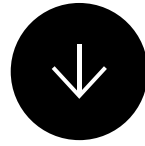


FASHENIC
STYLE



FUNDAMENTALS

foam roller



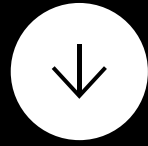


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01

Introduction

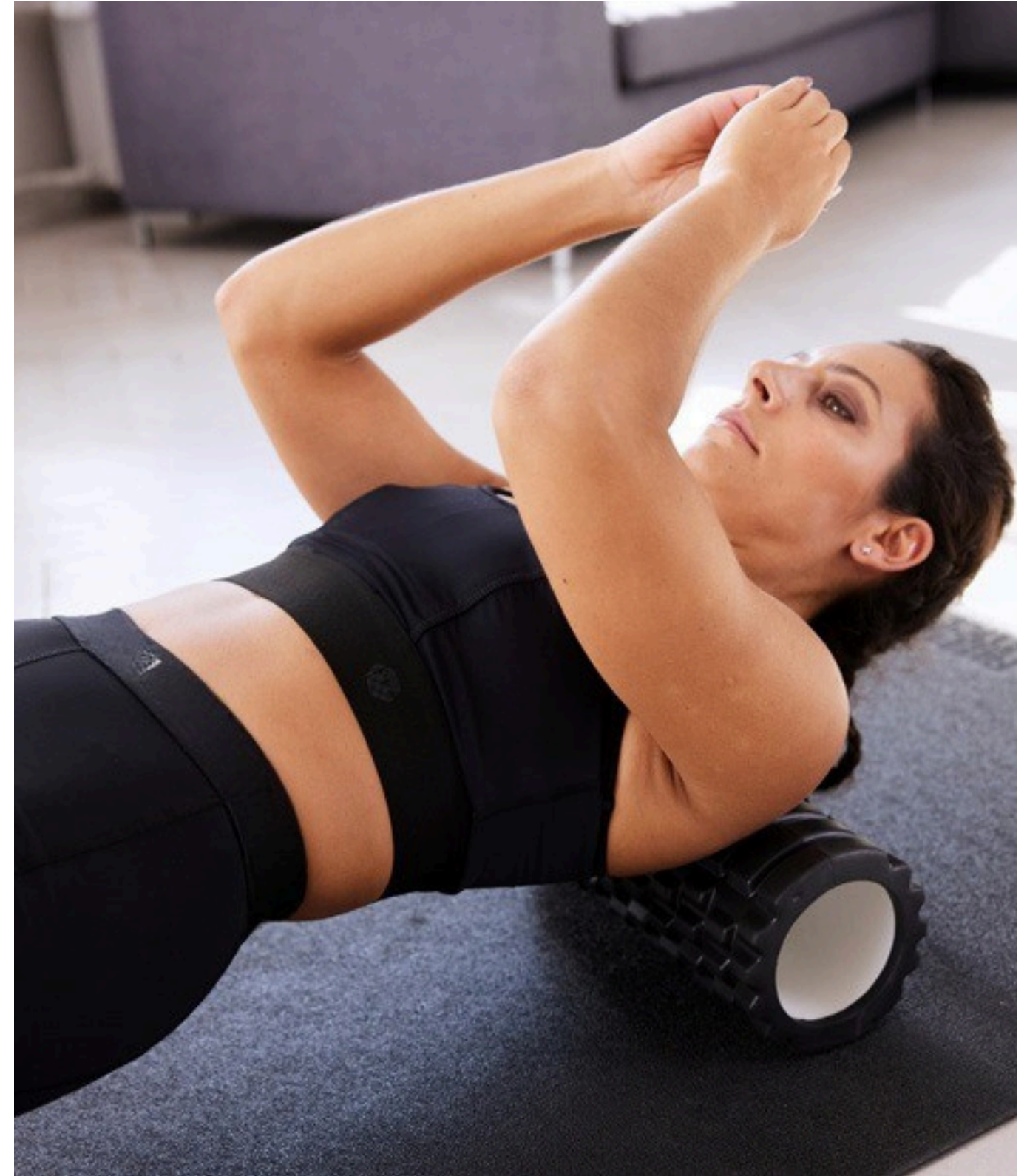
Using a foam roller for muscle release has become increasingly popular in recent years. This is hardly surprising, as foam rollers are easy to use, portable, and beneficial for both warming up and recovery. In fact, they are considered essential equipment for any Free Athlete. Whether you're experienced with foam rolling or completely new to it, this e-book will help you maximize the benefits of this effective tool. First, we'll cover the fundamentals of foam rolling and why every athlete should incorporate it, followed by practical tips on using a foam roller correctly for its intended purpose.

e.

