

MASTERTM
OF MUSCLE



**THE BEST TRIGGER POINT
FOAM ROLLING
EXERCISES**



Check Inside



A WARM WELCOME TO THE MUSCLE MAULER TRIGGER POINT FOAM ROLLER EBOOK FROM HEAD TRAINER AT MASTER OF MUSCLE DRE AMOS...

Congratulations! - You've Just Found Your Secret Workout Weapon! Meet your New Personal Masseuse and Workout Buddy - The Master of Muscle MUSCLE MAULER - A foam roller with a difference!

Get Ready to Roll Hard So You Can Play Harder!

Your muscles will thank you for it. Regularly using a trigger point foam roller offers many of the same benefits as a sports massage, including reduced inflammation, scar tissue and joint stress, as well as improved circulation and improved flexibility. Regularly rolling pre and post workout will mean you will help prepare your muscles for the workout ahead and also help with post muscle recovery.

Once you start rolling I guarantee you will wonder how you ever performed your workouts without it!

In this ebook you will find specific roller exercises for each part of your body as well as pre and post workout rolling routines to get the best workout for your buck!

We have also added some EXTRA bonus stretching and ab & butt workouts that you can perform with your Muscle Mauler to ensure you get the most out of your purchase!








May you never, EVER get bored with your workouts EVER Again!

Dre Amos

Dre – Head Trainer – Master of Muscle

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**MASTER
OF MUSCLE™**

DISCLAIMER:

Risk of injury can be lessened when safe techniques and common sense are practiced. Do not use this product without proper instruction or supervision, or without first consulting your physician. If you experience discomfort whilst using this product stop activity immediately. Always check equipment for wear or damage before using. If any defects are found do not use this product.

You must get your physician's approval before beginning this program. The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program, or if you have any medical condition or injury that can possibly worsen with physical activity.

This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Master of Muscle advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises in this book are not intended as a substitute for any exercise routine or treatment that may have been prescribed by your physician. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist.

Don't perform any exercise without proper instruction. Always do a warm-up prior to any exercise. See your physician before starting any exercise program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to masterofmuscle.com.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

REMEMBER TO TRAIN SAFELY



- Don't do any exercises that you aren't sure how to do. Always get personal instruction from a certified physician or trainer or ask for a substitute exercise.
- **GET READY TO ROLL!** Always warm up your muscles before you Maul them! Try Jump roping for 2 minutes or Jumping Jacks - this will warm up the body and get you ready.
- If it hurts, **STOP!** Don't be afraid to use alternative exercises. We don't believe in the "no pain, no gain" mentality.
- If you want to start this or any other program but think you have an injury, get medical attention FIRST and have a professional therapist rehabilitate your injury before starting any exercise program.

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FAQ'S

WHAT IS TRIGGER POINT MASSAGE?

Essentially Trigger Point Massage, also known as Myofascial Release, is a way of releasing toxins in the body that have built up in the body's fascia.

Fascia, is much like that slimy layer on a chicken breast that you can peel off. Every structure in the body — organs, muscles, nerves, blood vessels, etc. — is covered in a layer of fascia. It's almost akin to oil in your car's engine — it allows everything to run smoothly and slide without friction.

Through the overstress of our muscles, whether through overuse or trauma, our layers of fascia can get tears in them. When the tears don't heal properly, the various layers of fascia in your body can adhere together in spots (called adhesions), which will cause pain and discomfort.

These adhesions keep your muscles from working the way they're supposed to, which keeps your body from living up to its potential for strong and natural movement.

This is where where trigger point massage, foam rolling and Self Myofascial Release (SMR) can come into play. When we put pressure on these adhesions, they are released, and we can get back to optimal physical performance.

