

# pilates foam roller exercises youtube

Unlock Your Potential: Mastering Pilates Foam Roller Exercises with YouTube Guidance

**pilates foam roller exercises youtube** provides an accessible and highly effective pathway to enhanced core strength, improved flexibility, and targeted muscle release. This comprehensive guide delves into the world of Pilates foam roller techniques, showcasing how readily available online video content can revolutionize your fitness journey. We will explore fundamental roller exercises for beginners, advanced applications for seasoned practitioners, and specific routines designed to address common areas of tension and improve overall body awareness. Discover the transformative power of integrating the Pilates foam roller into your wellness regimen, guided by the vast resources at your fingertips. Learn how to effectively utilize this versatile tool for muscle rehabilitation, postural correction, and achieving a more elongated, stronger physique through expertly demonstrated movements.

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## Understanding the Pilates Foam Roller for Exercise

The Pilates foam roller is a cylindrical tool crafted from dense foam, designed to offer support, challenge, and myofascial release. In the context of Pilates, it becomes an extension of the body, enabling a wider range of motion and demanding greater muscular engagement to maintain stability. Its versatility allows for both strengthening and stretching exercises, making it a staple in many rehabilitation and fitness programs.

YouTube has become an invaluable resource for individuals seeking to learn and perfect Pilates foam roller exercises. The visual medium allows users to observe proper form, understand the nuances of movement, and follow along with instructors in real-time. This accessibility democratizes fitness, bringing expert guidance directly into homes and studios worldwide, making the pursuit of a stronger, more aligned body attainable for everyone.

## Benefits of Using a Pilates Foam Roller

The advantages of incorporating a Pilates foam roller into your exercise routine are extensive and far-

reaching. Beyond the immediate sensations of muscle relief, the long-term benefits contribute significantly to overall physical well-being and athletic performance. Many individuals turn to foam rolling to address the cumulative effects of daily life and strenuous physical activity.

## **Enhanced Flexibility and Range of Motion**

One of the primary benefits of Pilates foam roller exercises is their ability to significantly improve flexibility and increase an individual's range of motion. By applying gentle pressure to muscles and fascia, the roller helps to break down adhesions and release tension. This process allows muscles to lengthen and recover, leading to greater suppleness throughout the body. Consistent use can make everyday movements feel easier and more fluid.

## **Improved Core Strength and Stability**

Pilates, by its very nature, emphasizes core strength. When a foam roller is introduced, the challenge to maintain balance and control is amplified. Exercises performed on the roller require deeper engagement of the abdominal, back, and pelvic floor muscles to stabilize the body. This increased demand leads to a stronger, more resilient core, which is crucial for good posture, injury prevention, and efficient movement patterns.

## **Myofascial Release and Pain Relief**

Myofascial release, often referred to as self-massage, is a key function of the foam roller. The fascia, a connective tissue that surrounds muscles, can become tight and restricted, leading to pain and reduced mobility. Rolling over tight spots helps to release these restrictions, alleviating muscle soreness, reducing trigger points, and providing significant relief from chronic pain. This is particularly beneficial for athletes and those who experience muscle tightness from sedentary lifestyles.

## **Better Posture and Body Alignment**

Many modern lifestyles contribute to poor posture, with rounded shoulders and a slumped spine being common issues. Pilates foam roller exercises, by strengthening the supporting muscles of the core and back, and by releasing tight chest and shoulder muscles, actively work to correct these postural imbalances. Improved alignment can lead to reduced strain on the spine, less fatigue, and a more confident physical presence.

## **Muscle Recovery and Injury Prevention**

For active individuals, the foam roller is an essential tool for post-exercise recovery. It aids in flushing out metabolic waste products from muscles, reducing inflammation and accelerating the healing process. By regularly addressing muscle tightness and imbalances, the foam roller can also play a crucial role in preventing injuries before they occur, by ensuring the body is moving efficiently and without undue stress on specific areas.

# Getting Started: Essential Pilates Foam Roller Exercises for Beginners on YouTube

For those new to the world of Pilates and foam rolling, YouTube offers a wealth of beginner-friendly content. These videos break down foundational movements into easy-to-follow steps, ensuring a safe and effective introduction. The emphasis is on understanding the basic principles of core engagement and controlled movement while using the roller.