Lastly, as information requires action for results, we'll outline some fundamental foam roller exercises for you to carry out.

DISCLAIMER

Please note that the equipment should only be used for the purpose described in the E-book. we assume no liability for any other or improper use of the equipment. The exercises and recommendations provided in the E-book should not be used for medical therapy and do not constitute medical advice or a doctor's advice. In case of injuries or health conditions, please seek proper medical advice.





The basics: What you need to know

What is foam rolling?

Foam rolling is a type of self-massage aimed at restoring the normal function of your muscles and surrounding tissues. When functioning properly, your muscles remain healthy, elastic, and ready to perform any movement or physical activity at a moment's notice. While self-massage can be done with various tools, the foam roller stands out as a versatile option that's easy to use regularly. In essence, foam rolling involves pressing your muscles against a firm cylinder and moving your body back and forth to target the entire muscle, applying consistent pressure for maximum effect.

While, at first glance, rolling on a foam roller might seem strange (and can be painful), it offers many immediate short-term benefits that add up to long-term results.

At Freeletics, that's our goal; help you take small, steady steps that lead to long-lasting results and victories, allowing you to be your best version. Now, let's discuss the physical and mental benefit of foam rolling.

The benefits of foam rolling

By reducing tension, restoring muscle length, and activating blood flow, foam rolling can help you along your journey in many ways.

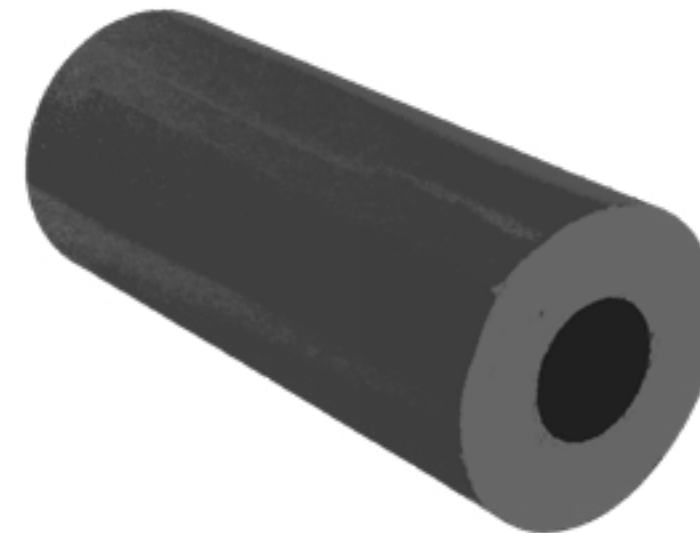
One positive aspect of foam rolling is how it provides immediate benefits that aid recovery and prepare you for your next training session.

RELAXATION

The body and mind are closely connected. After a workout, foam rolling can promote a sense of relaxation, which is an important factor for your overall well-being. Feeling relaxed triggers the release of various hormones in your body, helping you recover more quickly, improve your mood, and stay alert throughout the day.

REDUCE SORENESS

That is the most well-known benefit of using foam rollers. Foam rolling after your workout helps reduce soreness. Your recovery process begins directly after your training session. During this time, many processes take place in our body that lead to the healing and the regeneration of our tissues.



ACUTE INCREASED MOBILITY

Foam rolling on a specific muscle will increase its mobility for a short period of time. We can benefit from this by using a foam roller before the training, during your warmup. This will allow you to perform exercises that require extended mobility.

Now, it's time for the next step. Here is how to get the most of your foam rolling session.

Guide to foam rolling

Here are the best ways to maximize your results:

AS A WARM UP: TO PREPARE AND IMPROVE YOUR WORKOUT SESSION

To set yourself up for an effective session, foam rolling can be incorporated into your warm-up. Targeting specific muscles can help increase your range of motion during exercises. For instance, if you struggle with ankle or hip mobility for deep squats, foam rolling can assist. During warm-ups, apply light pressure to your muscles—the aim is to gently activate and heat up the areas that will be engaged in your workout. It's recommended to self-massage each targeted muscle for no more than 45 to 60 seconds



AS A COOL DOWN: TO ENHANCE RECOVERY

To finish a session and enhance your recovery process, apply a slow movement and go deeper into the muscles to release the tension.

AS A SEPARATE SESSION: TO MAKE THE MOST OF YOUR REST DAY

Becoming your best version is not only about working out vigorously. While you give everything on the mat during your workouts, proper recovery is essential for long-term results and your well-being. Why not use your well-earned rest days for active recovery?

Being active during the day is a critical factor for a healthy body. While you're not pushing your body to its limits, adding a dedicated foam rolling session will help you recover and be ready for the next day.

