

## Powerful Self Massage Techniques: 1-Hour Workshop

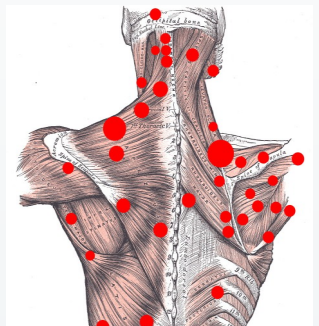
Learn powerful spikey ball and foam roller techniques to effectively massage your body and reduce muscle tightness forever!

Presenter: Adam Sheedy, Personal Trainer / Corrective Exercise Practitioner

At **Inspire Fitness**, we offer a holistic approach to your health and fitness. While your goals may focus around weight loss, increasing strength, or increasing your cardiovascular fitness, your body needs to function correctly and move freely in order to achieve these goals long-term. By focusing solely on “sweat” sessions, you could be ignoring tightness in your muscles, which can lead to persistent soreness, leaving you at risk of long term injury.

**Self massage techniques using spikey balls, foam rollers, and other equipment should be part of every training session.** This 1-hour active workshop will teach you to use self massage techniques to identify and self-treat “latent trigger points” (tight spots in your muscles), to **increase your flexibility, reduce injury risk, and achieve long-term health and fitness success.**

**Date:** Wednesday 21st August  
**Time:** 7:45pm  
**Address:** Inspire Fitness for Wellbeing  
317 Doncaster Rd, Balwyn North 3104  
**RSVP:** **Bookings essential** as places are limited to 18.  
Call 9857 3007 to secure your place!



You will learn how to:

- **Recover faster** between workouts;
- **Prevent injury** by enhancing the quality of your movements;
- **Relieve muscle pain and soreness;**
- **Relieve stress** and promote relaxation;
- **Increase your flexibility faster** and in less time than stretching alone;
- **Improve your posture;** and
- Correct your muscle activation patterns to **increase the effectiveness of your training.**

As you integrate these exercises into your fitness program, you will reap the long-term benefits that self massage can provide!

*Non-members are welcome. Bookings essential! Call 9857 3007.*