- In addition to releasing these adhesions, Trigger Point Massage Rolling also has some general benefits for our bodies:
- aids in preventing injuries
- gets rid of knots and tightness in your muscles
- physically de-stresses your body so it can work more efficiently
- increases flexibility
- increases blood flow, which helps for faster recovery from workouts
- reduces soreness from workouts

HOW DO I USE MY MUSCLE MAULER?

Your Master of Muscle MUSCLE MAULER has been specifically designed with Dual Targeted Pressure Zones to ensure you get the right level of release for you.

- The Raised Pressure Zones - act like the finger tips and target specific "Hot Spots" in the Body.
- The Broad Pressure Zones - act like the palm of the hand and target larger muscle zones in the body.

Roll on the roller until you feel a "trigger point" or "hot spot." You'll know you found one when it hurts. When you find a trigger point, stop and just rest on the foam roller for 10 to 20 seconds. Contrary to popular belief, it's the pressure, not the rolling, that smooths fascia.

- Avoid applying pressure on bones and joints. Just muscle.
- By using your own bodyweight, you can increase or decrease the intensity of rolling each body part.
- If you are a beginner, expect it to hurt the first few times! Try and stick with it, you will end up feeling much better.
- Combine an abbreviated Trigger Point Massage with your regular warm-up on workout days. We like to focus on the spots that we have the most trouble with.
- Use one of your rest days to devote 30 to 45 minutes to practice Trigger Point for your whole body.
- Drink plenty of water after an intense Trigger Point session.



READY TO ROLL AND ROCK?!

The Muscle Mauler massaging action can be further intensified by changing your movement from a back-and-forth ROLLING motion to a side-to-side ROCKING motion. That's because the Muscle Mauler bumps have an asymmetrical shape that allows them to flex more easily in one direction.

During rolling movements (i.e. the most common roller exercises, with the roller moving beneath you), the bumps flex relatively easily, and provide a wiping-type massage pressure. However, if you rock from side-to-side toward the Muscle Mauler ends, the bumps are forced to flex in a direction in which they're designed to be somewhat stiffer. This creates a deeper "digging" pressure.

Get these movements sorted and you're ready to Roll and Rock!



SECTION 1 - GET TARGETED!

Below are individual massage trigger point foam rolling exercises for each major muscle area. These are great to target the muscle groups that you work out the most.

Begin each move by lying with the part of your body you're targeting on top of the foam roller, then roll slowly in both directions until you find a tender spot.

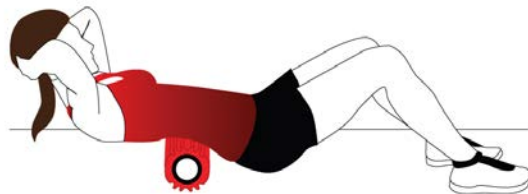
Hold for 30-45 seconds, or until you feel the muscle relax.

Then, continue to roll until you find another sore spot. It's really that easy. When you're first starting off, take it easy and go light on the pressure. As you become more experienced, you can increase the pressure by pressing your body down into the roller.

TARGETED MASSAGE TECHNIQUES

1) LOWER BACK

GOOD FOR: Releasing the lower back, improving flexibility. Great for everyone from Weight Trainers/Runners to Desk Jockey's ;)

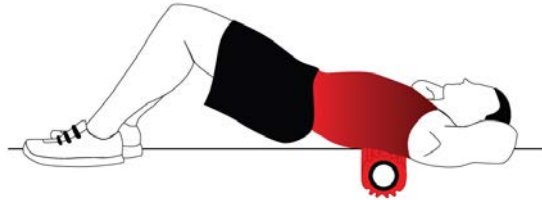


Caution: This exercise is not recommended for an individual with an injured or unstable lumbar spine.

- Position yourself face-up, with your lower back on the foam roller, both knees bent and feet flat on the floor. Keep your abdominal muscles flexed to support your upper body and stabilize your spine
- Look straight ahead and keep your head and neck in a neutral position. If necessary, place one or both elbows on the floor behind you for additional support.
- Roll from just above your hips to just below your lower ribs. If you feel the roller against your spine, tilt your body slightly to the right or left to refocus the pressure on the muscles.