On your rest days, 15 to 30 minutes of foam rolling is a great way to enhance your recovery and relax.

Listen to your body and roll out on all the different muscles you've been working on during the week. Take time to breathe deeply and spend between 30 seconds to 1 minute on each muscle. To feel the roll deeper, perform these sessions with light clothes and barefoot.



Which foam roller to choose?

Among all the different types of foam rollers available, we chose to focus on two Essentials:

1. The smooth foam roller
2. The structured foam roller

“Made by Free Athletes, for Free Athletes”, we’ll present their main features to help you make a conscious choice. The final decision will depend on your personal preferences and goals.

The high-density foam roller features a smooth surface and is made from a specially designed dense foam that resists compression. It’s a versatile option, allowing you to control the amount of pressure applied to your muscles. In contrast, the structured foam roller is made from a softer material and has textured edges on its surface. These patterns create varying levels of pressure on the muscles, providing a more targeted massage.



General recommendation

Foam rolling works by applying pressure to your muscles and fascia, so it's important to avoid rolling directly over joints and bones, as this can cause injury. Beginners should be especially careful with the lower back, since rolling there can place unnecessary stress on the spine. If a specific area is too painful to roll directly but still needs release, focus on the surrounding muscles—this can help ease tension and improve blood flow throughout the region. Another approach is to start with light pressure on the sore spot and gradually increase it as it becomes more tolerable. Avoid over-rolling tight muscles; while targeting them can be helpful, it's also effective to shift attention to adjacent areas

strategy if the same area is always stiff. Emphasizing on the related and antagonist muscles might help.

Yes, foam rolling can be painful, especially at the beginning, when you're not used to it. You can even feel sore after long and deep sessions of foam rolling. But the pain should feel tolerable. If you feel that the pain is too excruciating, you should stop immediately and seek medical advice. In general, foam rolling should be used to restore natural muscle functions, not as a treatment.

Tips to getting started and continuing

START SLOWLY AND PROGRESSIVELY

Just like every new activity, start slowly and progress over time. While it's true that foam rolling can be painful, especially at the start, this shouldn't be a torture. It could lead to unnecessary pain and soreness. Instead, start with shorter sessions and let your body get accustomed to this new activity. You can start by rolling your muscles for 15 seconds and gradually increasing the duration.

BUILD IT AS A HABIT

As we saw, foam rolling presents several advantages, and practicing it often could lead to many beneficial outcomes both for your body and mind. That's why at , we consider it as Essential equipment! Here are some tips to help you build foam rolling as a habit:

1. Consider it as a gift you're doing to yourself, not as a chore. Mindset is everything!
2. Set some dedicated time for the activity. Even 5 minutes is better than none.
3. Put your foam roller close to your mat. Seeing your foam roller often will be a good reminder to use it.

RELAX AND BREATHE

As mentioned, foam rolling is a well-deserved gift you provide your body and mind, not a chore or torture. Try to relax, breathe deeply, and be present why you're rolling. When we're trying to get that PB, it can be hard to focus our attention on all of our muscles involved. When you're on your foam roller, it's an excellent time to pay attention to your body.

ADJUST THE PRESSURE

One of the best aspects of self-massage is that you're in control. As it becomes a regular habit and you feel more relaxed while rolling, you begin to develop a sense of expertise. You learn how your body responds to different levels of pressure with the foam roller. Use this awareness to guide your sessions and identify areas that need extra attention. If a particular spot feels tight, apply more pressure and concentrate on releasing it.

DRINK WATER

Just as for any physical activity, don't forget to drink. Drinking some water before, in between, and after your session will reinforce the benefits and accelerate the positive results.

Taking care of your foam roller

As you're now being ready to start using a foam roller, here are some recommendations for taking care of your tool:

1. If you're practicing outside, don't let your foam roller sit under the sun for an extended period of time.
2. When you're finished, store it in a cool and dry place.
3. When dirty, clean it gently with a clean, damp cloth.
4. If you drop some oily liquid on your foam roller, wipe it away as soon as possible as it could become hard to clean.