## Full Body Roll for Beginners

Many YouTube tutorials feature a "full body roll" designed to introduce the concept of rolling through major muscle groups. This typically starts with the back, moving down the legs, and sometimes including the arms. Instructors will guide viewers on how to apply pressure gently, how to breathe, and how to identify areas of tension. These routines are excellent for building initial comfort and familiarity with the roller.

## Specific Beginner Moves

Key beginner exercises often demonstrated include:

- **Spinal Rolls:** Gently rolling the spine from the sacrum to the upper back, focusing on articulation.
- **Quad Roll:** Lying face down, with the roller placed under the thighs, and rolling from just above the knees to the hip flexors.
- **Hamstring Roll:** Sitting with the roller under the hamstrings, lifting the hips and rolling from the knees to the glutes.
- **Calf Roll:** Sitting with the roller under the calves, lifting the hips and rolling from the ankles to behind the knees.
- **Glute Roll:** Sitting on the roller and leaning to one side, rolling over the gluteal muscles.

## Core Engagement on the Roller

Beginner Pilates foam roller routines on YouTube also introduce fundamental core engagement techniques. This might involve simply lying on the roller lengthwise, focusing on drawing the navel towards the spine, and maintaining a neutral pelvis. Exercises like bridging with the roller under the feet can also be introduced to enhance core stability.

# Intermediate Pilates Foam Roller Techniques for Enhanced Core Strength

As you become more comfortable with the basic principles, intermediate Pilates foam roller exercises on YouTube will challenge your balance, strength, and control even further. These routines often involve more complex movements that demand greater proprioception and muscular coordination.

## Challenging Balance and Stability

Intermediate workouts frequently involve exercises where instability is increased. This could mean performing core exercises with your feet elevated on the roller, or even attempting exercises with your hands on the roller, requiring significant upper body and core stabilization. Tutorials will often emphasize controlled transitions and maintaining a steady core throughout.

## Integrating Pilates Principles

Intermediate routines will more explicitly integrate core Pilates principles. Expect to see variations of classic Pilates exercises adapted for the roller, such as:

- **The Hundred on the Roller:** Performing the arm pumps while lying supine on the roller, demanding intense core stabilization.
- **Leg Circles on the Roller:** Performing controlled leg circles while maintaining a stable pelvis and spine on the roller.
- **Roll-Ups with Roller Assist:** Using the roller to assist in a controlled roll-up from a supine position.

## Exploring New Muscle Engagement

These sessions often guide users to explore the engagement of smaller stabilizing muscles, particularly around the hips and shoulders. Exercises may include variations of planks and side planks with the roller, or movements that require precise control to prevent the roller from moving.

## Advanced Pilates Foam Roller Workouts for Deeper Release and Mobility

For those seeking to push their practice further, advanced Pilates foam roller exercises found on YouTube offer opportunities for profound muscle release, enhanced mobility, and advanced core integration. These routines are typically more dynamic and may require significant strength and body

awareness.

## Dynamic Movement and Fluidity

Advanced workouts often focus on creating fluid, dynamic movements across the roller. This can involve transitioning smoothly between different positions, incorporating spinal articulation, and using momentum in a controlled manner. The goal is to achieve a more athletic and expressive use of the roller.

## Complex Sequences and Transitions

Expect to find routines that link multiple exercises together into complex sequences. These might include:

- **Advanced Spinal Articulation:** Rolling through the spine with greater depth and control, potentially incorporating twists.
- **Full Body Integrated Rolls:** Sequences that seamlessly move from rolling the back to rolling the legs, often incorporating arm and torso movements simultaneously.
- **Balancing Challenges:** Exercises that demand significant balance, such as performing exercises on the roller in a plank position or with one leg extended.

## Targeting Deep Fascial Layers

Advanced users can also find content focusing on reaching deeper fascial layers. This might involve holding pressure on specific tight spots for longer durations or using techniques that involve small, precise movements to work out stubborn knots. These sessions often cater to individuals looking for advanced myofascial release alongside their Pilates practice.

## Targeted Pilates Foam Roller Routines: Addressing Specific Muscle Groups

Beyond general full-body routines, YouTube hosts a plethora of targeted Pilates foam roller exercises designed to address common areas of tension and weakness. These specific routines are excellent for personalizing your practice to your body's unique needs.