2) UPPER BACK/THORACIC SPINE

GOOD FOR: Releasing the upper back, improving flexibility. Great for everyone from Weight Trainers/Runners to Desk Jockey's ;)



- Position yourself face-up, with your upper back on the foam roller, both knees bent and feet flat on the floor. Keep your abdominal muscles flexed to support your upper body and stabilize your spine.
- Roll slowly from the lower edge of your trapezius muscles (lower-thoracic area) to the top of the rhomboids (upper thoracic area). Do NOT roll onto your neck.
- To increase the intensity of this exercise, cross your arms in front of you and/or rock to the right and left as you roll.

3) NECK

GOOD FOR: Releasing Tension in the neck. Great before any workout and also waking up or winding down for the day!



- Caution: This exercise is not recommended for an individual with an injured or unstable cervical spine.
- Lie face-up on the floor, with the back of your neck resting on top of the foam roller. Slowly rock your head from side to side, allowing the roller to press into the muscles on the sides of your neck. Keep your body relaxed during this exercise. The weight of your head should be the only force against the foam roller.

4) LATTISIMUS DORSI

This may seem like a weird place to roll - but you've started you won't want to stop! This area takes a lot of strain and stress and once you've released it you will feel on top of the world!!

GOOD FOR: Release before any upper body workout. Great CrossFitters, Weight Trainers, Yogi's



- Lie on your side on the floor, with your arm outstretched and over the top of the foam roller. Position the roller in the axillary area (armpit) pressed against the latissimus muscle.
- Rock and roll slowly in all directions. The range of the rolling motion for this exercise is limited, but rocking from side to side will allow deep penetration of the muscle.

5) ILLITOBIAL BAND (IT BAND)

This one is a killer, but when released you will feel more flexible and ready to rock!

GOOD FOR: Hip or knee pain due to a tight IT band. Great for Runners, Cyclists, CrossFitters

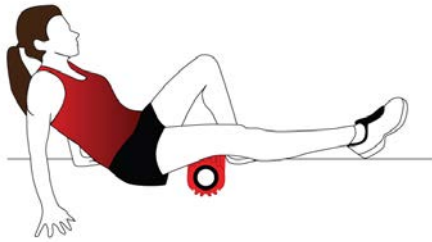


- Position yourself on your side, with your lower leg extended and on top of the foam roller and your upper leg bent with your foot firmly on the floor.
- Support your upper body on one elbow and forearm. Keep your abdominal and back muscles lightly flexed to stabilize your spine.
- Roll the outside of your thigh, from just below the hip joint to just above the knee. If the movement is too painful, reduce your force against the roller by shifting more of your weight to your foot that's on the floor.

6) HAMSTRINGS

These puppies do get neglected when it comes to massage, but being one of the biggest muscles in the body, they should be treated with respect - no one wants a torn hamstring!

GOOD FOR: Releasing tight hamstrings, improving flexibility and general wellbeing. Great for Runners, CrossFitters, Cyclists, Weight Training.



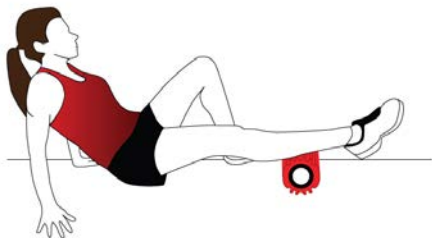
- Sit with back of your thighs on top of the roller and both hands on the floor behind you. Keep your leg muscles relaxed, and let your heels lightly drag the floor.
- Roll your hamstrings from just above your knees to just below your pelvis. To increase intensity, shift your weight to one leg by crossing your legs at the ankle.

7) CALVES

These are another muscle that can sometimes get neglected, yet it is one of the most frequently torn muscles in the body.