Let's roll: Exercises

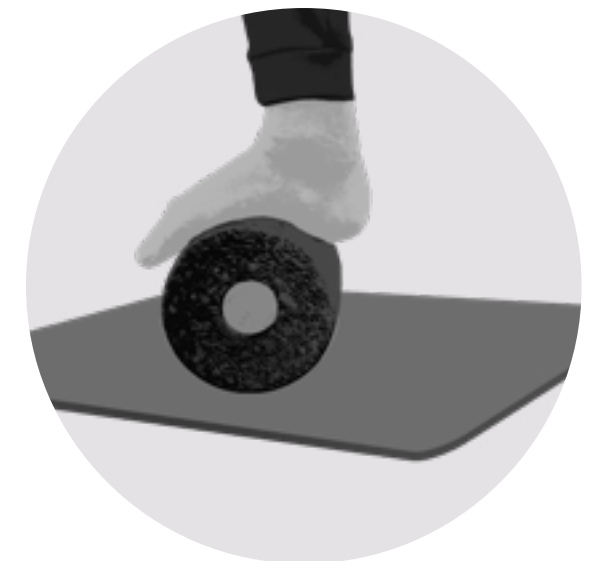
LOWER BODY

Foot muscles

Functions of the Foot Muscles: The feet are intricate structures made up of numerous bones, joints, tendons, muscles, and ligaments. Foot muscles are not only active during training but also play a role in everyday activities like walking or cycling. Their primary functions are twofold: collectively, they stabilize the arch of the foot, and individually, they control the movement of the toes.

SOME EXERCISES THAT ENGAGE THE FOOT MUSCLES:

Runs and sprints specially when changing pace and direction. Foot muscles are used in many exercises to help you stand firm on the ground. Such exercises are for example Squats and Pushup variations, Planks, and Lunges.



Hold onto a stable object such as a wall or a pole for more stability while massaging your foot



LOWER BODY

Calves

Function of the calf muscles: the calf muscles are composed of two different muscles, the gastrocnemius and the soleus whose main role is to pull the heel up.

SOME EXERCISES THAT ENGAGE THE CALF MUSCLES:

Jump rope, Runs and Sprints, Squat Jumps, Lunges, Calf Raises.



LOWER BODY

Shin muscles

Function of the shin muscles: the shin muscles perform the opposite movement of the calf muscles; they lift up the toes. Together, they help us move our feet.

SOME EXERCISES THAT ENGAGE THE SHIN MUSCLES:

Runs and Sprints, Squat Jumps, Lunges.

