



ASHLEY BORDEN
FITNESS & LIFESTYLE CONSULTANT

THE GUIDE: “ROLLING OUT”



WHAT IS THE MYOFASCIAL SYSTEM?

The Myofascial System is a superficial fascia (a thin sheath of silvery tissue) that wraps around the outer surface of muscles and individual muscle fibers.

For various reasons, including inactivity, repetitive motion and injuries, the fascia and underlying muscle tissue can bind together causing painful 'knots' or 'trigger points'. Muscle binding will restrict movement, reduce flexibility and cause muscles to fire improperly during exercise.

Why is rolling out essential to your life?

Rolling out (using a foam or pvc roller) stretches muscles and tendons and releases the fascia. This increases blood flow and circulation to the soft tissues, allowing muscles to fire at peak efficiency during exercise.



Rolling Out will help your muscles fire at peak efficiency during your workouts.

RESET YOUR BODY. IMPROVE YOUR RESULTS.

Rolling out warms up the muscles and increases flexibility by breaking down adhesions between muscle fibers and allowing more blood to pump through your body, thereby increasing your metabolic rate. Consistency with rolling out is one of the most effective ways to improve the appearance and function of your body.

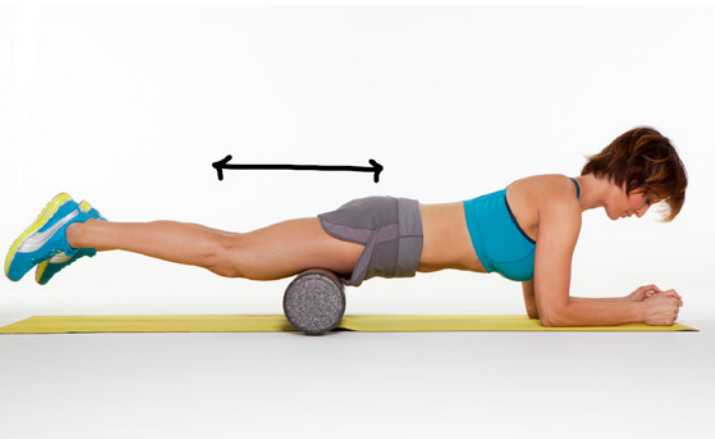
Tips for rolling out safely and effectively:

- Stay on soft tissue and avoid rolling directly over bone or joints.
- Roll over each area (a minimum of) ten times unless otherwise noted.
- If you find a particularly painful area (trigger point), hold on that position for a few seconds to allow it to soften.
- Expect some discomfort. It may feel very tender or bruised at first. As you continue to roll out, it will feel less painful and you may need to use a denser roller.



*Roll out before
your workout
to warm up
your muscles
and increase
circulation*

Open up quads to activate glutes.



Roll entire quad, from hips to just above knees.

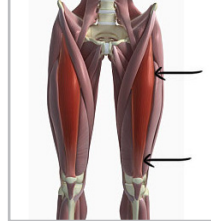
QUADRICEPS

1. Lie facedown with roller perpendicular under your thighs. Prop yourself up on your forearms and extend your legs directly behind you in a straight line.
2. Keep your head in line with your spine, chin tucked and eyes facing downward, pull in your belly and relax your toes.
3. On your forearms, crawl forward to just above your kneecaps so your toes barely touch the floor. Then crawl backward up to the top of your thigh.

Do 3 sets of 10: Toes pointed down; Toes pointed in; Toes pointed out.

Killer double-dare variation:

For an even deeper release cross your ankles and roll out the bottom leg. Then switch. When you hit a trigger point, stop and slowly bend and extend your leg.



*Diminish saddle bags!
Take pressure off tight knees!*



Roll full range from below your hip to just above your knee.

