

Fitness Floor Basics

Stretching Machines and Foam Rolling

Stretching is a form of physical exercise in which a specific muscle or tendon is deliberately stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion

Techno Gym Anterior Leg Stretching Machine:

- Body Placement
- Gently release into the stretch, holding for 20-30 seconds (mild-moderate tension) before trying to go a little deeper into the stretch. Hold again. If you feel muscle pain or quivering of the muscles, back off your stretch just a little.

Techno Gym Posterior Leg Stretching Machine:

- Body Placement
- Gently release into the stretch, holding for 20-30 seconds (mild-moderate tension) before trying to go a little deeper into the stretch. Hold again. If you feel muscle pain or quivering of the muscles, back off your stretch just a little.

Foam Rolling:

Foam Rollers are used as a form of myofascial release. Myofascial release is a form of manual therapy used to reduce restrictive barriers or fibrous adhesions within fascial tissue (which is a band or sheet of connective tissue found beneath the skin).

Typically during foam rolling, individuals would use their body weight on a foam roller to exert pressure on opposing soft tissue isolating specific areas of the body.

Foam rolling can be used before a workout to help restore muscle-length tension relationships leading to increases in soft tissue temperature, increased blood flow, increased neuromuscular efficiency, enhanced flexibility and mobility but can also be used post-workout as a form of recovery or cool-down (or can be done before and after).

To use the foam roller:

1. Position yourself so that you are able to apply your body weight on top of the foam roller with the affected muscle directly on top of the roller.
2. Begin by starting at either the proximal or distal attachment of the muscle (start or end of the muscle).
3. Slowly roll over the muscle until you find a spot of tenderness. This "more tender than usual" spot is referred to as a "*trigger point*"

4. Put 100% of your body weight on the trigger point for about 35 seconds. This pressure will stimulate sensory receptor organs located in the muscle causing it to relax.
5. Move onto the next *trigger point* until you work down the entire length of the muscle.
6. Once you have completed one “pass, work your way back up the muscle in the opposite direction.
*There is limited research available that states how long a person should foam roll but 3-4 passes seems to be the most agreed upon range
**If you are unable to apply 100% of your body weight on the trigger point, an alternative would be to ease the pressure by using your arms or legs and only applying 70-80% of your maximum body weight. If you reduce the pressure, you should extend your duration to 90 seconds.

Demo (choose 1 or 2 based on time limits):

Lower body: Iliotibial band, quadriceps femoris group, hamstring group, Glute region

Upper body: Lumbar region, thoracic region, Quadratus lumborum.

Check out Active Stretch Group Fitness Class:

-FREE for members

-Covers foam rolling, stretching, and other recovery exercises in a non yoga atmosphere



**University
of Manitoba**