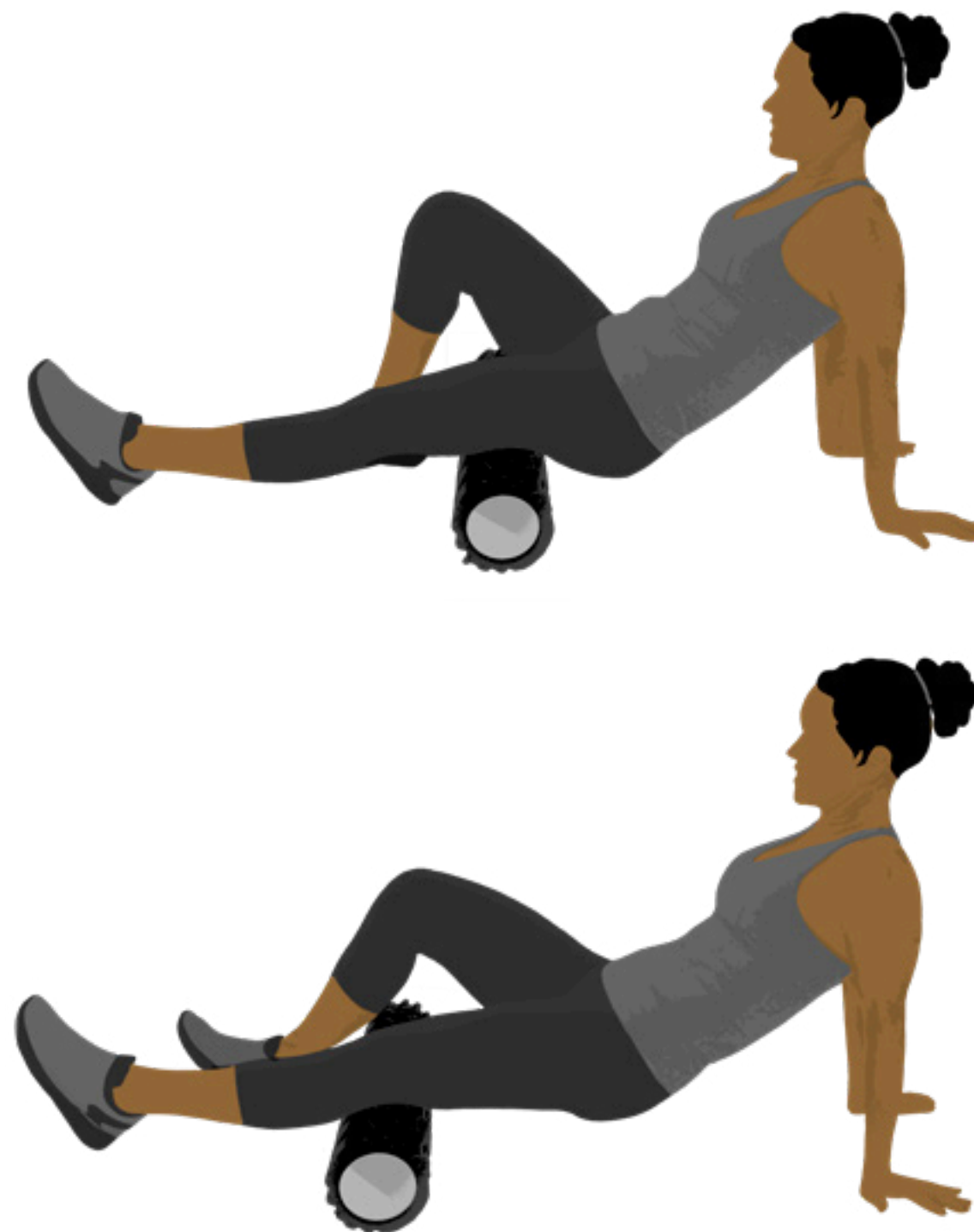


LOWER BODY

Hamstrings

Function of the Hamstrings: The hamstrings consist of three muscles located on the back of your lower body, forming part of the posterior chain. These strong, often tight muscles run from behind the knees up to the glutes. Their primary function is to bend the knee, and they also work alongside the glutes to perform hip extensions, which involve moving the thighs backward.

SOME EXERCISES THAT ENGAGE THE HAMSTRINGS:
Runs and Sprints,
Leg Curls with band.





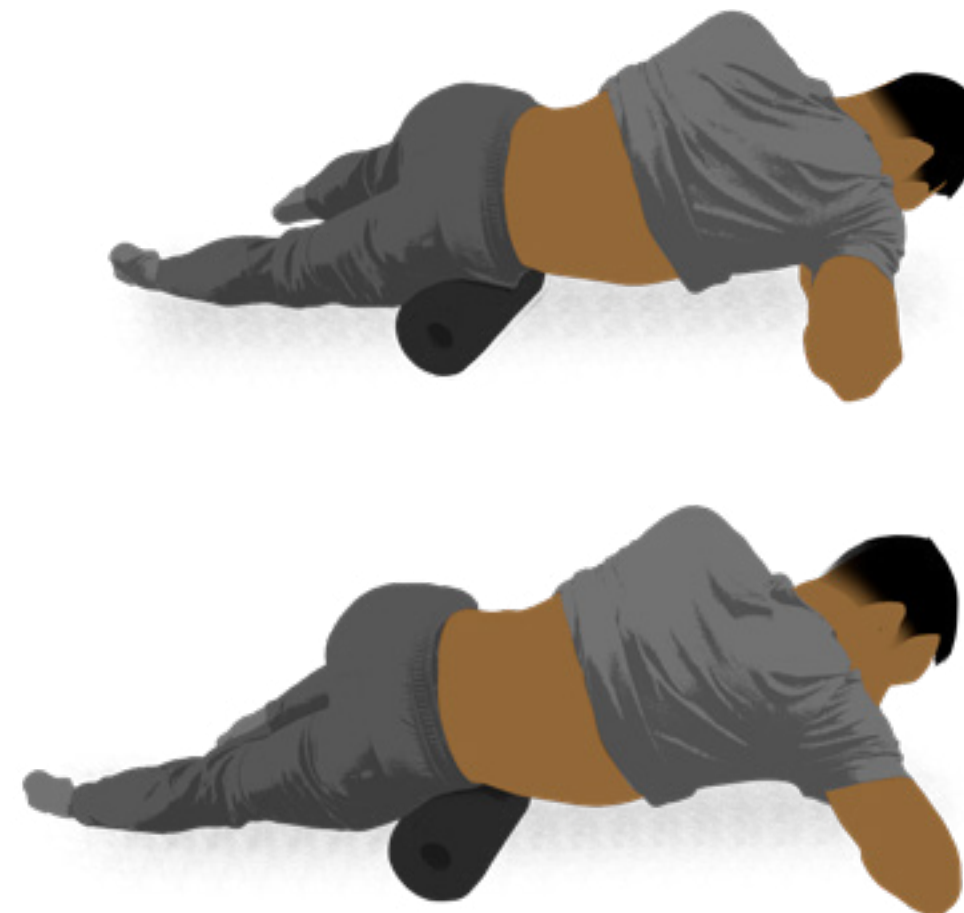
Gluteus maximus:

Gluteus medius:

