

BLACKROLL®

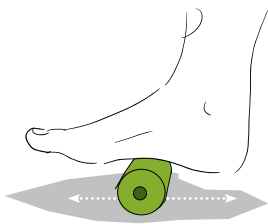
THE HEALTHSTYLE COMPANY

FOR IRB RACING



ACTIVATION

IRB racers require quite a specific activation recovery routine across different parts of the body including hands and arms, as well as the majority of the lower body. With the following exercises you can prepare for better performance and to reduce the risk of injury. During activation roll in a faster pace and shorter period than recovery.



TRAIN WITH

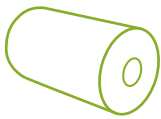


ACTIVATION OF THE SOLE

- While standing, place the sole of the left foot on the BLACKROLL® MINI.
- Shift your body weight to the left foot and put pressure onto the MINI.
- Quickly roll back and forth from toes to heel, massaging the full sole of the foot.

Duration: Approx. 60 seconds per side

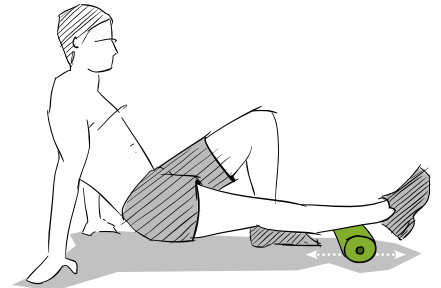
TRAIN WITH



ACTIVATION OF THE CALF

- Sit up straight and support yourself with your hands.
- Place the BLACKROLL® under your right calf.
- Bend your left leg next to your right leg.
- Quickly roll out the calf, from the Achilles tendon until the back of the knee. While rolling, rotate the leg left and right to ensure all muscles are massaged.
- Then switch sides.

Duration: Approx. 60 seconds per side



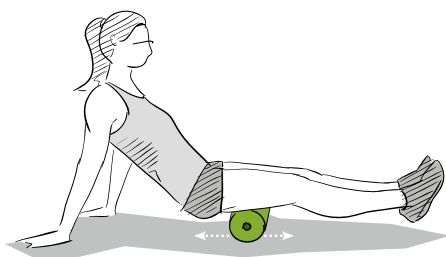
TRAIN WITH



ACTIVATION OF THE HAMSTRINGS (BACK OF THE THIGH)

- Start seated with your legs extended in front of you.
- Place the BLACKROLL® under your thigh, just above the back of the knee.
- Support yourself with your hands next to your buttocks.
- Lift your buttocks and quickly roll over the back of the thighs.
- Rotate your leg inward and outward a little while doing so, to reach the entire back of the muscles.

Duration: Approx. 60 seconds per side



BLACKROLL® Australia

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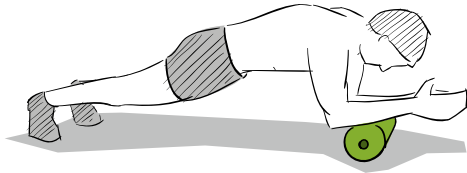


FOR IRB RACING



ACTIVATION | PAGE 2

TRAIN WITH



ACTIVATION OF THE CORE

- Get into plank position and place your forearms onto the BLACKROLL®.
- Ensure that your elbows are parallel with your shoulders and that your hips are aligned (not sinking down or up too high).
- Remain stable in this position and slowly roll your forearms back and forth.

Duration: Approx. 30-60 seconds



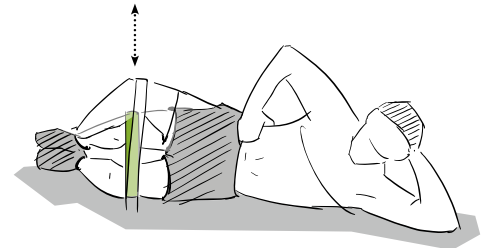
TRAIN WITH



ACTIVATION OF THE GLUTEAL MUSCLES

- Position the BLACKROLL® LOOP BAND just above the knee.
- Lie on your side and support yourself with your arm on the floor.
- Raise and lower the knee of the uppermost leg.
- As you do so, ensure that your feet do not separate and that your hip does not tilt inwards.
- Repeat this movement around 15-20 times and then switch sides.