Show your calves some love with the below technique - they will thank you for it :)

GOOD FOR: Releasing tightness, improving flexibility and decreasing risk of common injury. Great for Runners, Boxers and CrossFitters.

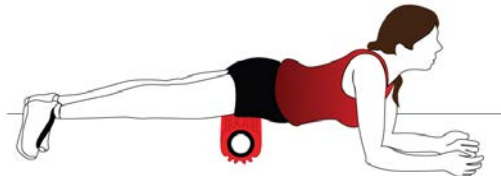


- Sit with back of your calves on top of the foam roller and both hands on the floor behind you. Keep your leg muscles relaxed, and let your heels lightly drag the floor.
- Roll from just above your ankles to just below your knees. Cross your legs at the ankle to increase the exercise's intensity.
- For even greater stimulation, place one calf on top of the roller, and rock your leg left and right to allow the muscle mauler's bumps to dig deeper into the muscle

8) QUADRICEPS/HIP FLEXORS

One of the most common areas for Tightness - get these released and you'll be playing harder in no time!

GOOD FOR: Releasing tightness, improving flexibility and decreasing risk of common injury. Great for Runners, Cyclists, Boxers, CrossFitters, Weight Trainers



- Position yourself face-down with both thighs resting on top of the foam roller. Support yourself on your elbows and forearms, and keep your abdominal and back muscles lightly flexed to stabilize your spine.
- Roll slowly back and forth on the foam roller, from just above your knees to just below your hips, and pause at any spot that feels especially tender. Your quadriceps muscles should stay relaxed throughout the movement, and your toes should drag the floor.
- Because the quads are such a large muscle group, you may want to spend extra time on this exercise. Repeat your back and forth movements until all tenderness dissipates.
- To dig deeper into the muscle and increase the intensity of this exercise, tilt your body to the left or right while rolling.

9) GLUTE/PIRIFORMIS

Another "OUCH" area - but your Butt will never have felt so good!

GOOD FOR: Releasing tightness, improving flexibility and decreasing risk of common injury. Great for Runners, Cyclists, Boxers, CrossFitters, Weight Trainers, Yogi's



- Sit on the center of the foam roller with one foot crossed to the opposite knee. Place one or both hands on the floor behind you to support your upper body.
- Slowly rock and roll on the glute of your bent leg. Then switch leg positions to roll the opposite glute.

10) ADDUCTOR

TIP: Use the following techniques to get this muscle warmed up before you start rolling on this one: front and lateral leg swings, clockwork lunges and lateral lunges. this will ensure you get the most out of your roll!

GOOD FOR: Having optimal mobility in your hip adductors can increase the range of motion your hips can move and reduce your risk of straining these muscles. Might even help you to run faster!

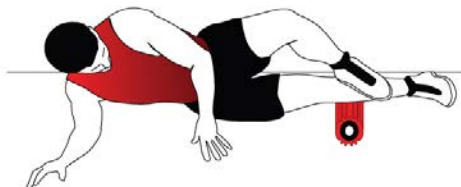


- Position yourself face-down, with legs partially spread. Support yourself on your elbows and forearms, and keep your abdominal and back muscles lightly flexed to stabilize your spine. Rest one knee on the floor and the groin area of the other leg against the top of the foam roller.
- Roll the roller back and forth along the length of your adductors by slowly moving your hips to the left and right.

11) PERONEALS

On the outside of the lower leg, the Peroneal Muscles are often neglected but can get very tight. These muscles are heavily used in running and regular massage here can help avoid overuse injuries of the lower leg.

GOOD FOR: Runners and Boxers - anyone that jumps!

