

Introduction to Percussion: XPRS



OVERVIEW

SPEEDS

- Slow for warm up
- Fast for recovery

ATTACHMENTS - XPRS

- Plate for priming and “foam roll” replacement
- Ball for all areas and uses
- Y for around the achilles and trigger points
- Point for trigger points and deep dense tissue

PRESSURE

- Just the weight of the gun
- Less is more

TIME

- Slow speeds short time; no longer than 60 seconds per area
- Fast speeds longer time; 2-3 mins maximum



REMEMBER PAIN IS THE INDICATION OF TOO MUCH AND/OR TOO MUCH PRESSURE

SYSTEMATIC APPROACH

PRE-TRAINING FASCIAL LINE SYSTEM

ATTACHMENT

→ PLATE//BALL

BODY PART

- FOOT
- ANKLE
- SHOULDER
- BICEP
- FOREARM
- HAND

POSTERIOR (Back Side of Body)

ATTACHMENT

→ PLATE//BALL

BODY PART

- SOLEUS
- HAMSTRING/GLUTE FOLD
- GLUTE/LOW BACK
- LATS
- TRAPS
- TRICEPS

ANTERIOR (Front Side of Body)

ATTACHMENT

→ PLATE//BALL

BODY PART

- ANTERIOR TIBIALIS
- VMO
- HIP/AB FOLD
- CHEST/SHOULDER
- TRAP
- ARMS

REMEMBER PAIN IS THE INDICATION OF TOO MUCH AND/OR TOO MUCH PRESSURE

SYSTEMATIC APPROACH

POST-TRAINING FASCIAL LINE SYSTEM

ATTACHMENT

→ **PLATE//THUMB/Y/POINT**

BODY PART:

- **FOOT**
- **ANKLE**
- **ARMS**
- **SHOULDER**
- **BICEP**
- **FOREARM**
- **HAND**

POSTERIOR (Back Side of Body)

ATTACHMENT

→ **PLATE//THUMB/Y/POINT**

BODY PART

- **SOLEUS**
- **HAMSTRING/GLUTE FOLD**
- **GLUTE/LOW BACK**
- **LATS**
- **TRAPS**
- **TRICEPS**

ANTERIOR (Front Side of Body)

ATTACHMENT

→ **PLATE//THUMB/Y/POINT**

BODY PART

- **ANTERIOR TIBIALAS**
- **VMO**
- **HIP/AB FOLD**
- **CHEST/SHOULDER**
- **TRAP**

TRIGGER POINTS: POST RECOVERY TRIGGER POINT RELEASE

ATTACHMENT

→ **PLATE/Y/POINT**

- ◆ **START WITH "PLATE" AND FLOAT ACROSS ALL SORE/STIFF AREAS; FIND THE "GOTCHA" SPOT**
- ◆ **SWITCH TO "Y" ATTACHMENT AND WORK AROUND SPOT**
- ◆ **SWITCH TO "POINT" ATTACHMENT AND SLOWLY, SOFTLY WORK INTO TRIGGER POINT SPOT**

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