose: core strength (chest/should)

Progression: push-up position

Regression: forearm position

9. Cat

Purpose: stretch spinal erectors, strengthen abdominal group.

Progression: knees off of floor, hands on

Regression knees on floor

10. Plank (9 + 10)

Purpose: core control, neutral

Progression: push-up position

Regression: forearm position

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Notes for Group Exercise:

1. Abdominal Flexion

Purpose: rectus abdominus, obl

Progression: ball overhead

Regression ball at chest

2. Pilates and Yoga Bridges

Purpose:strengthen glutes/hips and promote spinal articulation

Progression: 1 leg bridge/no arms

Regression: bilateral, arms on floor

3. Yoga Fish

Purpose: thoracic extension

Progression: roller under thoracic

Regression: roller under glutes

4. Yoga Cobra/Pilates Retraction

Purpose: spinal extension

Progression: more range; add scapular retraction

Regression: elbows towards hips

5. Pilates Swan

Purpose: extension, shoulder strength, core

Progression: 1.extension, 2.down w/hip extension + abduction, 3."catch" on shoulders, 4. down

Regression: simple, low, alternating extension of spine and hips

6. Pilates Prone Tuck and Extend

Purpose: upper strength, glutes/hams

Progression: push-up position, 1 foot in the air

Regression: forearm position, 1 foot or knee on floor

7. Yoga Pigeon

Purpose: stretch hip flexors, extend spine, core

Progression: knee rolls towards floor, arms up

Regression: knee on top of foam roller

8. Pilates Side-Lying

Purpose: total core lateral system

Progression: combine scissors with arm in air, add rolling (shoulder abd/add)

Regression: top arm on hips, no rolling, OR foam roller under wrist

9. Prone Balance

Purpose: core control and spinal realignment

Progression: bodyparts parallel to floor

Regression: bodyparts towards floor

10. Supine Balance

Purpose: core control and spinal realignment

Progression: bodyparts parallel to floor, legs wide in air, hands off of floor to count to "3"

Regression: towards floor, feet on floor

Power-Systems Ordering: Work: 800.321.6975 and 865.769.8223

Summary:

Resources:

Final Take-Home Messages:

Home-Work:

This program is conceived and offered at Golden Door Spas, which all proudly feature Reebok University programming and unique fusion creations like "Yo-Chi"®.



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