LOWER BODY

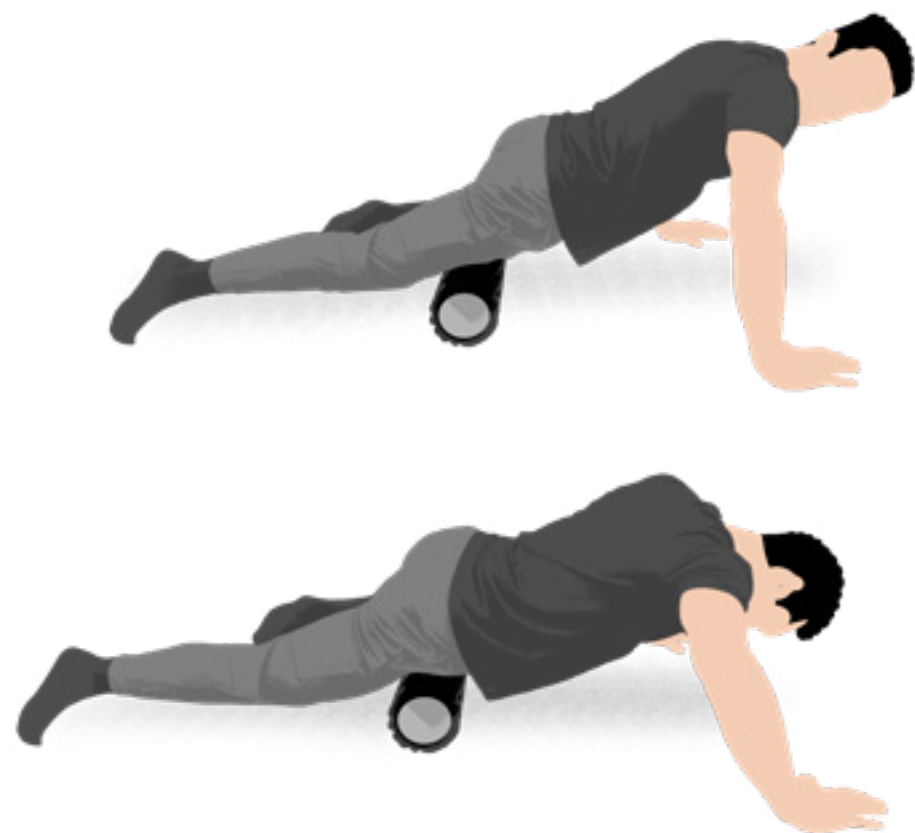
Glutes

Function of the glutes: glutes are strong muscles that play several functions. Their main roles are to stabilize the pelvis and the hip and control the movement of the hips and thighs. With our modern lifestyle where we may be seated for long periods of time, these muscles can become weak. Foam rolling them will help activate the blood flow in this area.



SOME EXERCISES THAT ENGAGE THE GLUTES:

Runs and Sprints, Squats and Lunges variations, Burpees, Hip and Leg Raises, Plank Leg Lifts.



LOWER BODY

Quadriceps

Functions of the quadriceps: the quadriceps, composed of four subparts, is the largest muscle of our body. Attached to the knee and the hips, it has two main roles. It acts as a hip flexor and a knee extensor.

SOME EXERCISES THAT ENGAGE THE QUADRICEPS:

Runs and Sprints, Squats and Lunges variations, Burpees, Bodyweight Leg Extensions.

