Tina McDermott
DISCOVER WHOLE BODY FREEDOM

Finally Thin Forever
MOVE YOUR MASS FOAM ROLLER ROUTINE

BY TINA McDERMOTT

Roll, Roll, Roll Your Muscles, Squeezing Fat down the drain!

The Foam Roller (FR) is lymphatic system's dream tool. As you move on the FR, it literally squeezes fat out of the cells and the lymphatic system picks up the waste and dumps it through your colon. It's like magic. Foam rolling decreases muscle stiffness, and breaks up scar tissue and adhesions that stop your muscles from functioning properly. The trick is to do it a few times a week and stay consistent.

OK, GET SET, GET READY, LET'S GET STARTED.

- First and foremost, please check with your doctor before beginning any exercise program.
- Purchase a long FR. White is best for beginners as it is the softest and black is the most difficult. Try the ones with the knobbies only once you are used to the soft one.
- Knobbied foam rollers really dig into the myofascia and helps to release stuck areas of your body. This can relieve pain that has been lodged for years. Just remember to start with a white FR for a few weeks first as your body gets used to it, move to the blackon next then to the knobbied one.
- Set aside 10 minutes per day a minimum of two to three times per week. When you wake up is the best for fat burning.
- Clear an area in your house where you can roll daily. The space you need depends on the length of your body and make sure it is a flat surface.
- You can be barefoot and wear and comfortable clothing. It can even be your PJ's.
- You can play your own music or just watch my video and listen.

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THE ROUTINE:

The Glute Roll (always start here)

- Start with rolling your glutes. Sit on the FR with a hand behind the roller and your bottom leg (the one you are working on) stretched out in front of you, the other foot is flat on the floor as it will help you move back and forth. Roll forward and back three to six times breathing deeply throughout.

The IT Band Roll

- Move onto the Iliotibio (IT) band which is the ligament that runs from your hip to your knee. Turn onto your side with your hip on top of the FR with the leg you are working on stretched out and relaxed. Both hands are on the opposite side of the FR to help move your body. Cross the other foot over the working leg, foot flat on the floor as it will help move you as well. Roll from the top of your hip (where the IT band inserts into the hip) down towards the side

of your knee (where the IT band inserts into the knee). Keep rolling three to six times breathing deeply. If you come across a knot (it will feel painful and crunchy) just hang out there are gently roll back and forth for a few times more. Eventually these knots will work themselves out.

The Quadraceps Roll

- Roll over onto your thighs (quadraceps) elbows on the floor in front of you and legs relaxed over the FR. Walking with your elbows move yourself up and back three to six times over the FR breathing deeply.

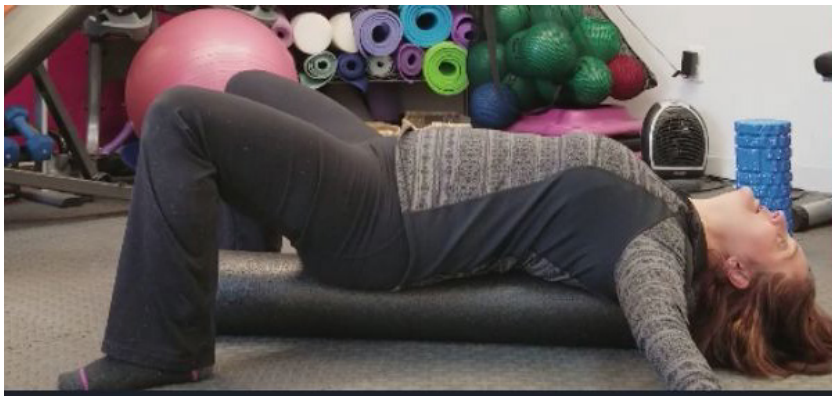
The hamstring Roll

- Roll onto the back of your legs, your hamstrings, hands behind you with your legs stretched out in front of you. Use your hands to roll from top to bottom three to six times breathing deeply throughout.

Repeat other side before going onto your back

The lower back stretch

- Lay with the length of your spine from your head to your glutes on top of the FM. Make sure your head is rested. Then roll from side to side with your arms stretched out to your sides for balance.