I.T. BAND Iliotibial Tract 'IT' Band

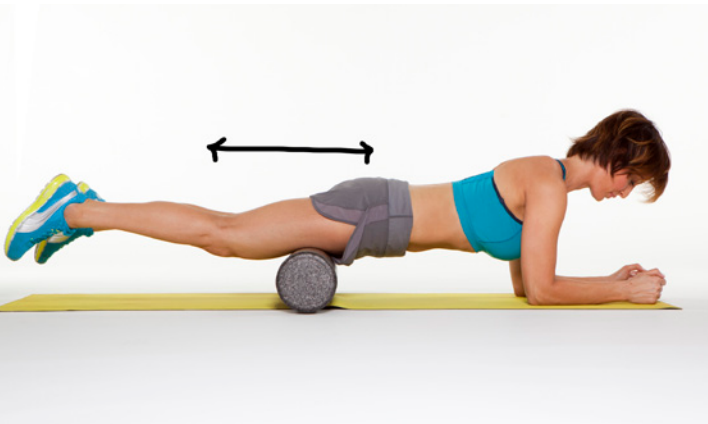
1. Lie down on your side. Prop yourself up on your bottom forearm, extending your legs back in a straight line.
2. Keep your head in line with your spine, your eyes facing downward, bellybutton pulled in, feet straight and relaxed.
3. Place the roller under the middle of your bottom thigh. Bend your top knee and place your foot on the ground slightly in front of you.
4. Put your top foot on the floor for balance and slowly roll up toward the top of your hip. Then roll down to just above your kneecap 10 times. Repeat other leg.

Killer double-dare variation:

For an even deeper release, stack your top leg straight along your bottom leg.



A tight TFL Band can cause pain in hips, lower back and lateral knees.



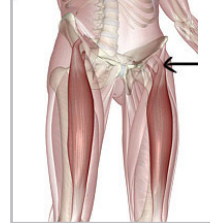
To locate the TFL muscle, slowly roll to one side, keeping weight on both legs, until you find the tight line that runs down the outer front of your thigh (the angry line).

T.F.L. Tenor Fascia Latae “TFL” Band

Located slightly outside the Quadriceps, the TFL Band can be tricky to find, but when you do, you’ll know!

- 1) Lie face down with both thighs resting on top of the roller. Support yourself on your elbows and forearms.
- 2) Keep your head in line with your spine, your eyes facing downward. Engage your core to support your spine.
- 3) Slowly crawl forward on your forearms up to just above your kneecaps, then crawl backward to the top of your thigh. Repeat 10 times on each leg pausing at any spot that feels tender. Your feet should be relaxed, toes barely touching the floor through the movement.

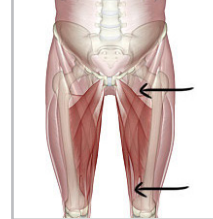
Be sure to roll full range from below your hip to above your knee.



Be sure to roll out the entire muscle, top to bottom.



Move hips and pelvis back and forth.



INNER THIGH Adductor Muscle

- 1) Lie face down supporting yourself on your forearms. Place the roller at a 45 degree angle against your inner thigh.
- 2) Starting at your groin area, roll back and forth slowly from the very top of your inner thigh to right above your knee 10 times.

Engage your core to stabilize your spine.

Repeat other side.

*Helps to open up tight hips
allowing for optimal muscle firing.*



Move hips and pelvis back and forth.



PIRIFORMIS Located under the Glute.

- 1) Sit on the roller with your knees bent, feet flat on the floor, hands behind you supporting your body.
- 2) Cross one ankle onto the opposite knee.
- 3) Tilt your bent knee down toward the floor to open your hip.
- 4) Slowly roll back and forth 10 times.

Repeat other side.

Helps to relieve a tight lower back.



Initiate the movement from your core.

HAMSTRINGS

- 1) Sit on top of the foam roller with both legs straight in front of you and both hands on the floor behind you.
- 2) Roll forward on your hamstrings from just above your knees to just below your glutes. Reverse direction.
- 3) Keep your leg muscles relaxed, and your heels off the floor.

Variation to increase intensity:

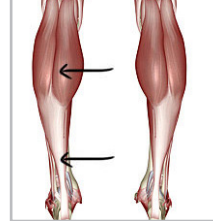
Cross your legs at the ankle and shift your weight to one leg while rolling back and forth.



*Defines calves
and helps to slim
down 'cankles'.*



When you feel a knot – stop rolling and slowly circle your bottom foot 3 times in each direction.



CALF / ACHILLES

- 1) Lie on your back with your arms under your head for support. Position the roller under your left achilles tendon and cross your right ankle over your left shin.
- 2) Keeping your foot relaxed, slowly roll your bottom leg from side to side on top of the roller ten times.
- 3) Slide the roller up your calves and repeat the movement in small increments until the entire calf has been rolled out from achilles to top of calf.

