

Hitler's & G-Form Fitness

INJURY PREVENTION

Foam Roller

Foam Rolling or **Body Rolling** is a form of self-massage used by fitness enthusiasts, athletes and therapists to relax or “release” tight muscles. This form of massage is designed to increase elasticity of connective tissue therefore relaxing the muscles allowing them to respond more efficiently and effectively during activity.

Foam roller exercises are the solution to prevent many running related injuries. The explanation is easy. Very often running injuries are related to deficiencies in muscles that cause pain in the shins, calves, quadriceps, and every other leg muscle. A foam roller can be used to do deep muscle massage, which relaxes the muscles and releases the tension accumulated during the run.



Stretching Strap

About Stretching Straps. Perform assisted stretches without a partner. Use a stretching strap to pull muscles through a full range of motion. Simply position the hands or feet through the desired loop to stretch the hamstrings, lower back, triceps, biceps, thighs, calves, quadriceps, or hip flexors

Foam Roller & Stretching Strap. G-Form Fitness encourages each athlete to purchase both items, so the athlete can continue their own practice at home and/or at games.

Price \$50.00

To Order call Glen from G-Form Fitness. 414.940.4536.