## Releasing Tight Hamstrings and Quadriceps

Tight hamstrings and quadriceps are common complaints, often stemming from prolonged sitting or strenuous leg activity. YouTube videos offer specific sequences for rolling these large muscle groups,

focusing on proper pressure and technique to release tension and improve flexibility in the back of the thigh and the front of the leg.

## **Alleviating Lower Back Pain**

While caution is advised, many Pilates foam roller exercises can be beneficial for lower back pain when performed correctly. Videos will guide users on gentle rolling of the thoracic spine (upper and middle back) to improve posture and mobility, and exercises that strengthen the core to support the lower back. Specific techniques might focus on releasing tension in the glutes and hip flexors, which can contribute to back discomfort.

## **Improving Shoulder and Chest Mobility**

With the prevalence of desk jobs, shoulder and chest tightness is widespread. Specific YouTube routines demonstrate how to use the foam roller to release the pectoral muscles, rhomboids, and the muscles surrounding the shoulder blade. These exercises can significantly improve posture, reduce upper back pain, and enhance the ability to reach overhead.

## **Working on Hip Flexors and Glutes**

Tight hip flexors can contribute to back pain and affect athletic performance. Similarly, weak or tight glutes can lead to a host of musculoskeletal issues. Pilates foam roller exercises on YouTube provide focused routines to release tension in the hip flexors and deeply massage the gluteal muscles, promoting better hip mobility and function.

## **Choosing the Right Foam Roller for Your Pilates Practice**

The effectiveness of your Pilates foam roller exercises is influenced by the type of roller you choose. YouTube creators often discuss the different options available, helping viewers make an informed decision based on their experience level and needs.

## **Density and Surface Variations**

Foam rollers vary in density, from soft and pliable to very firm. Beginners often benefit from softer rollers, while more experienced users may prefer firmer options for deeper tissue work. Surfaces can also differ, with smooth rollers being standard and textured or knobby rollers offering more intense myofascial release. YouTube reviews and demonstrations can help you discern the pros and cons of each.

## **Length and Diameter**

Rollers also come in different lengths and diameters. Shorter rollers are more portable and versatile for targeting specific muscle groups, while longer rollers offer more stability for exercises requiring full back support. The diameter can affect the intensity of the pressure applied. Online content often showcases how different roller dimensions impact exercise execution.

## **Integrating Pilates Foam Roller Exercises into Your YouTube Fitness Routine**

For many, YouTube serves as their primary source of fitness instruction. Seamlessly integrating Pilates foam roller exercises into an existing YouTube-driven workout regimen is straightforward and highly beneficial.

## **Creating a Balanced Routine**

Consider using the foam roller as a dedicated warm-up or cool-down. Short YouTube videos focusing on dynamic rolling can prepare your body for a strength training session, while longer, restorative rolling routines can aid in recovery post-cardio or Pilates mat work. Many channels offer full-length classes that combine mat Pilates with foam roller segments.

## **Consistency is Key**

The most significant advantage of YouTube is the sheer volume of content. You can find short, 10-minute rolling sessions for busy days or comprehensive 45-minute workouts. The key to seeing results is consistency. Dedicate specific days or times to your foam rolling practice, using YouTube as your guide to keep your sessions fresh and challenging.

## **Listen to Your Body**

While YouTube instructors provide excellent guidance, it's crucial to listen to your body. YouTube tutorials can teach you to recognize what feels like a beneficial stretch versus pain. If an exercise feels wrong, modify it or move to a different exercise. Many channels offer modifications for different levels, encouraging safe and effective practice.

## **Safety Tips for Pilates Foam Roller Exercises**

To maximize the benefits and minimize the risk of injury when performing Pilates foam roller exercises, adherence to safety guidelines is paramount. YouTube instructors almost universally emphasize these crucial points.

## **Proper Form Over Intensity**

Always prioritize correct form. It's better to perform an exercise with less pressure or for a shorter duration with perfect technique than to push too hard and risk injury. Many YouTube videos provide detailed breakdowns of proper alignment and movement execution for each exercise.

## **Avoid Rolling Over Joints and Sensitive Areas**

Directly rolling over bony prominences such as the knee, elbow, or hip bone can be uncomfortable and potentially harmful. Focus the rolling action on the muscle bellies. Similarly, avoid rolling directly over the lower back spine; instead, focus on the muscles on either side of the spine.