Repeat other leg.



Angle ankle inward to hit the Tibialis Anterior muscle

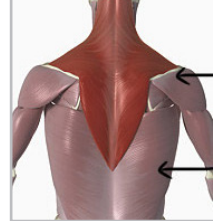
SHIN Tibialis Anterior Muscle

- 1) Start on your hands and knees with roller positioned under you.
- 2) Bring one knee forward placing your shin on the roller with ankle angled inward so that your shin is on the roller.
- 3) Keep abdominals engaged and spine neutral. Slowly push yourself forward and back rolling over your shin.

For all rolling out movements, control the pressure by applying more or less body weight on the roller. Use your hands and feet to offset your weight as needed.



Roll from the top to the bottom of your shoulder blades.



UPPER BACK MASSAGE

Rhomboid & Latissimus Dorsi

- 1) Lie face up with the roller under your shoulder blades.
- 2) Cradle your head in your Interlaced fingers and focus your eyes toward your knees.
- 3) Engage your core and raise your hips up slightly off the floor.
- 4) Using your feet for leverage, slowly roll your body up and down between the bottom of your shoulder blades to the top of your rhomboids.

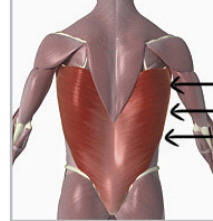
Repeat 10 times.

Helps to relieve neck pain and tapers the sides of your back!



LAT Latissimus Dorsi

- 1) Lie on your side with knees slightly bent, bottom knee slightly in front of you.
- 2) Bend your bottom elbow and cover ear with your hand to support your head and neck.
- 3) Place the roller perpendicular beneath you just below your armpit.
- 4) Put your top hand on your tummy and engage your core for stability.
- 5) Rock forwards and backwards 5 times at each of three points between your armpit and the bottom of your lat. See illustration upper right for points.



Improve triceps definition!

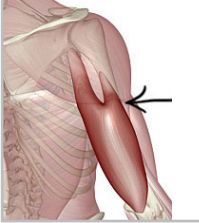


When you feel a knot, stop and straighten your arm – then continue to roll up and down.

TRICEPS

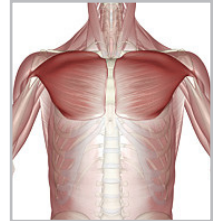
- 1) Lie on your side with your bottom knee bent in front of you and your top leg straight.
- 2) Keep your bottom arm long and place the roller perpendicular under the upper arm.
- 3) Engage your core for stability.
- 4) Gently roll up and down along the back of your upper arm, from your armpit to your elbow, 10 times.

Repeat on other arm.





Improve pectoral muscle definition and release neck tension.



CHEST Pectoral Muscle

- 1) Lie face down with a standard size softball or medicine ball positioned under your shoulder at the top of your chest.
- 2) Raise your arm in front of you with your elbow slightly bent, eyes facing down.
- 3) Keeping your elbow slightly bent, slowly reach your arm back and forth in a large arc.

WATER REMINDER >>

Always drink plenty of water to help flush out toxins from rolling out.

Release your lower back!



NOTES:

- Use a standard softball or same size weighted ball.
- **WOMEN:** Don't do this move during your period or if you think you may be pregnant.

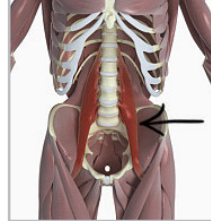
PSOAS

- 1) To locate your psoas, find the mid area between your hip bone and belly button.
- 2) Holding the ball in that spot, lie down on the mat.
- 3) Place your arms at your sides with your palms facing up and your head turned to the same side as the ball.
- 4) Hold perfectly still. Breathe easily and relax to release the psoas and the lower back. Hold position for 1-2 minutes.

Repeat other side.

Variation for those with a tight neck:

Instead of turning your head to the side, face straight down and rest your forehead on your hands.



ASHLEY BORDEN
LIVINGSTRONG WOMAN

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MY FAVES

LIVESTRONG.COM WOMAN.
LivingStrongWoman on YouTube
Watch my new show, "Perfect Form" on LivingStrongWoman's YouTube Channel. New piece of every workout! Learn how to heat and strengthen your body.
[Click here to watch my LivingStrongWoman video!](#)

MY FAVORITE EQUIPMENT
The exact equipment I use on my shows, LivingStrongWoman's "Perfect Form".

