

Course Information Sheet

Course Title: Complete Guide Foam Rolling, Second Ed

Course Description: The Complete Guide to Foam Rolling, Second Edition, is a brand new (2026) course and is now in full color; it has been extensively updated with new information about the benefits of foam rolling. If your goal is to help your clients move better, feel better, and recover more effectively this brand new course is for you! You already know that foam rolling before, during, or after a workout increases blood circulation, allowing muscles to work more efficiently, reduce stiffness, enhance range of motion and reduce soreness, but this brand new program will help you to apply the science of foam rolling with step-by-step instructions for 37 of the most effective foam rolling techniques for muscle preparation and recovery. Then adapt any of the ready-to-use protocols to the needs of your client or create a customized program to address specific problem areas. Whether you are a novice at utilizing foam roller or an experienced practitioner this guide will be an integral part of your professional library for years to come. Softcover 240 pages

Please note: This is an entirely brand new CE course; if you took our previous course on foam rolling you are still able to get CEs for this new edition.

Learning Objectives:

After completing this course the participant will be able to:

1. Explain the foundational anatomy of the human body to properly utilize foam rolling
2. Devise foam rolling techniques for most levels of fitness and physical abilities
3. Identify situations where foam rolling may be unnecessary or contraindicated
4. Compare and contrast “foam rolling” vs. “self-myofascial release”
5. Explain techniques for foam rolling specific major muscle groups.
6. Explain how to conduct a proper pre-assessment of the client
7. Explain the different ways to foam roll based on the client’s goals.
8. Create foam rolling programs for warm up and recovery

Target Audience: Beginner/Intermediate/ Advanced

Schedule and Format: Self-paced home study

Registration Fees: See our website for details: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us within the three day window and then return the book to use in saleable condition. That's it. No questions asked.

Instructor/Author Credentials

Kyle Sull, DHSc, MS, LMT, CSCS, NASM-CPT, CES, PES, Is an adjunct professor for Concordia University Chicago American public university and Austin Community College he was previously a senior master trainer and director of research at trigger point which helped establish foam rolling as a recognized industry standard he has 20 years of experience in personal training corrective exercise and manual therapy as a member of the fascia research society and the international Academy of orthopedic medicine he is committed to being the forefront of industry develops and the maintaining the highest standards in his practice by incorporating the latest research into his work.

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A