## **Breathing and Relaxation**

Deep, controlled breathing is an integral part of Pilates and is especially important when using a foam roller. Inhaling as you prepare and exhaling as you apply deeper pressure can help relax the muscles and enhance the effectiveness of the myofascial release. Consciously try to relax into the stretch and avoid tensing up.

## **Hydration is Important**

After a foam rolling session, it's beneficial to drink plenty of water. This aids in flushing out metabolic waste products that have been released from the tissues and helps to rehydrate the fascia. Many fitness experts recommend increasing water intake on days you foam roll.

## **Consult a Professional if Necessary**

If you have any pre-existing injuries or medical conditions, it is always advisable to consult with a healthcare professional or a certified Pilates instructor before starting a new exercise program, including foam rolling. They can provide personalized advice and guidance to ensure your practice is safe and effective for your specific needs.

## **Frequently Asked Questions**

### **Q: What are the most effective Pilates foam roller exercises for beginners to find on YouTube?**

A: For beginners, YouTube channels often highlight exercises like spinal rolls for thoracic mobility, hamstring and calf rolls for lower leg flexibility, and gentle quad rolls. These focus on basic body positioning and controlled pressure application, making them ideal for building foundational comfort and understanding.

## **Q: How can I tell if I'm using the Pilates foam roller correctly when watching YouTube videos?**

A: Pay close attention to the instructor's cues regarding body alignment, core engagement, and breath. If you experience sharp or shooting pain, you are likely doing something incorrectly. Most YouTube tutorials offer visual demonstrations and verbal guidance on proper form, so look for consistency between what you feel and what you see and hear.

## **Q: Are there specific YouTube channels dedicated to Pilates foam roller exercises for flexibility?**

A: Yes, many reputable Pilates and fitness channels on YouTube offer dedicated playlists or series focusing on foam roller exercises for flexibility. Search for terms like "Pilates foam roller flexibility routine," "myofascial release for tight muscles," or "improve range of motion with foam roller."

## **Q: Can Pilates foam roller exercises found on YouTube help with post-workout recovery?**

A: Absolutely. YouTube is an excellent resource for finding post-workout recovery routines using a Pilates foam roller. These videos typically guide you through targeting major muscle groups that have been worked during exercise, promoting blood flow, reducing soreness, and accelerating muscle repair.

## **Q: How long should I hold a position on the foam roller during exercises found on YouTube?**

A: While specific durations vary based on the exercise and your individual needs, a common recommendation seen in YouTube tutorials is to hold a tender spot for 20-30 seconds, or until you feel the muscle begin to relax. Avoid holding for excessively long periods, especially when first starting.

## **Q: What is the difference between a Pilates foam roller and a standard gym foam roller, and does it matter for YouTube exercises?**

A: Pilates foam rollers are often designed with specific densities and textures that align with Pilates principles of controlled movement and stability. While standard gym rollers can be used for similar purposes, Pilates-specific rollers might offer a slightly different feel or level of challenge that complements Pilates movements. For YouTube exercises, using a roller appropriate for your comfort and experience level is key, whether it's labeled as "Pilates" or not.

## **Q: If I have back pain, what kind of Pilates foam roller**

## exercises should I look for on YouTube?

A: For back pain, focus on YouTube tutorials that emphasize gentle thoracic spine rolling (mid to upper back), glute release, and hip flexor stretches. Avoid direct pressure on the lumbar spine (lower back). Always listen to your body and consider consulting a physical therapist or doctor before starting, even with guided online content.

## Pilates Foam Roller Exercises Youtube

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**pilates foam roller exercises youtube: Pilates** Christine Romani-Ruby, 2009-03 Pilates: Using Small Props for Big Results provides a new Pilates props style. The Pilates exercises described are appropriate for all practice settings or clientele. The props provide variety, while appropriate challenges and modifications are also presented. The easy-to-follow instructions and photographs make this book an excellent reference. The exercises use small props to enhance and encourage proper movement, connecting the mind and the body. Explores the use of the ring, the spine corrector, the baby arc, and the foam roller as teaching tools in the study of movement.

**pilates foam roller exercises youtube: p-i-l-a-t-e-s Instructor Manual Foam Roller - Levels 1 - 5** Catherine Wilks, 2011-06-26 p-i-l-a-t-e-s Foam Roller Instructor Manual - 39 Exercises over 5 Levels this manual offers a complete guide to performing exercises on the Foam Roller! A fantastic versatile piece of equipment necessary for any Pilates Studio or Fitness Professional. This manual offers a step by step guide to progressing clients with this apparatus. It is an excellent resource for Pilates Instructors and Personal Trainers.

