

BLACKROLL®

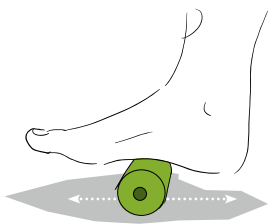
THE HEALTHSTYLE COMPANY

FOR RESCUE READY LIFESAVERS



ACTIVATION

Rescue Ready Lifesavers need to be able to get into action when it counts. To prepare your body efficiently is key to be able to perform at the highest level and to prevent injuries or chronic pain. During activation roll in a faster pace and shorter period than recovery.



TRAIN WITH

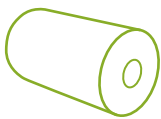


ACTIVATION OF THE SOLE

- 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

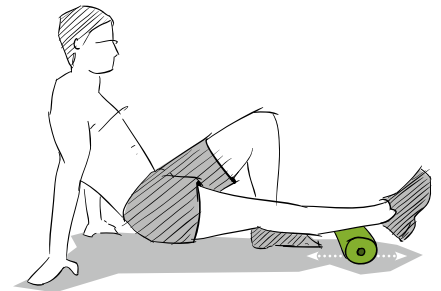
TRAIN WITH



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 GLUTEAL 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.

Repetitions: Approx. 15-20 per side

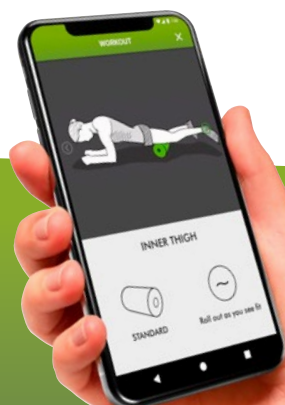


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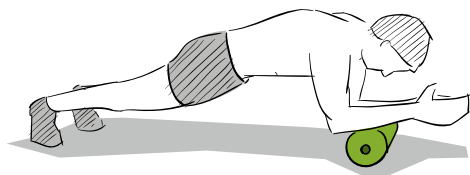
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FOR RESCUE READY LIFESAVERS



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

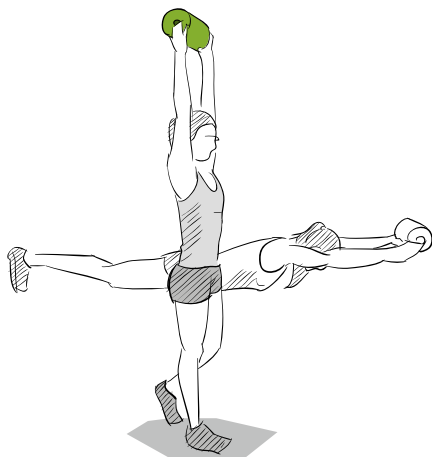
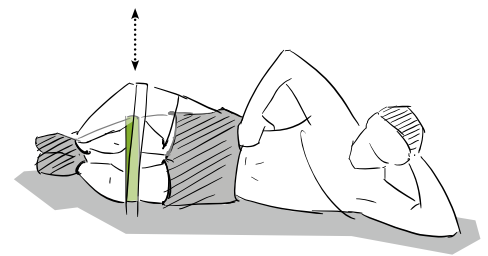
TRAIN WITH



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 in line with your torso.
- Hold for as long as you can with the goal of reaching 30 seconds.
- Then repeat.

TRAIN WITH

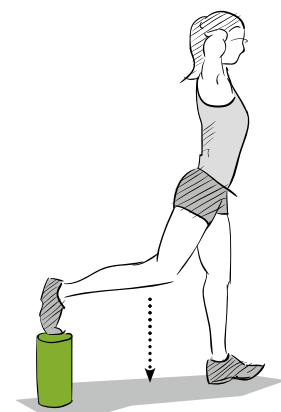


BULGARIAN SPLIT SQUAT

- 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®



MINI



BALL 08



LOOP BAND

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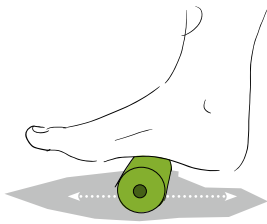
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FOR RESCUE READY LIFESAVERS



RECOVERY

Rescue Ready Lifesavers need to be able to get into action when it counts. To recover your body efficiently is key to be able to perform at the highest level and to prevent injuries or chronic pain. During recovery roll in a slower pace and longer period than activation.



