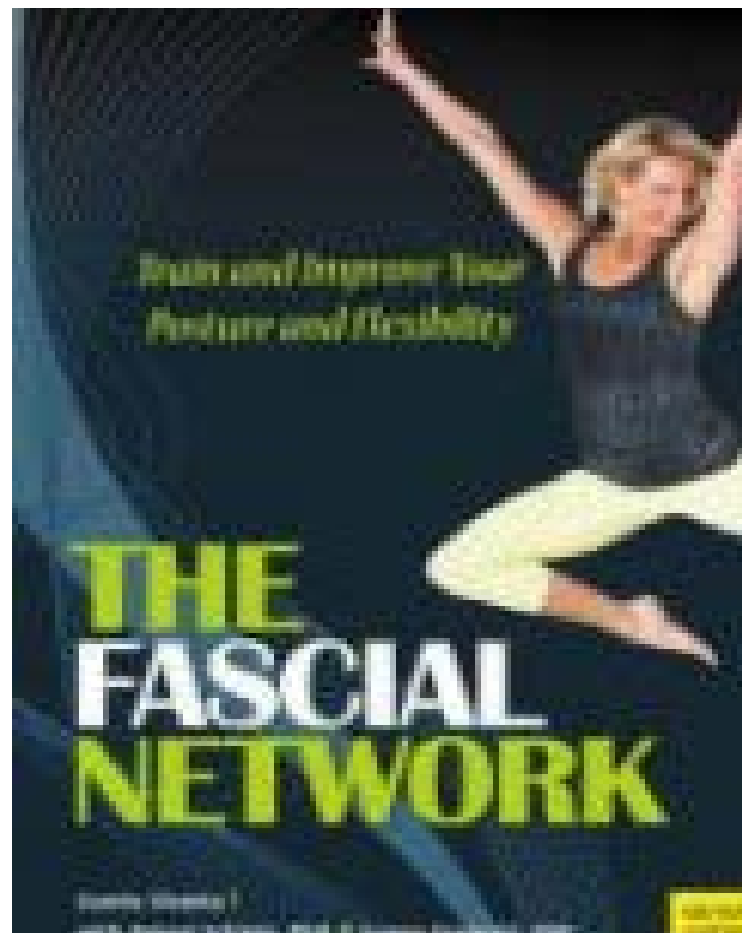




Slomka, G. The Fascial Network



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THE FASCIAL NETWORK

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research group at the University Ulm, Germany (fasciaresearch.de), as well as the—in my opinion—leading fascial fitness association (fascial-fitness.de) in the area of content implementation, she has modified existing back exercises, gymnastics, dance, and yoga exercises in a fascinating manner in order to make it accessible to a wider public for the first time through this book.

Her background as a former sports scientist, her reputation as one of the most successful and well-known pioneers of the German fitness scene, her close collaboration with the German king of stretching Dr. Jürgen Freiwald, and last but not least her winning personality, convinced us to lend her our full support as a fully qualified proponent of fascial training.

I would therefore like to congratulate the reader for choosing this book. I would also like to add a well-intentioned and scientifically substantiated recommendation: In spite of all your enthusiasm, please approach your fascial training slowly and patiently. Collagen regenerates more slowly, but all the more sustainably, in reaction to athletic strain than do muscles or cardiovascular fitness.

Engage in fascial training the way you might manage a savings account: Many small deposits over a long period of time will allow you to transform your physical home from a brittle fiber structure into an elastic, springy tensional network over a period of 6 to 36 months.

A well-trained fascial network will then allow you to engage in greater physical exertion in the future with increased resilience and without injury. You will feel an increased excitement and sensuousness while dancing and running and will be able to perform many challenging everyday movements with youthful ease.

Another of Gunda Slomka's exciting projects is her previously released DVD on fascial training. As you watch, let her powerful yet supple elegance inspire you as it did me.

Dr. Robert Schleip

Director, Fascia Research Group, University Ulm, Germany

Director of Research, European Roling Association

I Introduction

II Fascia—where do they come from and why do we need them?

III Fascia—what exactly are they?

IV Fascia In Motion

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Credits

In all chapters you will find small highlighted boxes with content of particular importance:

Good to know!

A message box that repeats and emphasizes important statements.

Pay attention!

Here are pitfalls you want to avoid.

Did you know?

We take a moment for a brief, exciting digression.

This is how it's done!

This will make the movers among you happy. This box offers training tips for practice.

This book is a reference book for exercise instructors, trainers, and interested exercisers, particularly for application in fitness and exercise.

In this context the book periodically takes a look at physical therapy as well as competitive sports. But the more the movement and training practice shifts in one direction or another, the more individualization based on the person or type of sport becomes necessary.

However, I am certain that this book also contains interesting information for the physical therapist or athletic trainer.

My personal wish is that we all continue to use our knowledge of other physiological systems but give equal attention to the physiological and anatomical family consisting of muscles, nerves, vasculature, supporting tissue, joints, and fascia and understand them in a "familial" context. The fascia: an all-body tensional network, a "stepchild" of training theory.

This book belongs to the fascial

I wish you lots of fun with:

THE FASCIAL NETWORK!

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