



Mobility

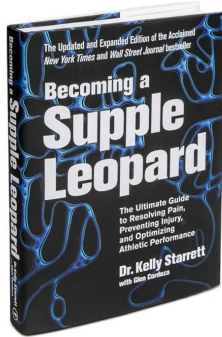
You should invest in a foam roller and a lacrosse ball. It is the main component to *preventive maintenance* and staying injury free. The vigorous training at the academy will create wear and tear on your body. Alleviating the trigger points and scare tissue build up is the best way to resolve pain, prevent further injury and optimize performance.



Foam Roller



Lacrosse
Ball



I highly recommend purchasing the Book “Becoming a Supple Leopard” by Dr. Kelly Starrett. Many of the PDF files given to you at the academy for Myofascial Release is derived from this book.

If you desire these files ahead of time, email me @ info@matafuegotraining.com

What is Myofascial Release?

Myofascial Release is a safe and very effective technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion. This essential “time element” has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly will allow a viscoelastic medium (fascia) to elongate.

- What us Fascia?
 - Fascia is a specialized system of the body that has an appearance similar to a spider's web or a sweater. Fascia is very densely woven, covering and interpenetrating every muscle, bone, nerve, artery and vein, as well as, all of our internal organs including the heart, lungs, brain and spinal cord. The most interesting aspect of the fascial system is that it is not just a system of separate coverings. It is actually one continuous structure that exists from head to toe without interruption. In this way you can begin to see that each part of the entire body is connected to every other part by the fascia, like the yarn in a sweater.

Visit www.matafuegotraining.com for any questions, programming help and/or future training advice.

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