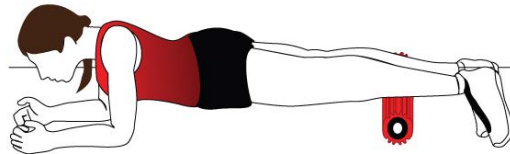


- Get on your hands and knees on the floor, with the broad side of a foam roller placed underneath your shins; your hands should be positioned just in front of your shoulders on the ground, and your heels rotated slightly outward.
- Roll by Shift your weight forward, bringing your shoulders in front of your hands, to move the roller from your ankles to just below your knees.

12) TIBULARIS ANTERIOR - SHINS

The Tibularis Anterior muscle - or shins - need rolling on a regular basis to help alleviate shin splints.

GOOD FOR: Runners and Boxers - and anyone that jumps!



- Start on your hands and knees, with a foam roller under the front of your shins, just below your knees. Keep your abdominal muscles engaged and your back flat, and place as much weight on the foam roller as you can tolerate.
- Roll along the front of your shins, from just below your knees to your ankles, by pulling your knees towards your hands while keeping your hands still.

SECTION 2 - GET STRETCHED!

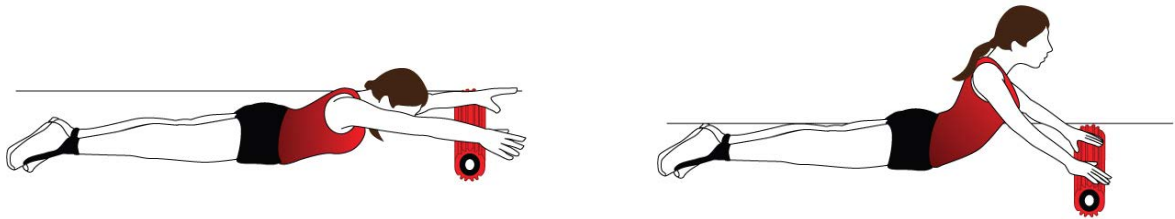
Your Muscle Mauler can also be used to position your body to get a deeper stretch. Check out the Best Trigger Point Stretching Techniques Below!

TRIGGER POINT STRETCHING

1) BACK EXTENSION STRETCH

This one is great for anyone both pre and post workout - or if you have just been hunched over your desk all day. Our backs go through a lot - R.E.S.P.E.C.T!

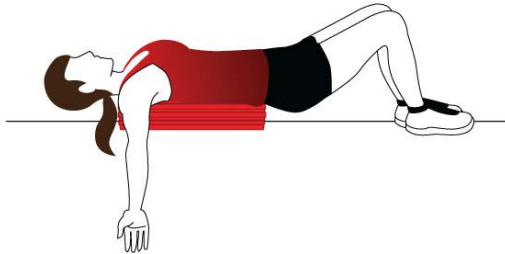
Note: avoid this exercise if you have back injuries and are unsure of what hurts/helps.



- Lie on your stomach and place your forearms on the roller (see position 1). Lift your head and shoulders up and slide the roller in towards your chest (see position 2) as you come up as far as you can.
- Hold for 10 seconds (keep breathing!) and repeat x 10

2) PECTORAL T STRETCH

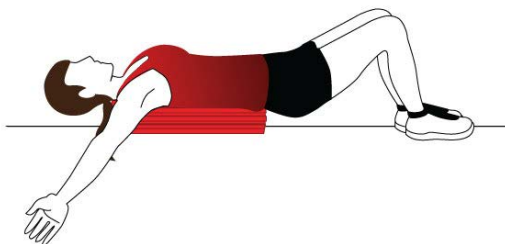
A great stretch before and after an upper body workout and to release the chest and back.



- Lie with head and spine supported on foam roller and feet flat on floor.
- Place arms directly out to the side, as in forming the letter "T". You should feel the stretch in your chest/pectoral muscles and shoulders.
- Hold this position for 30 seconds while still breathing and repeat 3 times.
- TIP: In this position, roll side to side to give your back muscles a massage. Massage the area for 1 minute.