**pilates foam roller exercises youtube: Pilates and Conditioning for Athletes** Amy Lademann, Rick Lademann, 2019-01-02 Gain the competitive edge with the innovative training methods in Pilates and Conditioning for Athletes. This science-based, multidimensional approach to athletic conditioning helps you build a strong and flexible foundation by infusing Pilates into training, resulting in complete training programs that tap into the seven pillars of training needed for success: Agility Flexibility Mobility Power Speed Stability Strength Begin with proven assessment protocols that have helped elite and professional athletes reach the pinnacle of their careers and remain there. Evaluate your movement patterns, range of motion, strength base, flexibility, and core strength to determine your baseline and guide your selection of exercises and sequences to turn weaknesses into strengths. Then follow detailed instructions for 124 Pilates mat and traditional conditioning exercises to strengthen your core, improve your posture, increase flexibility, and correct muscle imbalances. You will learn the following: Breathing exercises to increase lung capacity and reduce stress Stretching routines to open your hips, hamstrings, and back Joint articulation to improve range of motion and balance Resistance training for strength and power Medicine ball training for working in diagonal and transverse planes A dynamic warm-up series to begin each training session You can take the confusion out of your training plan by adding one or more of the 19 foundational, intermediate, and sport-specific workouts to help you achieve your performance goals. Successful athletes never leave their training to chance: Every workout is planned, every exercise is done for a specific reason, and each movement and program builds upon the previous one. Whether you are a weekend warrior, a college or professional athlete, or a

70-year-old triathlete, Pilates and Conditioning for Athletes will help you incorporate Pilates training to become a stronger, faster, healthier, and better-equipped athlete. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

**pilates foam roller exercises youtube:** *Foam Roller Exercises* Sam Woodworth, 2017-01-16  
Foam rollers have become a staple of the home gym, and are a trusted tool to avoid injury and aid recovery. *Foam Roller Exercises* shows you how to make the most of this simple tool with restorative exercises to build core strength, relieve pain, and stretch your muscles. Discover over 60 foam roller stretches to strengthen, condition, and heal your body with minimal equipment. Address problems such as spending too much time sitting, stress relief, and pain management with 20 unique programs to suit your lifestyle, including pre and post-workout exercises to help your body recover. With handy step-by-step photography for every exercise, discover foam roller moves and massages for all areas of the body, including chest, back, calves, and shoulders. Add foam rolling to your routine and let your body reap the benefits.

**pilates foam roller exercises youtube:** *Pilates: Full-Body Workouts for a Stronger, Sexier You* Jasmine Evans, 2012-07-30  
**ABOUT THE BOOK** Pilates is a kind of exercise that works both the mind and the body. It improves strength without necessarily building bulk. It also targets the core (midsection) and other muscles that often get neglected by other activities. My introduction to Pilates happened at an early age. For most of my life, I was considered tall for my age with long legs and big feet. My parents thought it would be a good idea to enroll their lanky toddler in ballet classes. I continued those classes (and other dance classes) for over 14 years. In high school, I was a lean 5'8" ballet dancer and basketball player. I still had big feet, but they were complemented by long legs, long arms, and a long neck. What did I have to complain about? My midsection. I was relatively slim, but I had a pudgy middle. In high school, where appearances are everything, I wanted to do something about it. Fortunately, around this time, my dance instructor introduced the class to the Pilates method. She said that Pilates is based off of the ballet moves many of us had been doing for most of our lives. She promised that the method would flatten our midsections and make us feel taller. My dance instructor made good on her promise. After just 15-20 minutes of Pilates before we started dancing, I felt taller. Over time, I felt slimmer. I was hooked. I've been doing Pilates ever since, and I love it. I've taken classes and I've done several Pilates DVDs. Of all the activities I participate in (everything from running to basketball to kickboxing to Zumba), Pilates is one that I always come back to because it is really so effective and important.  
**EXCERPT FROM THE BOOK** Pull the part of your stomach area that is below your belly button upwards and inwards--as if you are pulling it away from your belt line. Keep your rib cage relaxed and breathe normally. You should be able to feel the muscle contracting in your lower abdomen. Another essential skill is being able to activate your pelvic floor. Your pelvic floor muscles are at the base of your abdomen. They control your bladder and bowel functions. They also stabilize not only the pelvis but also the lower back. If you have lower back pain, are pregnant, or experience incontinence, learning how to control these pelvic floor muscles can really help. How do you activate your pelvic floor? Start in neutral spine position. Contract the muscles you would use to urinate. Breathe as you normally would. Once you can handle activating your TA and your pelvic muscles separately, try activating them together. Ready for some advanced Pilates moves? Great! Here are six of the most common moves for experienced Pilates pupils. Because sometimes it's easier to see the moves being done rather than reading about them, many of the links in this section are to videos.  
**Advanced Pilates Exercises**  
**The Crab**--The Crab requires complete control from your core, so it will give you a great ab workout. It builds on exercises like the "Roll Up" but is slightly more advanced. Start by sitting up straight. Bend your knees almost Indian style and cross your feet at the ankles. Bring your knees up to your shoulders and grab your feet with your hands. Drop your head and allow your spine to curve as you prepare to roll. Breathe in and roll back. Control the movement. Try not to let your limbs flail around. Once you roll to your shoulders, let go of your feet and switch your feet around. Grab your feet again as you prepare to roll up. Breathe out and roll forward. Inhale as your head touches the