TRAIN WITH

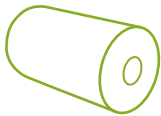


FEET

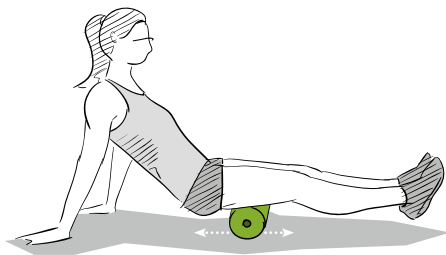
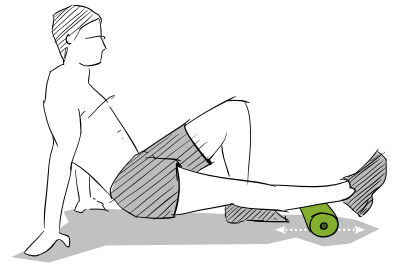
- Place the BLACKROLL® MINI or the BALL under the sole of the foot.
- Roll slowly forward and back from the toes to the heel.
- You can apply pressure on different areas (ball, heel, outer and inner side) by shifting your weight.
- Then switch sides.

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

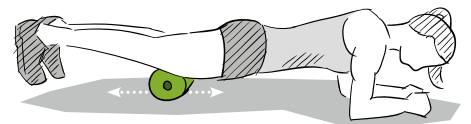
- Start seated with your legs extended in front of you. Place the BLACKROLL® under your thighs, just above the back of the knee. Support yourself with your hands next to your buttocks.
- Lift your buttocks and slowly roll over the back of the thighs.
- Twist your leg inward and outward, to work on the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



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

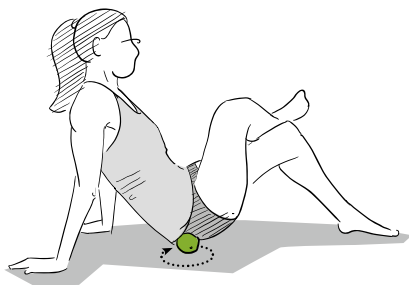
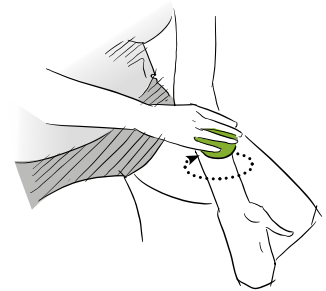


ELBOWS AND FOREARM MASSAGE

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



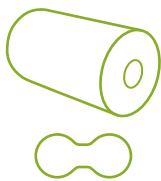
TRAIN WITH



BUTTOCKS

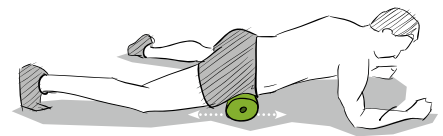
- Sit down and place the BLACKROLL® BALL under one buttock.
- Place the leg on the same side over your other leg. Support yourself with your hands next to your buttocks.
- Roll the buttock by bending and stretching the stretched-out leg and with the support of your arms, making circular movements over 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.

TRAIN WITH



HIP FLEXORS

- Lie face-down on the floor and place the BLACKROLL® DOUBALL 12 under your hip.
- Make sure that one side of the DUOBALL is on the inside of the pelvic bone.
- Support yourself on your elbows, which are positioned below the shoulders.
- Bend your leg on the DUOBALL side and put steady and firm pressure on the DUOBALL.
- Then lift the leg with the bent knee.
- Use your arms and shoulders and roll about 5 centimeters forward and backward.
- Do this exercise for 1-2 minutes on each side.



ANY BLACKROLL®



MINI



BALL 08



DUOBALL

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