

BLACKROLL®

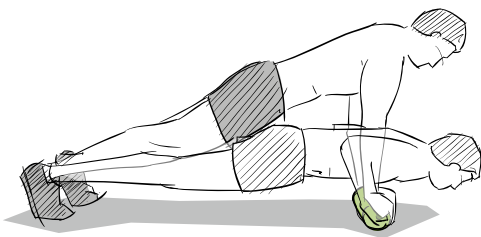
THE HEALTHSTYLE COMPANY

FOR NIPPERS



ACTIVATION

During training and competing, nippers 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



PUSH-UP

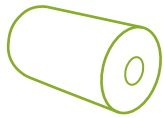
- Get into plank position and grip the BLACKROLL® on both sides.
- Ensure that your body forms a straight line and that your core is stable.
- Now lower your upper body to just above the BLACKROLL® and then come back up.

Steps: 3

Repetitions: approx. 15 to 20 repetitions

TRAIN WITH

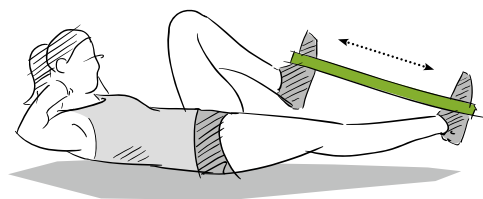
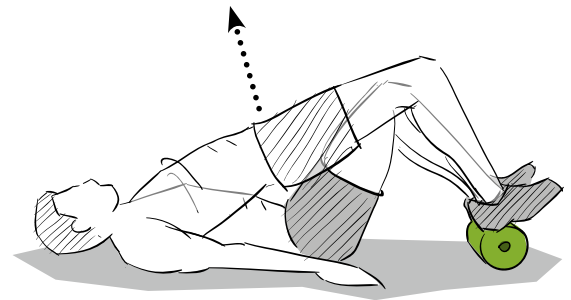
BRIDGE



- Lie on your back and place your feet on the BLACKROLL®.
- Now raise your hips and ensure that you actively squeeze your gluteal muscles during the movement.
- Now slowly lower your hips again.

Sets: 3

Repetitions: approx. 15-20 repetitions per set



TRAIN WITH



BICYCLE CRUNCH

Raise your legs extended and your upper body up off the ground. Hold the tension in your abs and pull the left knee in as fast as you can toward your chest, keeping the right leg extended. Hold this position for 5s and slowly extend your left leg again, without lowering your right leg nor the upper body. Directly begin pulling in the right knee still holding the tension in your abs.

Time/Repetitions: 1 x 1 min

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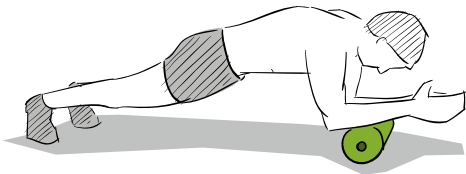
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FOR NIPPERS



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

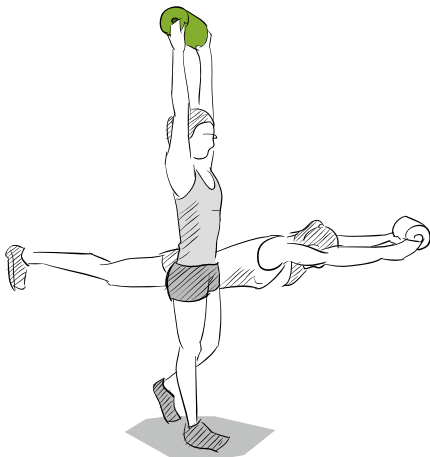
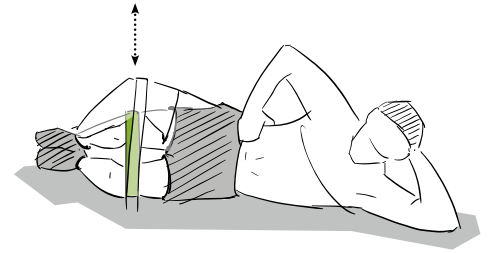
TRAIN WITH



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



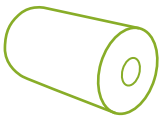
TRAIN WITH



STANDING SCALE

- Hold the BLACKROLL® in both hands.
- Step forward with one leg.
- The supporting (front) leg is slightly bent. °Extend the rear leg.
- Lean forward with your upper body.
- Extend your arms and reach forward until the arms and upper body are parallel to the floor.
- Lift the rear leg off the floor, and bend your hips until the rear leg is line with your torso.
- Hold for as long as you can with the goal of reaching 30 seconds.
- Then repeat.

TRAIN WITH

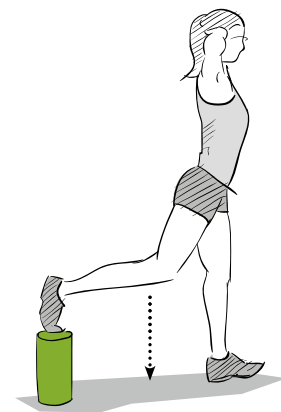


BULGARIAN SPLIT SQUAT

- Place one foot on an vertically positioned BLACKROLL® and walk forward with your front foot so that your heel is at about the height of your knee joint.
- Make sure that you maintain an upright position.
- Now, in this position, lower your hip without letting your upper body tilt forward or back.

