

RETURN TO CENTER

ROCKY
SNYDER, CSCS

Strength Training
to Realign the Body,
Recover from Pain,
and Achieve Optimal
Performance





June 2, 2020

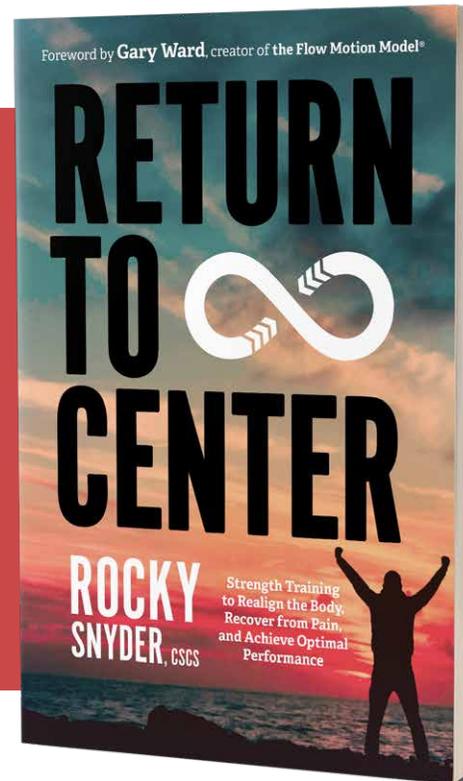
\$34.95 US

\$40.95 CAN

ISBN: 978-1-64307-548-8

Available everywhere books are sold

Distributed by Mascot Books, Ingram,
Baker & Taylor, American West



The traditional approach to strength and conditioning has always been about getting bigger and stronger, but at what cost?

Joint pain, tendinitis, bursitis, non-contact sports injuries, and lower back pain are just a few of the potential by-products. In *Return to Center*, Rocky Snyder takes an innovative approach to improving human performance without the drawbacks of pain and reduced mobility. This new methodology bases each program on the individual, their posture, and their unique gait pattern. No two people have identical lives, so why should they have identical programs?

Featuring over 100 photographs and more than 150 YouTube video links, *Return to Center* provides instructions for self-myofascial release techniques, mobility drills, and strength motions.

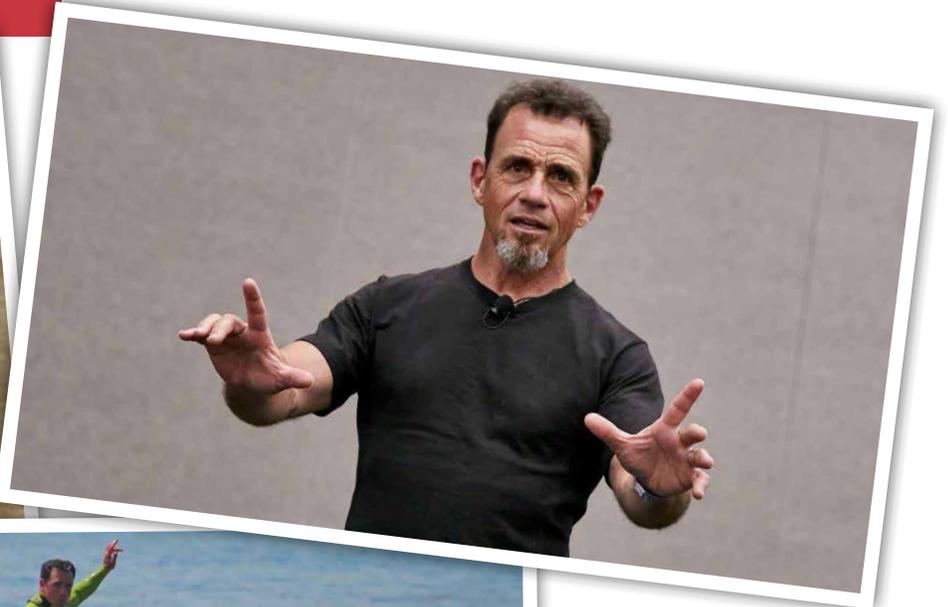
Topics Covered Include:

- How to self-assess your posture and gait mechanics to discover what your body is missing and needs to experience for optimal performance.
- How to use traditional and nontraditional exercises to restore posture, improve joint motion, increase muscular strength, and live in a pain-free environment.
- Understand how to harness the power of the brain and nervous system to guide you every step of the way.
- Stories of actual clients who found ways to improve strength while being freed from chronic pain, avoided surgery, recovered from physical trauma, and thrived.



