

BLACKROLL®

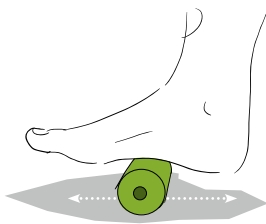
THE HEALTHSTYLE COMPANY

FOR BEACHIES



ACTIVATION

During training and competing, beachies ask quite a lot of their muscles. It is important to prepare before loading. With the following exercises you can activate the muscles you need the most for better performance and to reduce the risk of injury. During activation roll in a faster pace and shorter period than recovery.



TRAIN WITH

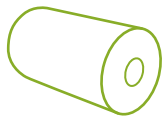


ACTIVATION OF THE SOLE

- 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

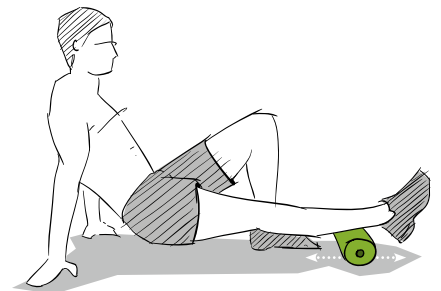
TRAIN WITH



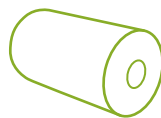
ACTIVATION OF THE CALF

- 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



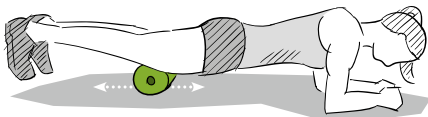
TRAIN WITH



ACTIVATION OF THE THIGH MUSCLES

- Start in plank position.
- Place the BLACKROLL® under your left upper thigh, just above the knee.
- Roll your left thigh by moving yourself quickly over the roll.
- Ensure full-surface massage of the thigh muscles by shifting your weight a little to the right and left as you carry out this exercise.
- Then switch sides

Duration: Approx. 60 seconds per side



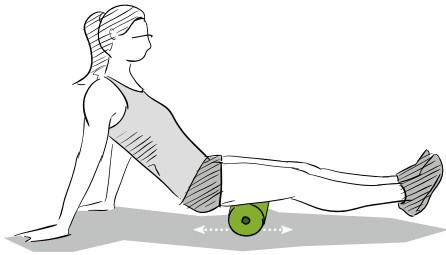
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TRAIN WITH



**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

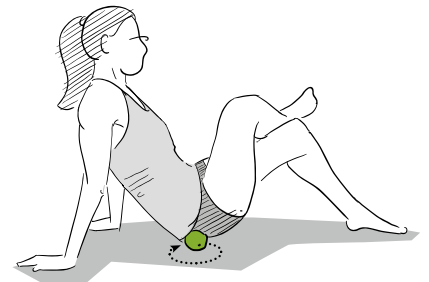
TRAIN WITH



ACTIVATION OF THE GLUTEAL MUSCLES

- Sit down and place the BLACKROLL® BALL under one buttock.
- Cross the one leg over the supporting leg to reach deeper into the muscle.
- Support yourself with your hands next to your buttocks.
- Roll the buttock by bending and stretching the stretched-out leg and with the support of your arms, making circular movements over the BALL.
- The more body weight you place on the BALL, the more intense the pressure.

Duration: Approx. 60 seconds per side



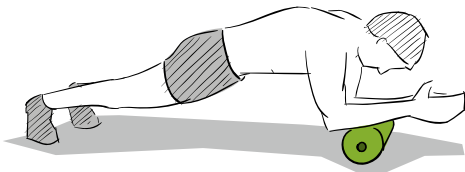
TRAIN WITH



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



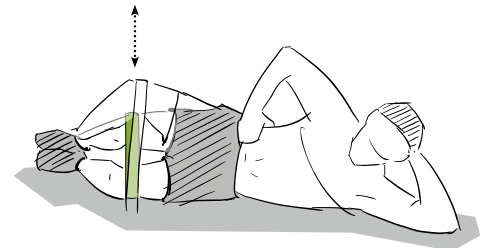
TRAIN WITH



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



ANY BLACKROLL®



MINI



BALL 08



DUOBALL



LOOP BAND

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BLACKROLL®

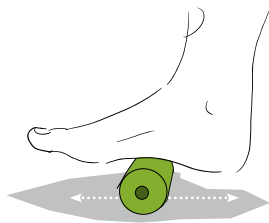
THE HEALTHSTYLE COMPANY

FOR BEACHIES



RECOVERY

During training and competing, beachies ask quite a lot of their muscles. It is important to recover after loading. With the following exercises you can release the muscles you need the most for better recovery and to reduce the risk of injury. During recovery roll in a slower pace and longer period than activation.