3) PECTORAL Y STRETCH

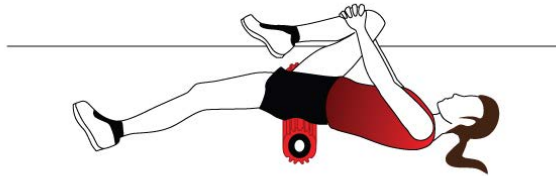
Another great upper body stretch!



- Lie with head and spine supported on foam roller and feet flat on floor.
- Place arms directly out to the side, as in forming the letter "Y". You should feel the stretch in your chest/pectoral muscles and shoulders.
- Hold this position for 30 seconds while still breathing and repeat 3 times.

4) HIP FLEXOR STRETCH

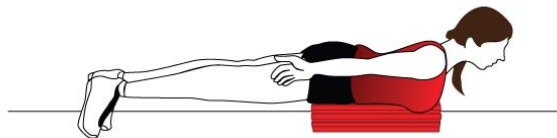
A great one for a glute/hip stretch after any butt and lower leg workout. Particularly good for runners and cyclists.



- Lie on your back with foam roller under top of pelvis.
- Bring one knee up towards your chest using your hands while keeping the leg you are stretching straight out. Try to keep the heel on the floor.
- You should feel the stretch in your thigh/groin region.
- Hold this position for 30 seconds while still breathing and repeat 3 times on each side.

5) FACE DOWN T STRETCH

A great total body alignment and strengthening stretch!



- Lie on your stomach with the foam roller in the midline of your torso and toes on the floor. Begin with arms on the floor, straight out to the side in the "T" position, with thumbs pointing up to the ceiling.
- Lift arms up off the floor, pause for a second, and return to the floor.
- Perform 10 repetitions and repeat 3 times. Perform every other day. As you get stronger, you can add light hand weights (1-3 pounds).

6) FACE DOWN Y STRETCH

A great total body alignment and strengthening stretch - do this with the T stretch and this will help with overall total body alignment and back strength.



- Lie on your stomach with the foam roller in the midline of your torso. Begin with arms on the floor, straight out to the side in the "Y" position, with thumbs pointing up to the ceiling.
- Perform 10 repetitions and repeat 3 times. Perform every other day. As you get stronger, you can add light hand weights (1-3 pounds).

SECTION 3 - GET TOTALLY MAULED!

PRE WORKOUT - TOTAL BODY MAUL

Think of this as waking up your whole body before you begin a workout! This warm up should take around 10 mins to complete and get you ready for lift off!

Start by warming up the body with the following techniques first, Jump Rope, Jumping Jacks or high leg running in place for 3 mins - then begin your roll...

Roll each area in order for 30 seconds or until you feel the tension subside

- Neck
- Upper Back
- Lattisimus Dorsi
- Lower Back
- IT Band
- Quads
- Hamstrings
- Calves
- Finish with 1 min Back Extension Stretch (see bonuses)

POST WORKOUT - TOTAL BODY RECOVERY MAUL

This one is great Post a smash workout to set your body into recovery mode!

Roll each area in order for at least 30 seconds or until you feel the tension subside

- Glutes
- Quads
- Hamstrings
- Adductors
- Calves
- Peroneals
- Tibialis Anterior
- Hip Flexor Stretch
- Finish with 1 min Back Extension Stretch

SECTION 4 - GET BONUSED!

Your Muscle Mauler can also be your workout buddy. Due to its shape and stability, it's a great Ab Strengtheners and Butt Firmer when used in the right way. Throw out the crunches and use these moves to help sculpt those 6 pack abs.

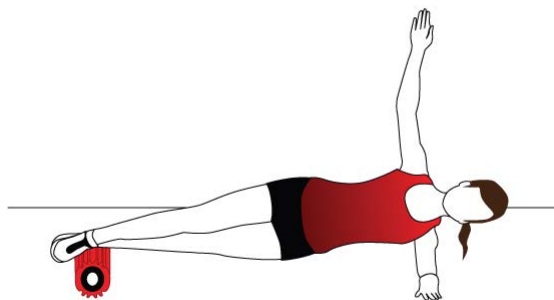
Check out the moves and bonus workouts below to see how you get the most out of your Muscle Mauler - BOOM!