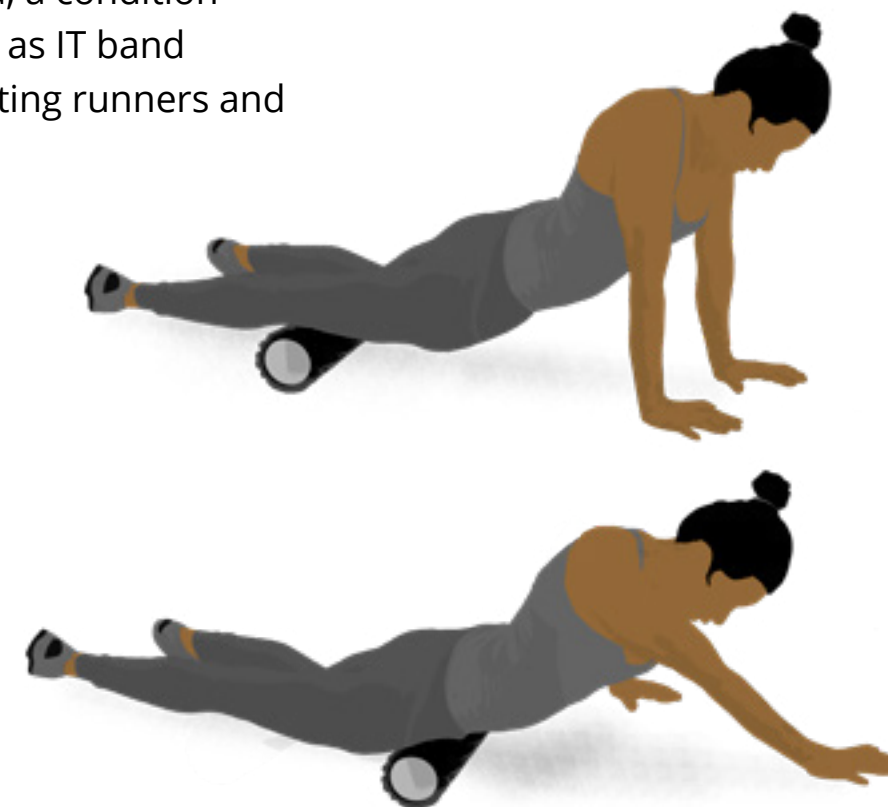
LOWER BODY

IT band

Function of the IT Band: The iliotibial (IT) band is a thick band of connective tissue, not a muscle, that runs along the outer thigh from just above the hip to just below the knee. It helps stabilize the knee and hips during activities like walking, running, and cycling. Repeated bending and extending of the knee can cause discomfort in this area, a condition commonly referred to as IT band syndrome, often affecting runners and cyclists.

SOME EXERCISES WHERE THE IT BAND IS INVOLVED:

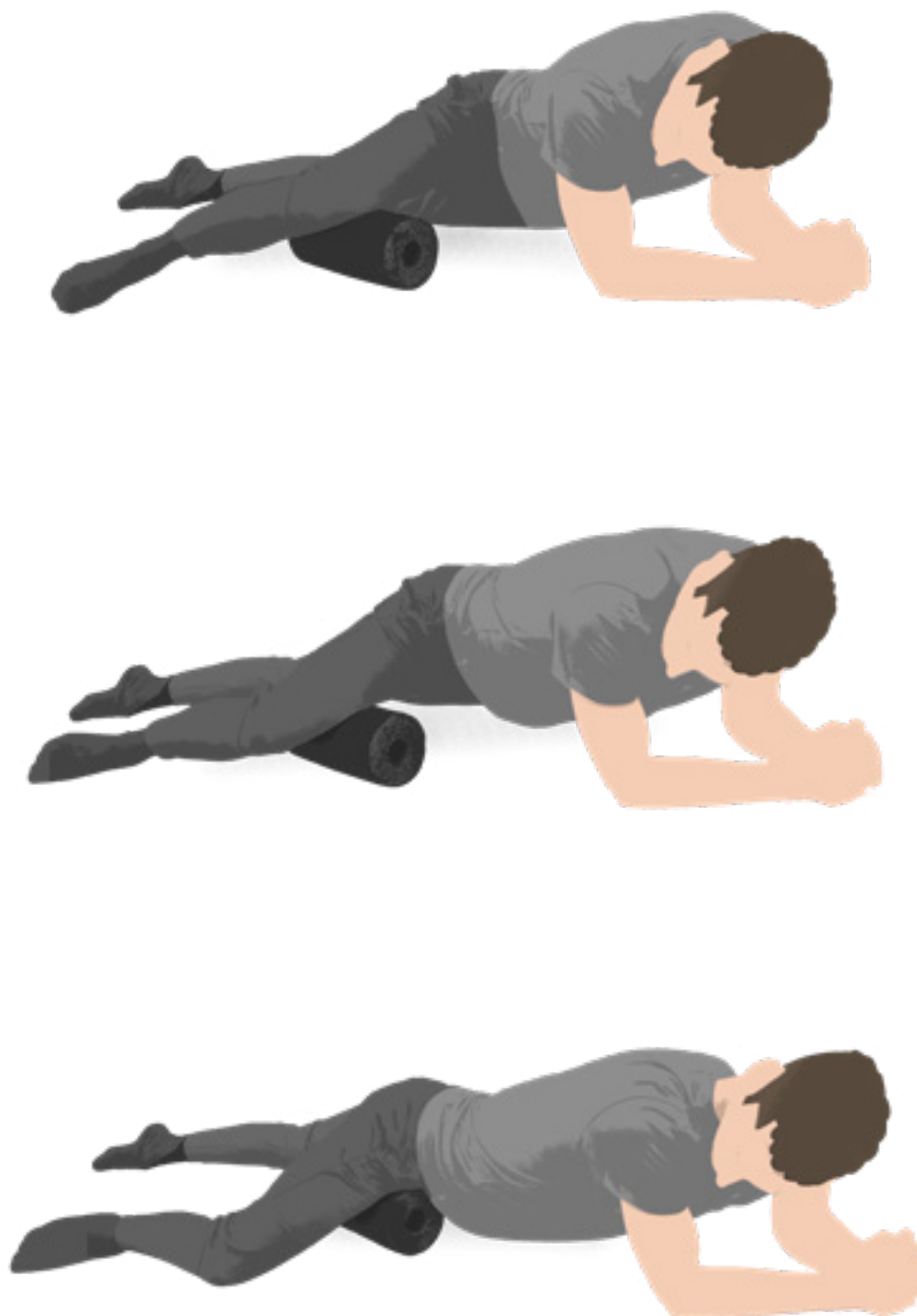
All daily activities but particularly in running or cycling.



