

# BLACKROLL®

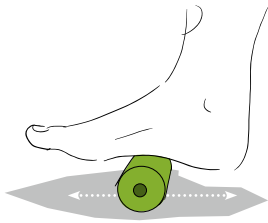
THE HEALTHSTYLE COMPANY

## FOR POOL RESCUE



### ACTIVATION

During training and competing, pool rescue 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

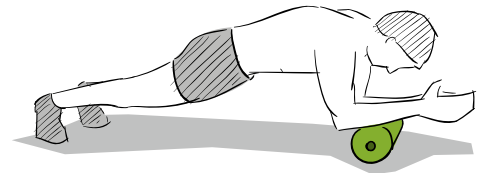
#### TRAIN WITH



#### ACTIVATION OF THE 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



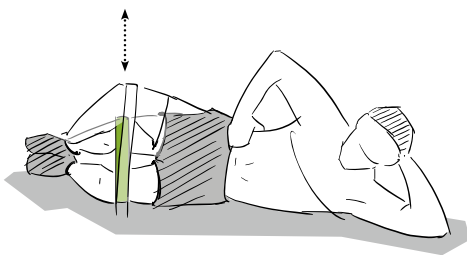
#### TRAIN WITH



#### 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



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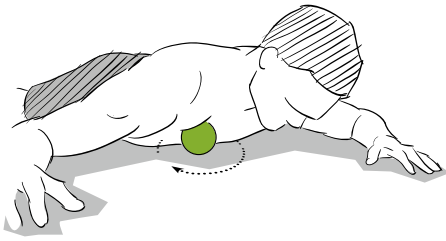
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# FOR POOL RESCUE



ACTIVATION | PAGE 2



TRAIN WITH



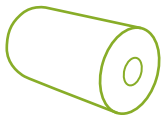
## PECTORALIS MASSAGE

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

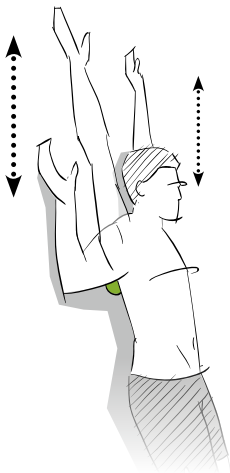
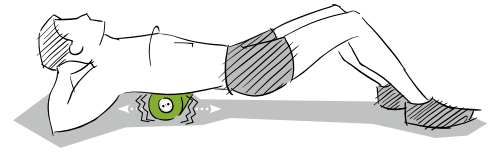
TRAIN WITH

## 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 BLADES

Surfers often complain of stiff shoulders and tension. To prevent injury, this exercise is good for shoulder mobilization:

- Stand with your back to the wall. Place the BLACKROLL® DUOBALL between the wall and your back above your shoulder blades.
- Lift your arms to shoulder height at your sides and bend your elbows 90°.
- Exert active pressure with your upper body on the DUOBALL and stretch your arms up along the wall at constant pressure. Then move your outstretched arms to the sides and back down in a circular motion.
- Place the DUOBALL a little lower and repeat the exercise.

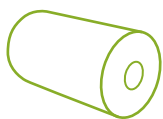
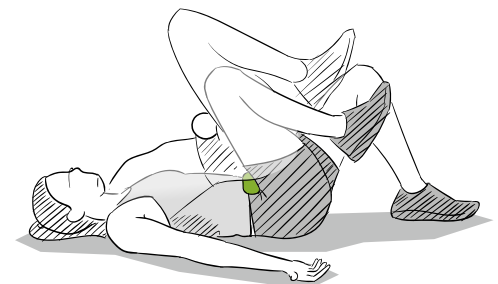
TRAIN WITH

## COOK BRIDGE



Lay down on your back and set up your legs to a 90° position in your knees. Now pull one leg to your chest and place the BALL 08 between the leg and your hip. Now raise your hip and make sure the BALL does not fall out. Hold the position for a few seconds and move your hip back down afterwards. Repeat this movement 10 times and then switch sides.