AB MAULER MOVES

1) OBLIQUE PLANK

This one is great to strengthen your side abs or "obliques". To get the abs you've always wanted, you should work every part of your ab muscles.

The obliques often get neglected - this move could be the missing ingredient to get that sculpted look you've been looking for!

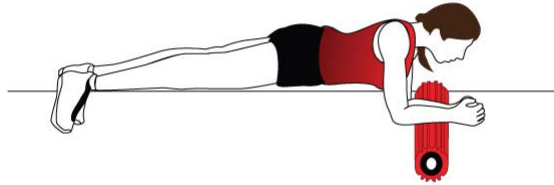


- From a side plank position, place your lower legs or the tops of your feet on top of the roller. Place your hands directly under your shoulders. Raise your body from the floor making sure your body is in a straight line and place your upper arm in the air.
- Hold this position for 10 seconds and then switch sides - hold on the other side for 10 seconds.
- Repeat 3 x each side

TIP: To make this one harder - you can lower your body to the floor and push back up again - this really works your obliques - do this for 10 reps and then hold for a further 10 seconds - OUCH!

2) PLANK

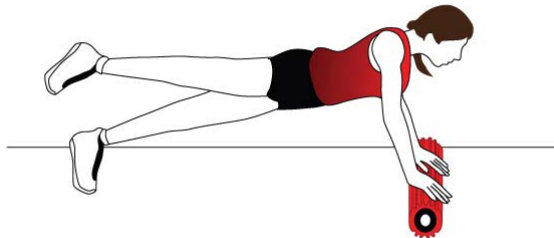
Work those abs harder by using the roller to raise yourself off the ground!



- Place your forearms on the roller with your knees down on the mat. Lift knees off to form a plank position. Try to keep your body in a straight line; do not arch your back.
- Hold for 10 seconds while still breathing and repeat 10 times.

3) ONE LEG PLANK

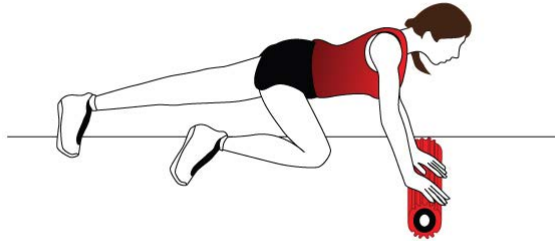
This is a great advanced plank move - experiment with this one to increase strength and definition.



- Begin with hands on the foam roller under shoulders, knees and toes on the ground.
- Press up lifting knees off the ground and arms straight. Lift one leg straight back.
- Hold for 5 seconds and then lower the leg back down.
- Repeat on each leg 10 times.

4) PLANK WITH KNEE BEND

Great one for both upper and lower abs - probably the hardest out of the lot - when you master this one that 6 pack won't be far away ;)

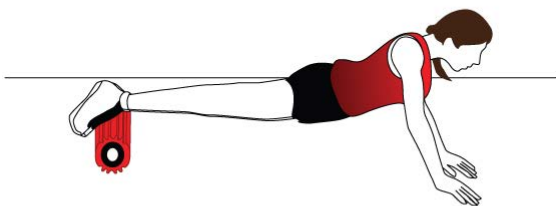


- Begin with hands on the foam roller under shoulders, knees and toes on the ground. Press up lifting knees off the ground and arms straight.
- Lift one leg straight back, bend your knee into your chest, and then lower the leg back down.
- Perform 10 sets on each leg.

TIP: Up the tempo on this and turn it into a mountain climber!

5) ROLLER ROLL OUT

Fantastic for lower abs - which is an area difficult to get to - BOOM!