Sets: Approx. 15-20 per side



TRAIN WITH



ELBOWS AND FOREARM MASSAGE

Grip the BLACKROLL® BALL with one hand in the grooves. Place it on your forearm on the opposite side, just below the elbow. Apply pressure to the forearm using the BALL, turning the BALL to the right and left under constant pressure. Hold in the end position of rotation for about 10 seconds and then release the pressure. Do this moving along the forearm and hit all the hot spots.

Length/Repetitions: About 1 minute per side

Steps: 2 per side



TRAIN WITH



ACTIVATION OF THE BACK MUSCLES

Starting Position: Start in a kneeling split stance with the LOOP attached to your front foot.

Execution: From a straight arm pull towards your Chest. Make sure to engage your shoulders by squeezing your shoulderblades together and keep your shoulders far from your ears. After contracting and holding the LOOP close to your chest release it slowly.

Length/Repetitions: 15-20 per side



ANY BLACKROLL®



MINI



BALL 08



DUOBALL



LOOP BAND

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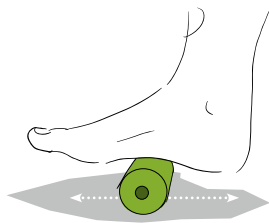
THE HEALTHSTYLE COMPANY

FOR IRB RACING



RECOVERY

IRB racers require quite a specific recovery routine across different parts of the body including hands and arms, as well as the majority of the lower body. With the following exercises you can recover for better performance and to reduce the risk of injury. During recovery roll in a slower pace and longer period than activation.



TRAIN WITH

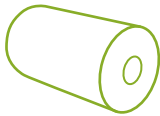


FEET

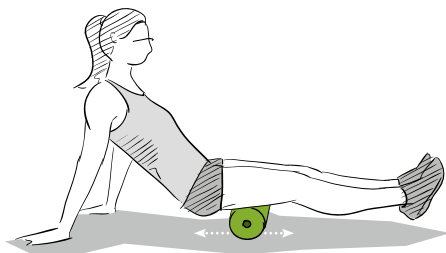
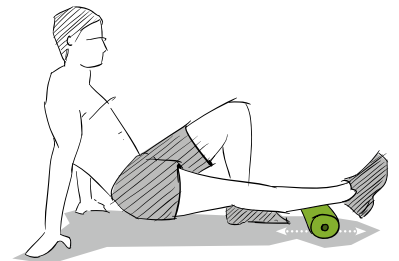
- Place the BLACKROLL® MINI or the BALL under the sole of the foot.
- Roll slowly forward and back from the toes to the heel.
- You can apply pressure on different areas (ball, heel, outer and inner side) by shifting your weight.
- Then switch sides.

TRAIN WITH

CALF MUSCLES



- Start seated with your legs extended in front of you. Pull in your left leg and place your right calf on the BLACKROLL®. Support yourself with your hands next to your buttocks.
- Lift your buttocks and slowly roll out the calf region by bending and stretching your left leg.
- Twist your right foot inwards and outwards while doing so, to work out the entire calf musculature.
- Stay on hot spots for about 15 seconds.
- Then switch sides.



TRAIN WITH



BACK OF THIGHS

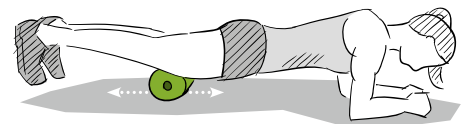
- Start seated with your legs extended in front of you. Place the BLACKROLL® under your thighs, just above the back of the knee. Support yourself with your hands next to your buttocks.
- Lift your buttocks and slowly roll over the back of the thighs.
- Twist your leg inward and outward, to work on the entire back of the thighs.
- Stay on the pain points for about 15 seconds.
- Then switch sides.