Sets: 3 sets per side

Repetitions: approx. 15 to 20 repetitions



ANY BLACKROLL®



LOOP BAND

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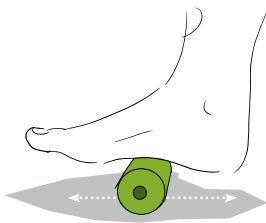
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FOR NIPPERS



RECOVERY

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



TRAIN WITH

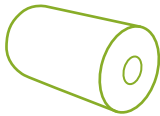


FEET

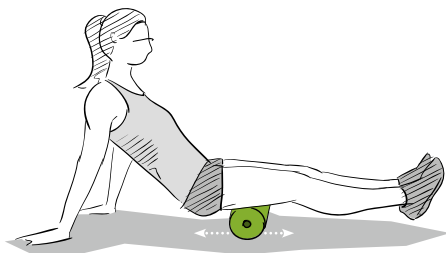
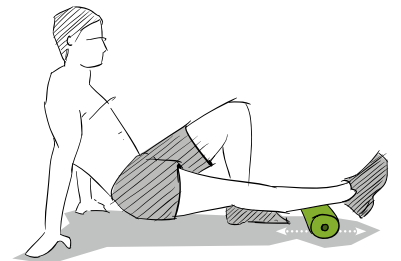
- Place the BLACKROLL® MINI or the BALL under the sole of the foot.
- Roll slowly forward and back from the toes to the heel.
- You can apply pressure on different areas (ball, heel, outer and inner side) by shifting your weight.
- Then switch sides.

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

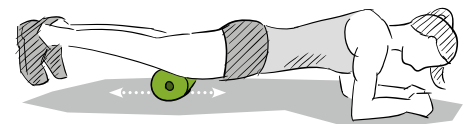
- Start seated with your legs extended in front of you. Place the BLACKROLL® under your thighs, just above the back of the knee. Support yourself with your hands next to your buttocks.
- Lift your buttocks and slowly roll over the back of the thighs.
- Twist your leg inward and outward, to work on the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

TRAIN WITH

FRONT OF THIGHS

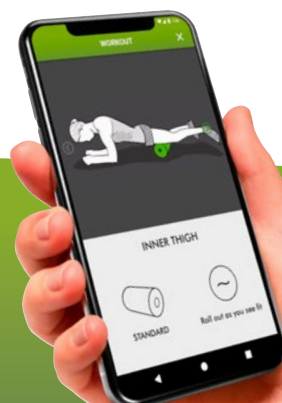


- Start in the plank position. Place the BLACKROLL® under your left upper thigh, just above the knee.
- Roll your left upper thigh out by moving yourself over the roll.
- Stay on pain points for about 15 seconds, but be sure the pain does not cross the so-called "good pain" threshold.
- Then switch sides.



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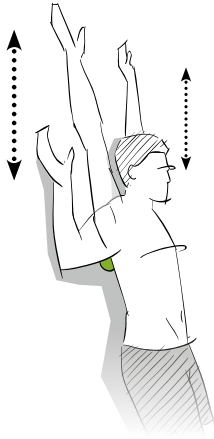
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FOR NIPPERS



RECOVERY | PAGE 2



TRAIN WITH



BACK MUSCLES

For dynamic turns when surfing, your upper back has to stay loose. This exercise will help:

- Stand with your back to the wall. Place the BLACKROLL® DUOBALL between the wall and your back above the hips.
- Roll by bending and stretching your legs up and down. You can vary the intensity with active pressure of your back against the DUOBALL.

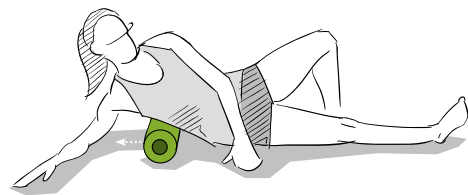
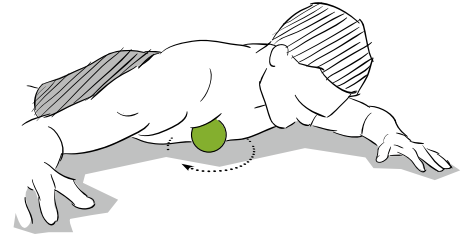
TRAIN WITH

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



LATISSIMUS MASSAGE

Lay down on your side and place the BLACKROLL® under your upper body. The arm towards the ground is extended. Roll your body slightly back, that your Latissimus is placed on the BLACKROLL® (don't place the BLACKROLL® directly on your ribs). Do small movements to massage the soft tissue.

Time/Repetitions: 1 x 1 min per side

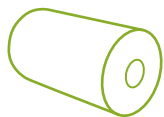
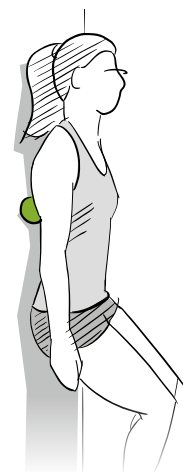
TRAIN WITH

BACK MUSCLES



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MINI



BALL 08



DUOBALL

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