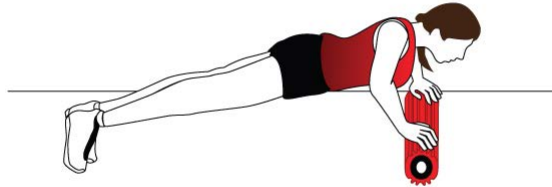


- Get in pushup position, then rest the tops of your feet on the roller (Position 1).
- Keeping your legs as straight as possible, bend your hips and try to pull your feet toward your chest so that the Roller rolls forward (Position 2).
- Hold at the top for three to four seconds, then slowly roll back to the starting position.
- Continue rolling backwards (letting it move up your legs) until your body forms a straight line about 30 degrees to the floor.
- 10 reps for 3 sets.

See more at: <http://www.mensfitness.com/training/swiss-ball-pike#sthash.VgDjXaLI.dpuf>

6) PUSH UP

One of the best ab exercises - the good old fashioned push up made harder through the use of the roller. This ensures that your abs are working and stabilising just as much as your chest!



- Begin with hands on the foam roller under shoulders, knees and toes on the ground.
- Press up until arms are straight, lifting knees off the ground.
- Bend your elbows bringing your body down towards the ground, then press back up to starting position.
- Keep body in a straight line as you lower and rise trying not to arch back.
- 10 reps and repeat 3 times.

TIP: Start on your knees until you build up your strength

7) AB MAULER WORKOUT

It's time to put all the moves together for an ab tastic ab finisher - use this as a quick ab smash or after your main workout.

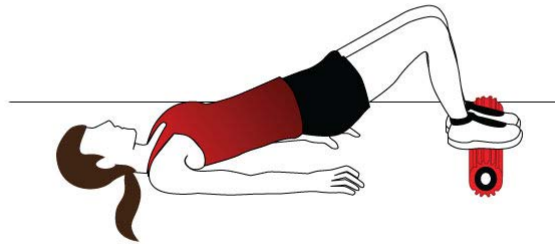
- **Roller Roll Out** x 10
- **Plank Knee Bend** x 10 each side
- **Push Up** x 10
- **Plank Leg Lift** (hold 5 seconds each side) x 5 reps each side
- **Oblique Plank** - 10 seconds each side (add in the 'bounce' x 10 to make this one harder)
- Plank - hold for 1 minute

Repeat x 2

BUTT FIRMING MAULER MOVES

1) BRIDGE

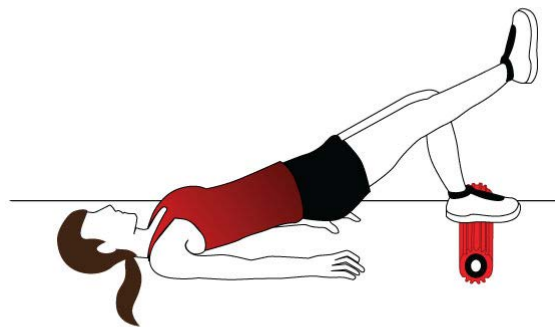
Great one to strengthen the butt and glutes!



- Lie on your back and place feet on roller. Lift your hips up towards the ceiling.
- Hold for 10 seconds while still breathing and repeat 10 times.

2) BRIDGE WITH LEG EXTENSION

Advanced Bridge move - Ouch!



- Lie on your back and place feet on roller. Lift your hips up towards the ceiling and then extend one leg out in front. Keep hips level.
- Hold for 10 seconds while still breathing, place the foot back down on the roller and repeat with the other leg.
- Repeat 10 times on each leg.

3) BUTT MAULER WORKOUT

Simple yet very effective - do this workout in conjunction with your ab mauler for an alternative full body workout or on it's own to isolate the butt and glutes.

- **Bridge** x 10
- **Bridge with Leg Extension** x 10 each side

Repeat x 3 - BOOM!