35 Elite Whipped Foam Rollers
A black foam roller is the starting place for most people when rolling out.
[Click here to buy](#)

Cymric Multi-Purpose Fitness Ball
2.2 lb weighted ball is perfect for core exercise and rolling out your neck and glutes. A deep massage ball in my gym bag!
[Click here to buy](#)

Bumble Roller
The Bumble Roller is made of rubber. The bumper surface gives you a deeper massage. Incorporating rolling with blue that gives you a massage when you need extra "igger pain" pressure.
[Click here to buy](#)

Bumble Roller
The black Bumble Roller is 20% harder, giving an even deeper massage.
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RollBall
Another roll ball, this one is for your rolling out your neck and glutes.
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Luxurious Ball
After years of rolling out, I have found a luxurious ball that gives you a massage when you need extra "igger pain" pressure.
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SALE
save up to 75% shop now

POLAR
Polar fitness tracker

KIND
Snack Smart: Be KIND to your body

manduka
manduka yoga mats

Maximum Value Equipment

ROLLING OUT EQUIPMENT

Everything shown in this guide is available on Ashley's website, check out the "My Faves" section for all her favorite workout & lifestyle equipment:
www.ashleyborden.com



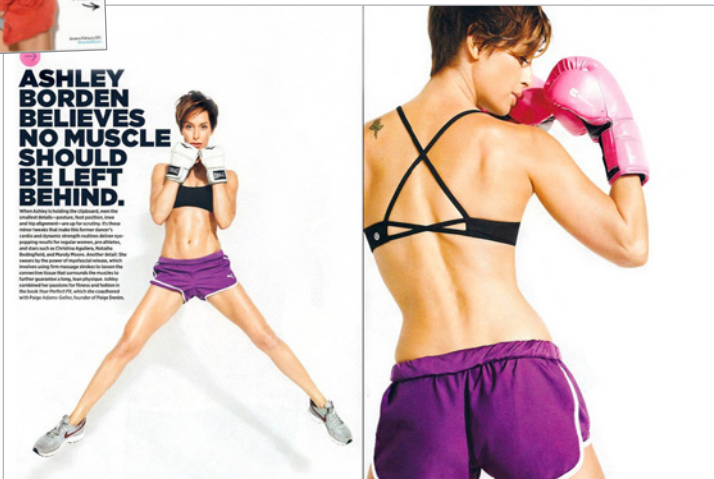


ASHLEYBORDEN

is a fitness and lifestyle consultant to some of Hollywood's most recognizable faces and world-class athletes. Her unique approach to fitness can be attributed to having tackled her own personal struggles, transforming them into a positive philosophy and dynamic training program – making her one of the most sought-after experts in her field.



Women's Health named Borden a Top "Body Transformer" in 2011, one of only six trainers in the country.



ASHLEY BORDEN BELIEVES NO MUSCLE SHOULD BE LEFT BEHIND.

When Ashley is leading the class, even the toughest athletes—runners, triathletes, triers, and fit aficionados—are up for a challenge. To these elite fitness fans, Ashley Borden's cardio and dynamic strength routines deliver non-negotiable results: the regular women, pro athletes, and stars such as Christina Aguilera, Mollie Huddlestone, and Heidi Pitlor. Ashley Borden: the secret is the power of myofascial release, which means using self-massage devices to loosen the connective tissue that surrounds the muscles to further maximize their, toning, and lifting. Ashley Borden: the secret is the power of myofascial release, which means using self-massage devices to loosen the connective tissue that surrounds the muscles to further maximize their, toning, and lifting. Ashley Borden: the secret is the power of myofascial release, which means using self-massage devices to loosen the connective tissue that surrounds the muscles to further maximize their, toning, and lifting.

FEATURED IN:

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MAGAZINE

allure

marie claire

InStyle

SHAPE

BAZAR

PRESS/MEDIA

Ashley has been featured in numerous publications and on various television shows such as Rachael Ray, The Tyra Show, The Cooking Channel and many others.

Check out Ashley's incredible Press & Media Coverage on her website at www.ashleyborden.com



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