mat. Roll back to repeat the move. Double Leg Kick--This move works the back extensors and the hamstrings primarily, but it can be a total-body exercise as well. Start by lying face down with your head turned to one side and your feet together.

**pilates foam roller exercises youtube:** *Pro-Roller Pilates Essentials* Angela Kneale, 2007 Gain additional body awareness and develop better posture while challenging core strength, Pro-Roller Pilates Essentials will help you achieve these benefits by teaching you over 30 Pilates exercises to increase strength and flexibility utilizing the Pro-Roller. Contains clear and colorful instructions/imagery. Illustrated. Booklet, 37 pages.

**pilates foam roller exercises youtube:** *Foam Roller Workbook* Karl Knopf, 2011-04-01 Amplify your stretches and exercises and prevent and rehabilitate injuries with these foam roller workouts from the bestselling health and fitness author. Once used exclusively in physical therapy settings, the foam roller has made its way into yoga and pilates studios, gyms and homes. With this simple device, you can: Improve core strength Increase flexibility Release tension Alleviate pain Rehabilitate injuries Foam Roller Workbook offers fifty effective exercises paired with clear captions and step-by-step photos that will help you roll your way to better posture, balance and relaxation. In addition, special programs will enhance your sporting life, whether you hit the track, the court, or the slopes.

**pilates foam roller exercises youtube: On a Roll** Lisa M. Wolfe, 2006-09 This book provides variety for exercise training. Over time, the body stops responding to the same exercises and the book offers a solution to this. It is also a fantastic workout for those looking to improve balance, posture and stability.

**pilates foam roller exercises youtube:** *Foam Rolling Guide* Kayla Itsines, 2015-08-15 Kayla Itsines Foam Rolling Guide is essential for anybody who has purchased a foam roller and is unsure of how to use it. Foam rolling helps to relieve muscle tension and pain by improving circulation. It could also help to minimise the appearance of cellulite. In this guide you will find: • The importance of foam rolling • Recommended upper body foam rolling routine • Recommended lower body foam rolling routine • Stretching exercises to aid in rehabilitation • Do's & Don't's • Step-by-step information

**pilates foam roller exercises youtube: Emma Newham's Foam Roller Challenge** Emma Newham, Pilates Union UK., 2010 The foam roller is a great tool to learn control and balance. The foam roller is used widely in rehabilitation, particularly with stroke patients to help regain motor control. This title covers basic and intermediate exercises which you can incorporate into your mat routine to spice up your workout and keep motivated.

