

Exercises for Sport

MBT is used in most types of sport to improve performance, for regeneration, for injury prevention and as therapy after sports injuries. Furthermore **MBT** is used in fitness to improve general health, as well as to tone leg, stomach and buttock muscles. In the following you will see two key exercises for these purposes.

With the correct application you can achieve a great deal with MBT!

Exercise throughout the day – and increase the amount of training daily as long as you feel comfortable. Attention: **Pain is a warning signal!!**

Roll trotting

Roll trotting is a type of movement that is extremely gentle on the joints and back. It also helps relax muscles, activates circulation and is a comfortable type of movement. Roll-trotting is the basic technique for practising further sport exercises.

Roll trotting can be used as an addition to walking, to warm-up, as therapeutic jogging in rehabilitation or therapy or as a technique to improve running style. It can be also used to simply to relax.

Try to master the technique before you increase the training time. Begin with 10-20 roll trotting steps and interchange these with active walking.

Roll trotting is very strenuous which is why the posture often collapses instead of maintaining an out-stretched posture. The step must be short and the push-off must stay explosive. The leg that swings through should be as relaxed under the body as possible but should start to extend when it contacts the ground. Through this, the head and the centre of gravity are prevented from bouncing up and down.

Return to active walking as soon as you can no longer remain explosive i.e. you fatigue and are not quick enough or the ground contact time has increased. In the beginning, perhaps 20m of roll trotting is enough, then 50m and later 100m may be possible, and even more. The technique is the decisive element in roll trotting, not how many metres are completed.

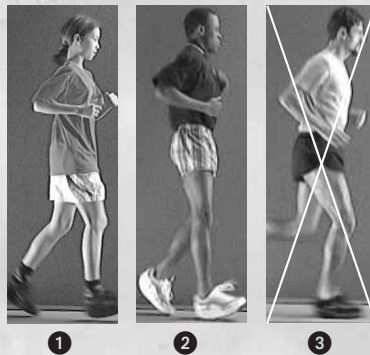
Roll trotting Technique

With the posture completely stretched **1** explosively take off the ground from the mid-foot, and maintain height with an out-stretched posture to avoid bouncing up and down. The action should be more upwards than forwards **2**. Do not pull the thighs up as in jogging **3**. Instead let the knees remain loose, as in **1**. Stretch the seated S-shaped posture **3**, as in **1**. Let upper and lower body relax and counter-rotate **4,5**. This is achieved by the leg that is pushed off being pulled wide through to the back. With this action the pelvic halves shift backwards, to the left **4** and to the right **5** and so on.



Roll jogging Technique

The technique of roll jogging is the same as with roll trotting, but with more speed. Whilst 6km per hour can be achieved by roll trotting, 9-20km per hour can be reached when roll jogging. As seen before, again stretch the seated S-shaped posture **3**. Avoid bouncing in the hip and knee joints **3**. Try to maintain a straight posture whilst moving **1, 2**, and land the feet under the body instead of too far in front of the body, in order to pull the step wide through to the back. The foot must not land on the fore-foot, it must roll over the tilting edge.



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