



FOAM ROLLING VS STRETCHING

FOAM ROLLING

If you've never used a foam roller before, then this is a great time to start! When we are training, our muscles can begin to 'tighten up', which then reduces our range of motion.

Foam rolling before and after exercise, promotes blood flow to those muscle and can also iron out any 'kinks', to make our muscle fibres flow better during movement.

Another great time to foam roll is when you aren't going to actually train, this could be at night time or when you first wake up. It can really assist moving the tissue to release some of those tension spots!

STRETCHING

As we train, our muscles release waste products that can often end up 'stuck' inside our muscle tissue. This can lead to our muscles feeling tired and fatigued.

Stretching after a workout, or even at other times throughout the day, can get the muscles moving and promotes blood flow, which in turn allows our muscles to get rid of these waste products, which improves overall blood flow to the tissue.

Stretching is also great to gradually slow down the body after exercise as we lower our heart rate and blood circulation around the body.

It can also increase flexibility and range of motion of the body, which helps you train more effectively and stimulate more of the working muscle fibres.

Overall, we want to maximise what we are doing in the gym, by making sure that we actively focus on rest and recovery!

STATIC VS DYNAMIC STRETCHING

Dynamic stretching is a strategy used to improve mobility while moving through a range-of-motion, often in a manner that looks like the activity or sport that is going to be performed.

Static stretching is holding a stretch without movement, usually only at the end-range of a muscle.

STRETCH AND RECOVERY CLASS

Designed to help you allocate time for unwinding and help the body relax but also teach you some techniques that you can do almost anywhere!

Comprising of a mixture of foam rolling, static and dynamic stretching as well as some light muscle activation work