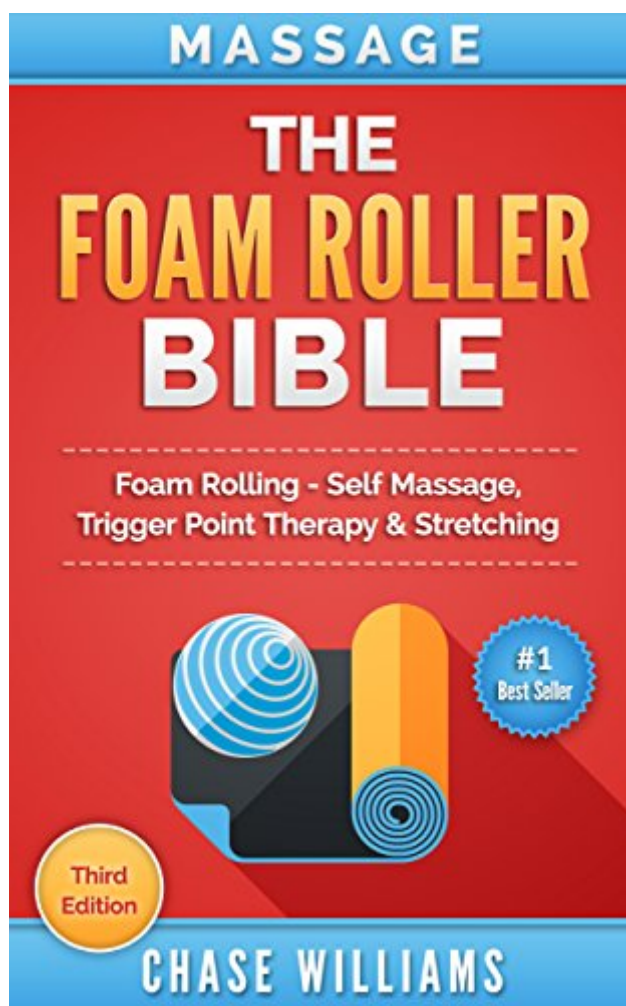


The book was found

Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1)





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Customer Reviews

I found the techniques in this book very much helpful. You will be addicted to this foam rolling once you applied this to your body. Your body will complain if you go a couple of days without it. One of the best and the easiest ways to give your body that over all massage without having to hire a professional masseuse which of course can save you more money.

This The Foam Roller Bible is very useful for anyone suffering from back pains like me. I always face on computer the whole in one position only so I always feel back pains. This trigger point therapy massage is of a great help in alleviating any kind of pain without feeling the pain again. Awesome!

This is a nice way to relief pains and help with discomfort. This is a whole new process for me and I have learned how to effectively make use of it. There are other ways to relief pains but this is an effective way to do so. I am glad to have read this book.

This book has nice big easy to read print. BUT, it has dozens of misspelled words and grammatical errors, that make it hard to read. There isn't a single demonstrative picture. The information was okay, however the book could be greatly improved.

I keep hearing about foam rollers while searching online for ways to alleviate my back issues. I still haven't bought one yet, but at least with this book I'll be ready when I do. I was surprised to learn that foam rolling might help more than just back pain - it might reduce my headaches as well. I also learned that there are different types and sizes of foam rollers to choose from. I'm very grateful for this book because of how it has informed my decision. Much thanks to the author!

I have used a foam roller for many years and I love it for massage. I was therefore delighted to come across this new book by Jason van den Berg. It takes the reader through the basics and then on to the next level. It has a great range of exercises - from beginner to more advanced levels. This is an ideal book for the home exerciser. Jake

The book has a great range of exercises you can do with the roller, it was eye-opening. From her philosophy, to her explanations, instructions and workouts, this foam roller program and method is 'doable'. My body is going to be capable of performing these exercises to the fullest intention. Have fun!

Not a bad book, but zero pictures. You face to visualize everything

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