**pilates foam roller exercises youtube: Taller, Slimmer, Younger** Lauren Roxburgh, 2016-02-02 From the A-list bodyworker, trainer, and alignment expert dubbed “the body whisperer” by Goop comes Taller, Slimmer, Younger—a powerfully simple daily foam roller routine to help you sculpt longer, leaner muscles, stand an inch taller, look ten pounds slimmer, and renew your body and mind. Are you ready to roll? ALIGN YOUR BODY, ALIGN YOUR LIFE There’s a new buzzword in the fitness world: fascia. It’s the connective tissue that wraps around your muscles and organs and helps keep everything in place. But in our increasingly busy and often stressful lives, tension and toxins are often stored within our fascia, resulting in serious long-term consequences including poor posture, excess weight, acute anxiety, and chronic pain. Fitness and alignment expert Lauren Roxburgh—who has worked with such stars as Gwyneth Paltrow, Gabby Reece, Melissa Rauch, and Baron Davis—has the solution to keep your fascia supple, flexible, and strong. Using only a foam roller, you can reshape and elongate your muscles for a leaner, younger look, while also releasing tension, breaking up scar tissue, and ridding yourself of toxins. In just fifteen minutes a day, Roxburgh’s 21-day program will guide you through a simple series of unique rolling techniques that target ten primary areas of the body, including the shoulders, chest, arms, legs, hips, butt, back, and stomach. The result is a healthy, balanced, aligned body that not only looks but feels fantastic. Advance praise for Taller, Slimmer, Younger “As an athlete with a lifelong passion for fitness and wellness, I am always looking to get an edge in my body, and Lauren Roxburgh has helped me do

just that. Lauren's philosophy will rejuvenate your body and spirit, helping you look and feel lighter and brighter, reducing stress and tension, while dramatically improving your stance in your body and also in your life!"—Gabby Reece, U.S. beach volleyball champion "This book is sure to become the body bible for anyone who wants to live a healthy, fit, and balanced life."—Melissa Rauch, actress, *The Big Bang Theory* and *True Blood* "Lauren's method has rejuvenated my spirit, giving me more energy and strength, which has allowed me to perform better on and off the court."—Baron Davis, two-time NBA all-star "Lauren's method sculpts the body's soft tissues, slimming and streamlining whatever part you work. She's a 'body whisperer!'"—Goop "If you've never tried foam rolling, I highly recommend it. [Lauren Roxburgh's] program is designed to improve posture, release tension and stress, activate and strengthen the core, and heal from the inside out. When I was a model, I used a foam roller to lengthen my muscles. I'm so excited to get back into it once I give birth! Oh, and Goop dubbed her 'The Body Whisperer.' Enough said."—MollySims.com

**pilates foam roller exercises youtube:** *On a Roll at Home* Donna Gambino, Infinity Health L.L.C., 2006-01-01

**pilates foam roller exercises youtube: Foam Rolling** Kristian Staff, 2016-07-01 Foam Rolling For Beginners! Your Ultimate Guide To Mobility & Pain-Free Living Foam rolling used to be an exclusive practice among athletes and therapists. Now, the inner circle has expanded. Foam rolling has become a widespread practice. It is now very well known as a reliable technique for easing muscle pain and preventing injury. This book contains proven steps and strategies on how to use foam rollers effectively to maximize the muscle and mobility benefits they offer. Regardless of your gender, age or experience you're going to learn everything you need to know to get started foam rolling. Here Is A Preview Of What You're About To Learn... The Basics Of Foam Rolling Foam Rolling Do's And Don'ts Foam Roller Shapes, Size And Styles Explained (And How To Choose The Best Roller For You!) Removing Shoulder Tension - How To Use A Foam Roller To Annihilate Shoulder Tension Upper Body Foam Rolling Form And Techniques Explained Alternate Techniques For Relieving Upper Body Stress How To Foam Roll Your Lower Body The Right Way Additional Tips to Maximize Foam Rolling Benefits And Much, Much More! Ready To Start Rolling & Relieve Sore, Tight Muscles? Order Your Copy Right Now!

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**pilates foam roller exercises youtube: Pilates' Return to Life Through Contrology Revised Edition for the 21st Century** Joseph Hubertus Pilates, Judd Robbins, Lin Van Heuit-Robbins, 2012-06-01 First published in 1945, *Pilates Return to Life Through Contrology* contains the authorized, legal, edited, and original Library of Congress version of Joseph H. Pilates and William J. Miller's first complete fitness writings. It details the exercises, poses, and instructions fundamental to the matwork developed by Joseph and Clara Pilates. Based on his concepts of a balanced body and mind, and drawn from the approach espoused by the early Greeks, these are the exercises that continue to sustain a worldwide revolution in fitness strategies and exercise techniques. Joseph Pilates has been nothing short of revolutionary in his impact on the world of

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