**Time/Repetitions:** 1 x 1 min per side



ANY BLACKROLL®



MINI



BALL 08



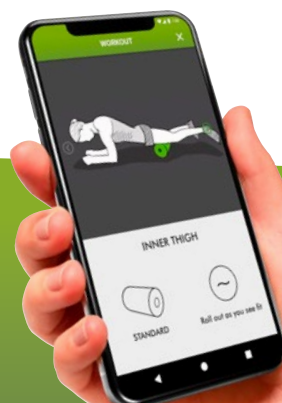
DUOBALL



LOOP BAND

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# BLACKROLL®

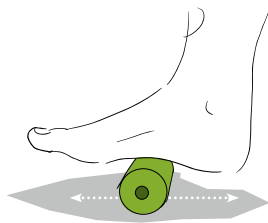
THE HEALTHSTYLE COMPANY

## FOR POOL RESCUE



### 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

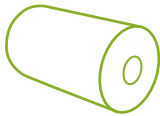


#### FEET

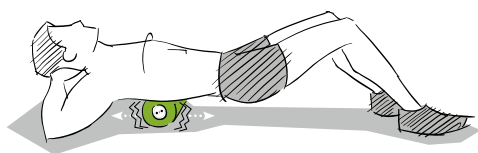
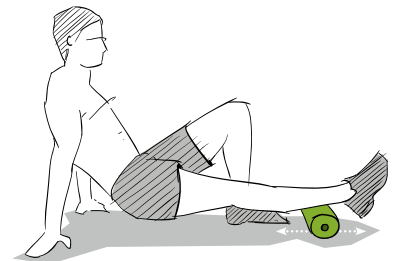
- Place the BLACKROLL® MINI or the BALL under the sole of the foot.
- Roll slowly forward and back from the toes to the heel.
- You can apply pressure on different areas (ball, heel, outer and inner side) by shifting your weight.
- Then switch sides.

#### 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



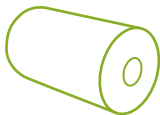
#### BACK MASSAGE

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.

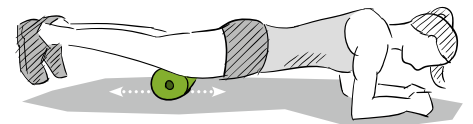
**Time/Repetitions:** 1 x 1 min

#### TRAIN WITH

#### 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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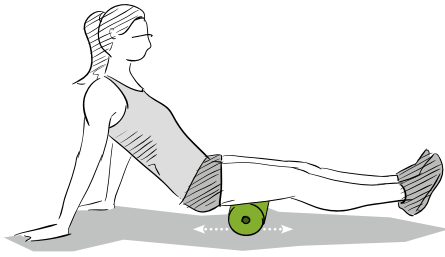
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# FOR POOL RESCUE



RECOVERY | PAGE 2



TRAIN WITH



## BACK OF THIGHS

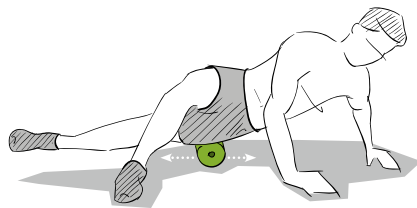
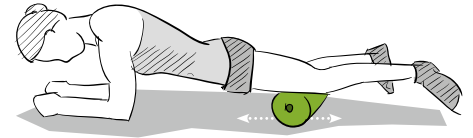
- Start seated with your legs extended in front of you. Place the BLACKROLL® under your thighs, just above the back of the knee. Support yourself with your hands next to your buttocks.
- Lift your buttocks and slowly roll over the back of the thighs.
- Twist your leg inward and outward, to work on the 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)

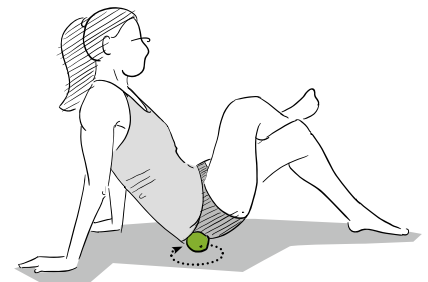
- Lie on your side with your left outer thigh on the BLACKROLL® and support yourself on your hands and upper leg.
- Use your upper leg and hands to push yourself slowly back and forth over the roll.
- Treat all areas by rotating your lower leg and remain for about 15 seconds on the pain points.
- Then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