



fusion-fitness-training™

foam roller body blast

Presented by Helen Vanderburg

Introduction

Fusion Fitness Training with the foam roller combines the disciplines of yoga, Pilates and fitness conditioning with the additional challenge of the foam roller. The instability of the foam roller adds greater neuromuscular challenge to traditional postures and exercises. In this workshop you will learn a series of exercises and postures for strength, balance and flexibility with a focus on form, execution and purpose. This workshop is formatted to give personal trainers and group exercise instructor's specific techniques to bring back to your clients.

Foam Roller Basics:

Come in a variety of shapes and sizes
Common 6 inches in diameter and 3-4 feet long
Full and half rollers
Floor surface can increase or decrease control

Benefits:

- Versatile
- Inexpensive
- Portable
- Challenges stability
- Increase proprioception
 - Trains balance
 - Myo-fascial release

Fusion Fitness Training 5 Training Principles

1. Foundation
2. Body Alignment
3. Movement
4. Breath
5. Modifications and Variations

Fusion Fitness Training – The integration of Three Practices

Fitness: activities to strengthen the physical body through exercise

Yoga Asanas: physical postures with a conscious awareness through breath, movement and senses

Pilates: a system of training that incorporates a high degree of mental focus on the execution of integrated sequences of movement

Teaching Guidelines

- Exercise selection based on the client's abilities
- Practice a variety of breathing techniques to enhance the training
- Gradual Progression - start with a ½ roller and progress to a full roller

Self Myo-fascial Release (SMR)

Fascia:

- specialized connective tissue layer surrounding muscles, bones and joints and gives support and protection to the body
- dense connective tissue under the skin extending like a seamless web without interruption from the top of the head to the tip of the toes
- trigger points are areas of muscle that are painful to palpation and are characterized by the presence of taut bands
- trigger points in the fascia can restrict or alter the motion about a joint resulting in a change of normal neural feedback to the central nervous system

Self myo-fascial release (SMR) guidelines:

- Roll between the joints
- Hold tension points for 30-40 seconds
- Gradually increase pressure
- Change body positions to alleviate upper body fatigue
- Breathe!

Foam Roller Body Blast Exercises

Warm up: Self Myofascial Release (SMR)

- Glut
- Hamstring
- IT
- Quad
- Inner thigh
- Hip release
- Gastroc
- Peroneal group
- Mid back
- Upper back
- Shoulder
- Arm

**** SMR can be done as a warm up, cool down or isolated session**

Acclimation:

- Standing assisted
- Supine lying

Supine:

- Ab prep
- Alternate leg lifts/ dead bug
- Pilates Hundreds
- Single leg stretch
- Oblique series
- Single leg circles
- ½ roll back
- Back bridge series

Prone:

- Back extension
- Leg extensions

- Swan
- SMR for shoulder and arms

Lateral:

- Lateral flexion
- Side leg series
- SMR for upper and mid back

Kneeling:

- All 4's series – hands on the roller/ shins on the roller
- Plank – hands/ feet
- Leg pull front
- Tucks – double/ single/ oblique
- Pushups
- Shoulder stretch
- Childs pose
- SMR for quads and inner thigh

Seated:

- Staff pose
- Forward bend (assisted or challenged)
- Reverse table top
- Spine stretch
- Spine twist
- Sitting Angular stretch
- Butterfly (hip stretch)
- SMR for gluts, outer hip and leg, hamstrings, calves

Standing:

- Mountain pose
- Squat/ chair series
- Lunge Series
- Warrior Series
- Balance series

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