Hip adductors

Function of the hip adductors: the hip adductors are a group of five muscles. As their name implies, their main function is to adduct the hips or, more simply said, bring the two legs together.

SOME EXERCISES THAT
ENGAGE THE ADDUCTORS:
Cossack Squats, Split Squats.





BACK MUSCLES

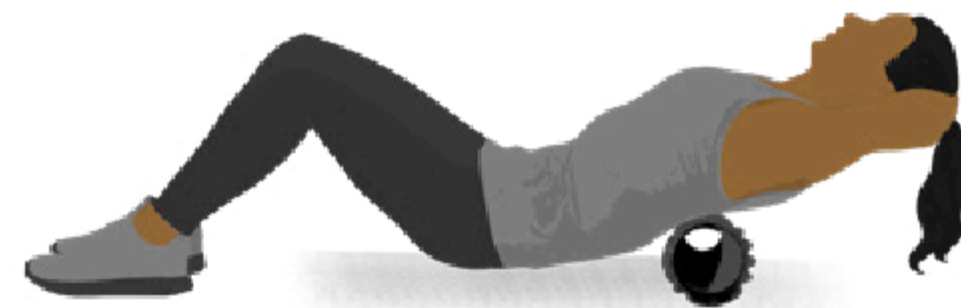
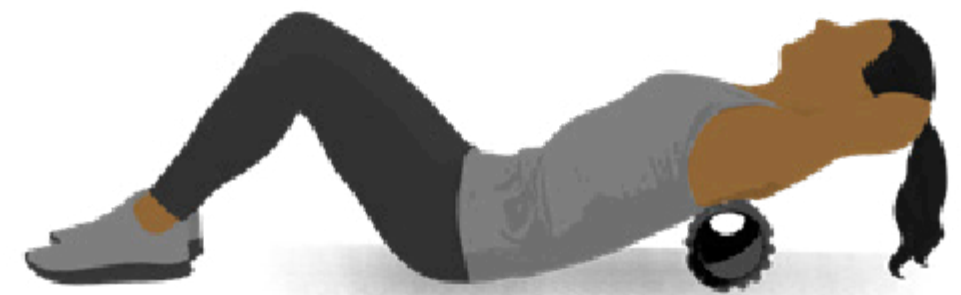
Rhomboids and trapezius

Functions of rhomboids and trapezius: the rhomboids and trapezius are composed of several muscles that are part of the shoulder girdle. Their main role is to stabilize and engage the shoulder blades in all directions.

SOME EXERCISES THAT ENGAGE THE RHOMBOIDS AND TRAPEZIUS:

Shoulder Pullups, Toes-To-Bar, Pullup variations, Supermen, Incline Rows, Face Pulls with band, Rows with band, Bent Rows.

Rhomboids and mid trapezius



Upper trapezius





BACK MUSCLES

Lats

Function of the lats: the lats or latissimus dorsi is a large back muscle. It is responsible for the upper body's "V shape". Its main function is to bring the elbow close to our body.

SOME EXERCISES THAT ENGAGE THE RHOMBOIDS AND TRAPEZIUS:

Pullups variations, Toes-To-Bar, Dragonflag.

ARMS

Forearm muscles

Functions of the Forearm Muscles: The forearms consist of multiple muscle groups that work together to perform various functions. They influence both the elbow and the wrist. At the elbow, they assist the biceps in bending the arm. At the wrist, they enable movements such as rotation, flexion, and extension of the fingers. Strong forearms are also essential for maintaining a powerful grip

Flexors



Extensors



SOME EXERCISES THAT ENGAGE THE FOREARMS:

Chin Ups, Barbell Curls, Band Curls, Deadlifts, Passive Hangs.

Triceps

Function of the triceps: the triceps is the biggest muscle of our upper arm and, when developed, has a horse-shoe shape. Its main function is to extend the arm.

SOME EXERCISES INVOLVING THE TRICEPS:

Pushups variations, especially Sphinx Pushups, Triceps Extensions, Band Triceps Extensions.



**FASHENIC
STYLE**

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