



Myofascial Release Chart/Poster; Foam Rolling Chart, Muscle Massage, Myofascial Release Poster, Muscle Rolling Chart, Fascia Adhesion Release, Trigger ... Self Massage Chart, Massage Therapy Poster

Mike Jespersen, Becky Swan

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The Myofascial Release Poster provides detailed exercises to assist in soft tissue therapy for the treatment of skeletal muscle pain.

Myofascial release exercises help to work muscles, improve blood and lymphatic circulation, and improve flexibility. Moreover this chart offers the tips you need to improve your health and your exercise performance whether you are a runner, crossfit enthusiast, or athlete on any level.

Myofascial Release: Exercises

- Step-by-step instructions for each exercise. The foam roller start and finish positions are clearly outlined for each movement in the range of motion information box.
- Colorful Anterior and Posterior muscle diagrams gives a better visual reference when locating muscle groups and release areas.
- Key Point information box to get the most out of the myofascial release chart/poster.

Foam rollers and myofascial release techniques have become commonplace in most gyms and fitness clubs. This poster is perfect addition to any facility and can be used in conjunction with trigger point posters to alleviate muscle knots and tightness.

This brilliant full-color, **24 x 36 inch laminated** poster by Productive Fitness will look great on your wall.

Please Read:

The reason you will find our fitness posters in *Community Centers, Hospitals, Clinics, High Schools and Military installations* is we work to a higher standard. Quality is important.

- Our posters are designed and created by **fitness experts** with University degrees in **Exercise Physiology** and **Human Kinetics**.
- We put a lot of thought into providing safe, efficient exercises while also educating users on proper exercise technique and terminology.
- In order for the images to be precise, we only use personal trainers or aspiring exercise physiologists who have an understanding of proper body positioning (proprioception) to be fitness models. Experience has told us you cannot replicate proper form using non-fitness models.
- Posters are printed on 100lb. gloss paper and then laminated for durability.

BTW: At one point we considered using **DRAWINGS** instead of real life models as a cost saving measure, but found it was difficult to convey the nuances of safe, effective body movement and positioning.

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Earnest Koontz:

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