TRAIN WITH

FRONT OF THIGHS



- Start in the plank position. Place the BLACKROLL® under your left upper thigh, just above the knee.
- Roll your left upper thigh out by moving yourself over the roll.
- Stay on pain points for about 15 seconds, but be sure the pain does not cross the so-called "good pain" threshold.
- Then switch sides.



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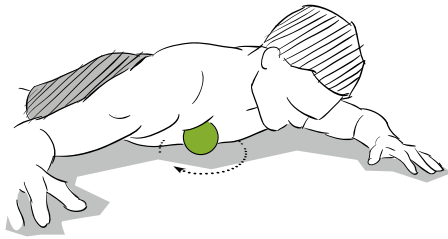
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FOR IRB RACING



RECOVERY | PAGE 2



TRAIN WITH



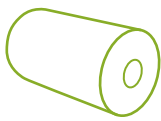
PECTORALIS MASSAGE

Place the BLACKROLL® BALL on the chest next to the armpit, just under the collarbone and clamp it. Apply pressure with the BALL and roll out the complete chest area in small circles and rocking movements maintaining constant pressure. Remain on hotspots for about 10s. Then release the pressure and switch sides.

Time/Repetitions: 1 x 1 min per side

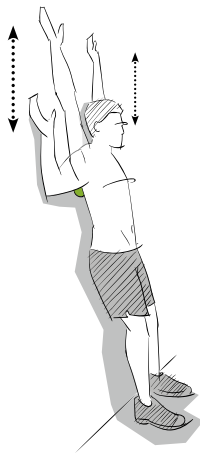
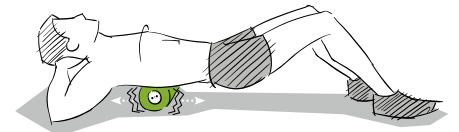
TRAIN WITH

BACK MASSAGE



Sit on the floor and plant your feet, with your knees bent at a 90-degree angle. Place the BLACKROLL® beneath the thoracic spine and roll out your upper back.

Time/Repetitions: 1 x 1 min



TRAIN WITH



SHOULDER MOBILITY

Stretch the arms towards the sides at shoulder height and bend the elbows to a 90° angle. Apply pressure on the DUOBALL or BALL pressing your trunk against it. Slowly stretch your arms upwards along the wall with constant pressure on the DUOBALL. Bring the extended arms back down, drawing a half-circle on the wall. Then place the DUOBALL a bit deeper on the back and repeat the exercise. You can do this exercise in lying position as well.

Time/Repetitions: 1 x 1 min (with BALL 08 1 x 1 min per side)

TRAIN ALONG

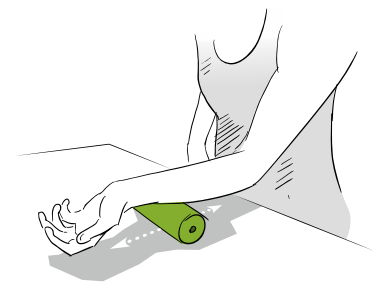
FOREARM MASSAGE



Place the BLACKROLL® MINI on a table. Kneel on the floor in front of the table and place your right forearm onto the MINI, palm facing up. Put pressure on the MINI by weighting your right forearm with your left hand. Roll slowly back and forth under constant pressure between wrist and elbow. Turn the palm of your right arm down and roll over the inside of the forearm. Then switch sides.

Length/Repetitions: About 1 minute per side

Steps: 2 per side



ANY BLACKROLL®



MINI



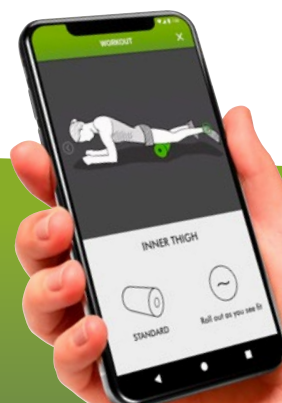
BALL 08



DUOBALL

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