

FOAM ROLLING MOVES

Have you ever used a foam roller? Do you even know what a foam roller is? Foam rolling is ideal because it simulates a deep tissue massage by working out the tension in your hard working muscles and providing a release for the outer sack of your muscles, also known as the fascia; hence the technical name for foam rolling: self-myofascial release (or SMR). Like a deep tissue massage, foam rolling is not always the most relaxing activity. Especially if you have never foam rolled before, or haven't done so in a while, you might experience a painful sensation in order to get those muscles to release—don't worry, it becomes easier and less painful over time. "As a runner, I am very familiar with tight calves and quads, and the aches and pains that can occur in the hips and knees." says Runtastic fitness coach Lunden Souza. "But, in using a foam roller you can reduce aches and pains, decrease muscle soreness, prevent injury and give your muscles the desired release before and after you go for a run." Here are her tips for runners who want to start foam rolling. When foam rolling a particular muscle, you want to initially roll over the muscle area approximately 1 inch per second. It's important to note that this may not be possible when you are first starting out. Rolling over the muscle at such a slow pace is done to identify the areas of the muscle that are most tender and sensitive. To those areas (choose 2-3 per muscle), you can apply pressure for 20-30 seconds to ensure proper release. Make sure you hold that pressure for the entire duration or it will not be effective. You don't have to put pressure directly on the sore or tender area, near the area will also do.

What areas should a runner focus on?



Calves You can do both together if your calves are very sensitive, or completely avoid lifting your body off of the ground (for some, just setting their calves on a foam roller is enough pressure). Progress to one at a time for a deeper release. Turn the foot (the side of the calf you are foam rolling) side to side to target the inner and outer sides of the calf muscle (gastrocnemius and soleus).



IT-Band In my experience as a trainer, this is usually the most painful area to foam roll for the majority of my clients. This particular area you may not be able to roll very far. Don't be discouraged, you will progress faster than you think.



Quads You can do both together if your quads are very sensitive. Progress to one at a time for a deeper release. Progress even further by bending the knee of the leg you're foam rolling.



Piriformis Make sure the foam roller is only on one side. Cross the same foot as side you are foam rolling over the opposite knee. Roll from the low back, all the way over the glute until it meets the hamstring. You will find the piriformis in the middle of the glute muscle as you are rolling over it, this is usually the most tender area as well.

NEW CLASS: "HI NRG" FOR TEENAGERS

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TERM 2 GROUP CLASSES

MON 11TH APRIL- FRI 24TH JUN

11 WEEKS

COST \$150 EACH

MON	9.30AM	POWERBAR
TUES	6.00AM	NRG EXPRESS CIRCUIT
TUES	5.30PM	POWERBAR
TUES	6.30PM	CORE
WED	9.30AM	STEP/ABS/BUTT
THURS	7.00PM	POWERBAR

NEXT BOOTCAMP STARTS MON APRIL 4TH – SAT MAY 7TH

SESSIONS ARE

MON AND WED 7PM INDOOR

SAT 9.30AM OUTDOOR

COST \$150

CHECK OUT JACK MILLIGANS ORIGINAL BAND "TEMPUS".
THURSDAY MARCH 17TH

COME ALONG AFTER POWERBAR CLASS WHICH WILL START AT 6.30PM THAT NIGHT
PURCHASE TICKETS FROM JACK FOR \$10. YOU COULD WIN THE LUCKY DOOR PRIZE

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17 MARCH 2016

DOORS OPEN AT 7PM
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TEMPUS
SPOOK THE BANSHEE
FALLEN ENDS
BEAT MECHANICS 12AM - LATE

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THESE ARE A LIMITED SUPPLY AND COST \$30 EACH OR 2 FOR \$50.....**

DATES TO REMEMBER

MON 14TH MARCH	LABOUR DAY. CLASSES ON THE DAY ARE 9.30AM POWERBAR AND 7PM BOOTCAMP
WED 16TH MAR	KIDZ FITNESS *NEW TIME 3.45PM-4.30PM
WED 16TH MAR	*NEW CLASS HI NRG FOR TEENAGERS WED 4.30PM – 5.30PM
THURS 17TH MAR	POWERBAR WILL BE AT 6.30PM NOT 7PM TONIGHT JACKS BAND “TEMPUS” PERFORMING AT STAMFORD HOTEL
THURS 24TH MAR	BOOTCAMP NIGHT WALK. LAST SESSION FOR MARCH BOOTCAMP.
THURS 24TH MAR	LAST DAY OF TERM CLASSES SCHOOL HOLIDAYS BEGIN
FRI 25TH MAR	GOOD FRIDAY NO CLASSES
SAT 26TH MAR	EASTER SATURDAY NO CLASSES
SUN 27TH MAR	EASTER SUNDAY
MON 28TH MAR	EASTER MONDAY NO CLASSES
SUN 3RD APRIL	TURN CLOCKS BACK 1HR AT 3AM
MON APRIL 4TH	APRIL BOOTCAMP STARTS
MON 11TH APRIL	TERM 2 CLASSES BEGIN



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If you would like to advertise your business in the next newsletter email a pdf to fitnessnrg@gmail.com and we will put it in for you. 😊

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