AUTHOR

Rocky Snyder is a Certified Strength & Conditioning Specialist. He is a nationally recognized expert in human movement with nearly 30 years of professional experience and knowledge. Rocky has trained thousands of clients ranging from grandparents to professional athletes and Olympic champions. Aside from owning and operating his training studio in Santa Cruz, California, Rocky travels far and wide providing educational workshops to personal trainers, manual therapists, chiropractors, and physical therapists. He lives and surfs with his wife and two children in Aptos, California.



PRAISE FOR RETURN TO CENTER

“In *Return to Center*, Rocky Snyder has done it again! Providing world class functional health instruction & information in a user friendly, informative way, all the while conveying his deep knowledge and caring for his reading audience. A must-read for athletes and the general population alike!”

GERARD “GP” PEARLBERG, professional running coach, USATF; author of *Run Tall, Run Easy*; head coach, Boomer Esiason Foundation NYC

“The fitness industry is currently undergoing a revolution. Going to the gym is no longer simply about getting pumped or just for looking good in the mirror. It has become a place for developing true physical fitness and restoring healthy, pain-free lifestyles. Rocky Snyder is at the forefront of this revolution, and this book provides a clear guide to discovering your individual needs for mobility and strength. It is ideal for both trainers and people who want to take charge of their physical fitness. It is packed with great storytelling, case studies, the importance of self-assessment/reassessment, and goes into great detail on how the nervous system rules the roost. Rocky has taken over 25 years of experience and has integrated the brilliance of Gary Ward’s Flow Motion Model® to provide the best exercise selection for every individual, based on his/her current movement profile. I’ve started applying the concepts of this book to my own mobility and strength programs, and I’m noticing dramatic improvements already! Rocky’s approach, clearly outlined in this book, needs to become the standard of modern-day fitness and training.”

ERIC LAZAR, physical therapist, Madrid College of Chiropractic

“*Return to Center* is an essential book for understanding how to live and perform well in your body for a lifetime, whether in daily activities or high-level athletics. The soundness of the principles Rocky writes about in this book, and his skill and expertise in applying them, has made it possible for me to achieve every one of my goals as an older athlete in water polo, without injury; including two world championships and multiple national championships.”

JOEL F. WADE, PH.D., author of *The Virtue of Happiness*

“Rocky’s journey, deep investigation, and discoveries for what’s actually useful in the pursuit of health, fitness, and function is distilled down in these pages. Learn to upgrade your movement patterns and discover a new model for life-long fitness.”

TOM MCCOOK, founder and director, Center of Balance Master Movement Educator

“Utilizing this method of training & conditioning has helped me continue to compete in several marathons and shaved fifteen minutes off of my Big Sur half marathon time to achieve a personal best! This approach allows me to pursue my passion without career-ending injuries.”

KATHERINE BEIERS, Boston Marathon winner in the over 80 age category

Q&A with the Author

Why did you write this book?

I realized that the way exercise routines are designed has very little to do with how our bodies move normally throughout the day. Most routines are based on gym competitions like bodybuilding, powerlifting, and Olympic weightlifting, and not upon how we really use our bodies. This outdated approach can lead to chronic and acute pain symptoms.

How does your program outlined in the book differ from a typical strength training program?

There are many health & fitness approaches that have the basic foundation of restoring the body back to a more balanced, centered position. Yoga attempts to align the energy centers (chakras), acupuncture attempts to allow energy (chi) to flow unimpeded, and chiropractic medicine attempts to realign the skeletal structure. When it comes to the western approach to movement, we just fall short because we are more concerned with aesthetics and how hard we can train rather than restoring the body back to a balanced, centered place. The purpose of this book is in the title, to return the body to center where all systems thrive.

Does it matter what exercises you do?

