Mindluster Platform

About the course Foam rolling exercises for beginners

Foam rolling exercises course, in this course youâ€™ll explore the essentials of foam rolling, learning techniques to improve flexibility, relieve muscle tension, and enhance recovery. Foam rolling, also known as self-myofascial release, involves using a foam roller to target tight muscles, helping release knots and improve circulation throughout the body. This course covers a range of exercises designed for the back, shoulders, legs, and arms, making it easy to address common tension points and muscle stiffness. Each lesson provides guidance on proper technique, body alignment, and how much pressure to apply, ensuring a safe and effective practice. Youâ€™ll also learn routines that can be used before and after workouts to maximize your flexibility and muscle recovery. Ideal for all fitness levels, foam rolling can be a beneficial addition to any routine, whether you're an athlete or someone looking to relieve stress and muscle discomfort. With a consistent approach, youâ€™ll see improved range of motion, reduced muscle soreness, and a sense of relaxation after each session, setting a foundation for overall wellness.

Medical Category's Courses

Course Lesson(10)

Lesson 1 : **30 Minute Lower Body Workout For Women Pregnancy Workout**

Lesson 2 : **35 Minute PUSH DAY WORKOUT Chest Shoulders Triceps Cardio Dumbbells**

Lesson 3 : **30 Minute Yoga Sculpt Full Body Workout**

Lesson 4 : **30 Minute LEG WORKOUT At Home with Dumbbells**

Lesson 5 : **30 Minute Back Workout At Home Dumbbells Only**

Lesson 6 : **5 Minute Abs Workout At Home INTENSE No Equipment**

Lesson 7 :
20 Minute Workout The BEST Full Body Workout Strength Training HIIT with Dumbbells

Lesson 8 : **10 Minute Mat Ab Workout Barre Abs Booty Home Workout**

Lesson 9 : **The 8 BEST Foam Rolling Exercises 10 Minute Full Body Foam Roll Routine**

Lesson 10 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Related courses

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