TRAIN WITH

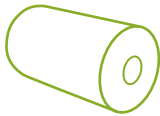


FEET

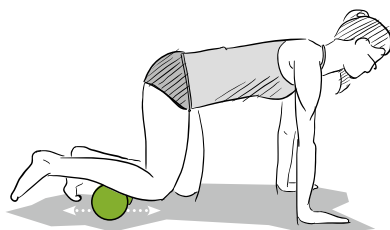
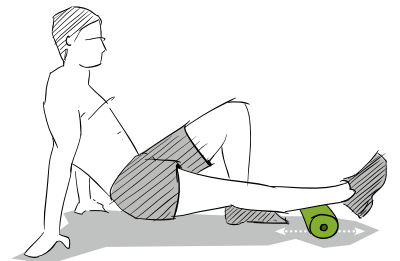
- Place the BLACKROLL® MINI or the BALL under the sole of the foot.
- Roll slowly forward and back from the toes to the heel.
- You can apply pressure on different areas (ball, heel, outer and inner side) by shifting your weight.
- Then switch sides.

TRAIN WITH

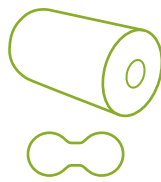
CALF MUSCLES



- 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



SHINS

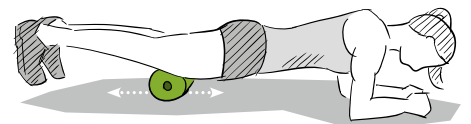
- Position yourself on all fours and use the tips of your toes for support, the arms are slightly bent.
- Place the BLACKROLL® DUOBALL under the outer side of the lower leg, just below the knee.
- Now roll the lower leg back and forth over the DUOBALL.
- Exert as much pressure as it is comfortable for you.
- 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.



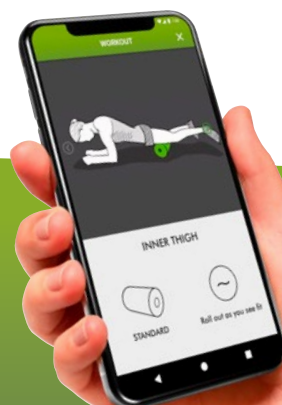
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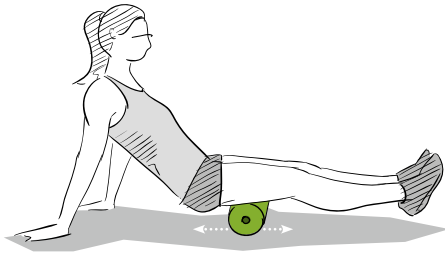
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TRAIN WITH



BACK OF THIGHS

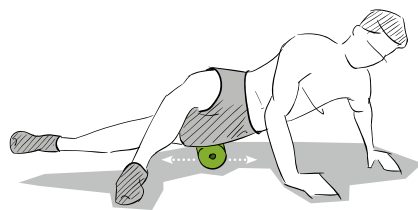
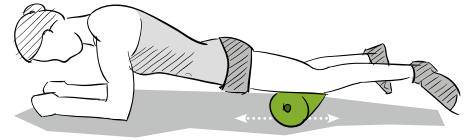
- Start seated with your legs extended in front of you. Place the BLACKROLL® under your thighs, just above the back of the knee. Support yourself with your hands next to your buttocks.
- Lift your buttocks and slowly roll over the back of the thighs.
- Twist your leg inward and outward, to work on the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

TRAIN WITH

INNER THIGHS (ADDUCTORS)



- Start in the plank position. Angle your left leg to the side and place the BLACKROLL® under the left upper thigh, just above the knee.
- Slowly roll your left upper thigh from the inside out by moving yourself over the roll onto your side.
- Stay on the pain points for about 15 seconds.
- Then switch sides.



TRAIN WITH

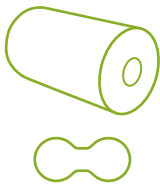


OUTER THIGHS (IT-BAND)

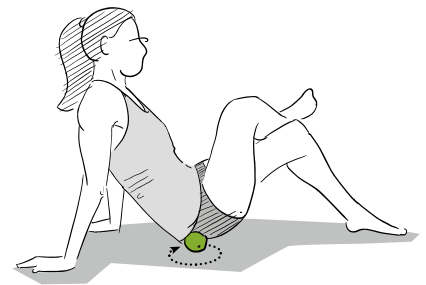
- Lie on your side with your left outer thigh on the BLACKROLL® and support yourself on your hands and upper leg.
- Use your upper leg and hands to push yourself slowly back and forth over the roll.
- Treat all areas by rotating your lower leg and remain for about 15 seconds on the pain points.
- Then switch sides.

TRAIN WITH

BUTTOCKS



- Sit down and place the BLACKROLL® BALL under one buttock.
- Place the leg on the same side over your other leg. Support yourself with your hands next to your buttocks.
- Roll the buttock by bending and stretching the stretched-out leg and with the support of your arms, making circular movements over the BALL. The more body weight you place on the BALL, the more intensive the pressure.
- Slow down over the hotspots and turn to the left and right for about 10 seconds.
- Then switch sides.



ANY BLACKROLL®



MINI



BALL 08



DUOBALL

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