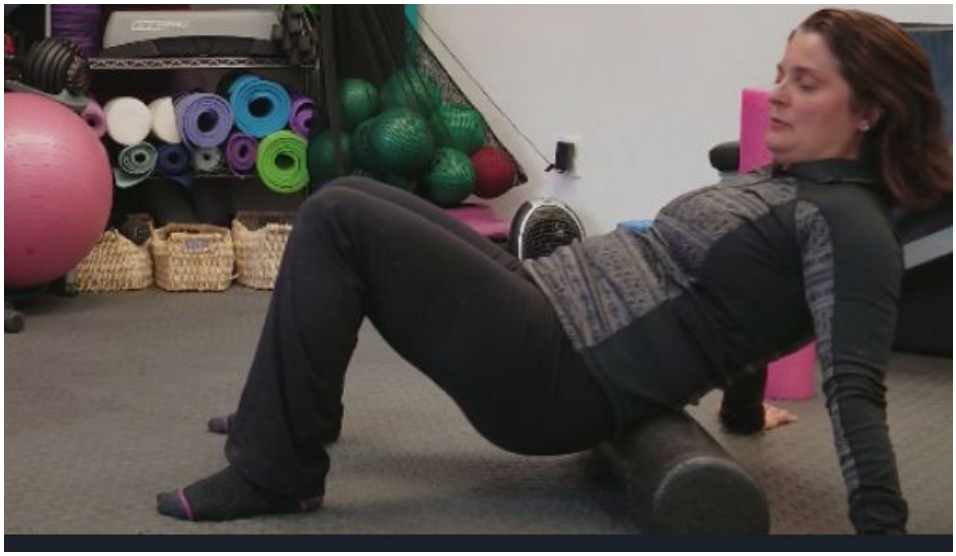


The Neck Stretch (helps correct forward head posture)

- Lay with the length of your spine on the foam roller with your head hanging over the top, arms out by your side, palms up and feet flat on the floor. Hang out here for three to 10 minutes per day and watch your posture shift.

The Thorasic Stretch

- Lay across the foam roller over your mid back (thorasic) with your elbows on the FM you and your feet flat on the floor in front of you. Roll up and down three to six times breathing deeply throughout.



The Low Back Stretch (do this only if you lower back is NOT inflamed)

- Lay across the foam roller over your low back (lumbar) with your arms behind you and your feet flat on the floor in front of you. Roll up and down three to six times breathing deeply throughout.

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THINGS TO LOOK OUT FOR:

- **Bruising.** If your body is not used to foam rolling then it is a possibility that you may bruise. The bruises will go away in a few days and is a sign that your body is now bringing circulation to that area. Wait a few days for the bruises to clear up and go right back to rolling.
- **Painful areas.** When you come across an area that is particularly painful, just avoid it for now. The rolling could possibly cause increased inflammation in that are and inhibit healing. Roll a few inches away from the very painful spots and use larger sweeping motions to cover the entire area.
- **Roll slow and steady** otherwise the muscles won't have time to adapt and it will be counterproductive. Slow and steady she goes.
- **Be Gentle on knots** or crunchies as I call them. When you find one, just roll over it gently a few times and only for 30 to 60 seconds, no more. Otherwise you can cause tissue or nerve damage if you spend five or 10 minutes in one spot. It should take you 10 minutes total for the entire routine.
- **Posture perfect.** Using a foam roller requires some strength as you have to hold your body up in various positions. If you can't hold yourself up for long then do shorter sessions. The best way to avoid bad posture is to work with an experienced personal trainer.
- **Foam Rolling** is terrific to help your body get rid of toxins as it moves the lymphatic system. This means that you may be making a few extra trips to the bathroom which is a good thing.

TO PURCHASE YOUR FOAM ROLLERS YOU CAN TRY THESE HANDY LINKS.

CLICK HERE TO PURCHASE YOUR WHITE FOAM ROLLER

(best for beginners)

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FINALLY THIN FOREVER MOVE YOUR MASS FOAM ROLLER ROUTINE

CLICK HERE TO PURCHASE YOUR BLACK FOAM ROLLER

Black Foam Roller (advanced users)

CLICK HERE TO PURCHASE YOUR KNOBBLES FOAM ROLLER

Knobbies Foam Roller (Very advanced users)