No two people are identical. That means that there is no exercise that is ultimately the best for all. Depending on what you have experienced in your life (i.e. surgeries, accidents, emotional experiences, exercises, etc.) your body will adapt the best way it can for your survival. One exercise may prove beneficial to one person and detrimental to another. That is why having a personal program and using your nervous system as a guide is an intelligent way to train.

Is this just a book on rehabilitating from injuries?

Not at all. This is a book that offers an alternative way to train and to train intelligently. It does not matter if you are the highest level athlete, someone recovering from injuries, or anyone in between. Rather than following programs based on the perfect idea of human anatomy, the programs are based on each person's posture and the way they move through space (gait pattern). This means that no matter where you find yourself there is a program that can be created to improve your ability to move with purpose.

Q&A with the Author

How are the instructional videos integrated into the book?

Each concept and movement has a corresponding QR code that the reader can scan with a smart phone to link to a short video. The videos will expand upon the concepts and provide deeper step-by-step instructions on how to properly execute each movement.

What is the primary goal for your “Return to Center” training program and how long does it typically take to start seeing results?

Results can be as fast as the nervous will relay stimuli to the brain. That is no joke. The body is constantly adapting to stimuli it receives from the world around us, including movement. This approach is not solely focused on increasing muscle fiber size or weight loss. Those may be by-products of the method. The primary goal is to utilize the wonder of proper movement to restore the body to a more central place where all systems function to a more optimal level. This can be for everyday life and in sports and competitions.

Who will benefit from this book?

Any person who lives in a technologically advanced world that takes away purposeful, physical activity from daily life. People who are, or want to be, active and would like some guidance as to how to improve their performance. People who are suffering from chronic or acute pain could also benefit from the contents of this book.





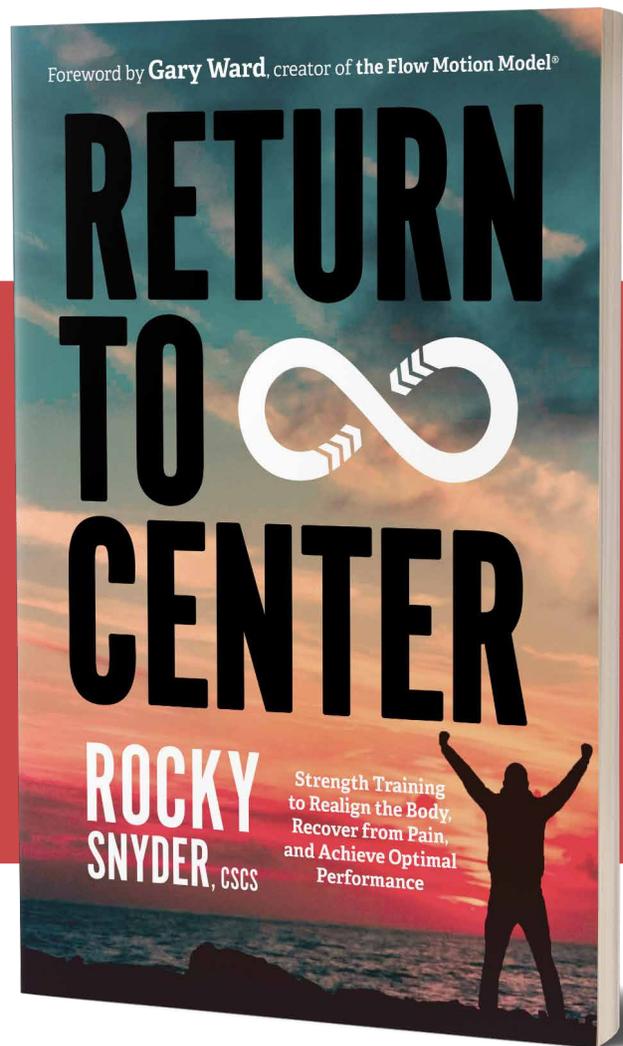
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**Rocky Snyder is available for interviews, features,
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For press inquiries, please contact chris@mascotbooks.com

For bulk purchase information, please contact orders@mascotbooks.com

To learn more, visit: rockysfitnesscenter.com and returntoctr.com



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