

BLACKROLL®

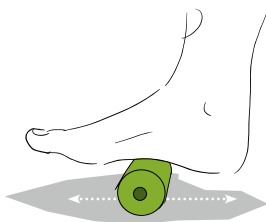
THE HEALTHSTYLE COMPANY

FOR SURF BOATS



ACTIVATION

Surf Boat Athletes require a lot of strength in their arms, core and legs. 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

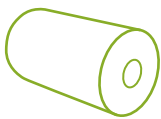


ACTIVATION OF THE SOLE

- 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

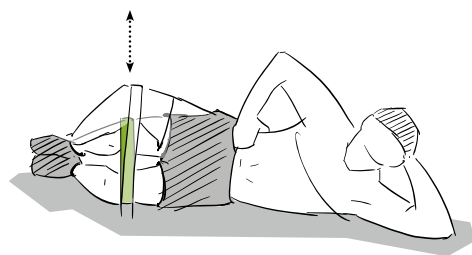
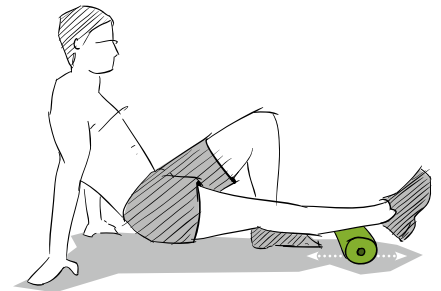
TRAIN WITH



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

- 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

BLACKROLL® Australia

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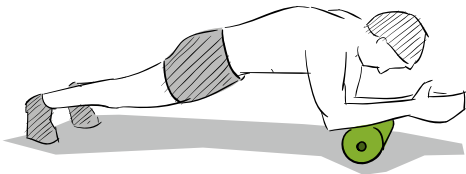
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FOR SURF BOATS



ACTIVATION | PAGE 2



TRAIN WITH



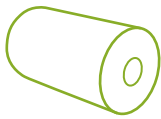
ACTIVATION OF THE CORE

- 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

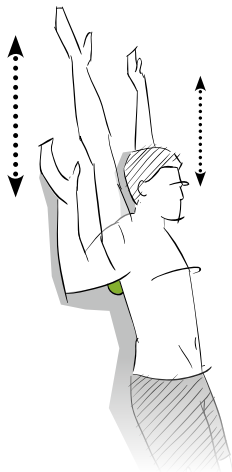
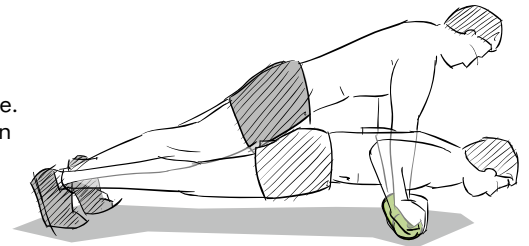
PUSH-UP



- 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.

Sets: 3

Repetitions: approx. 15 to 20 repetitions



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

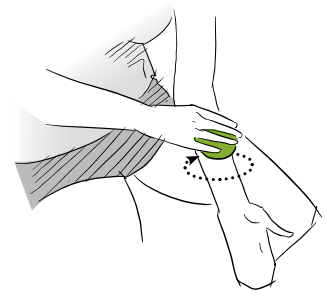
ELBOWS AND FOREARM MASSAGE



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



ANY BLACKROLL®



MINI



BALL 08



DUOBALL



LOOP BAND

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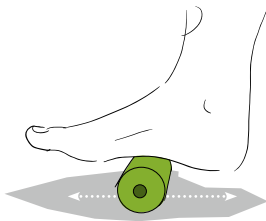
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FOR SURF BOATS



RECOVERY

Surf Boat Athletes require a lot of strength in their arms, core and legs. 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.



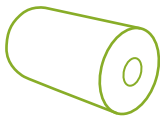
TRAIN WITH



FEET

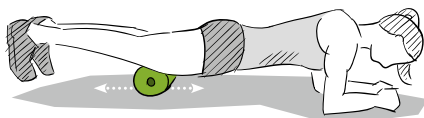
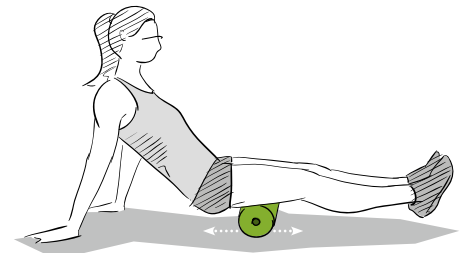
- Place the BLACKROLL® MINI or the BALL under the sole of the foot.
- Roll slowly forward and back from the toes to the heel.
- You can apply pressure on different areas (ball, heel, outer and inner side) by shifting your weight.
- Then switch sides.

TRAIN WITH



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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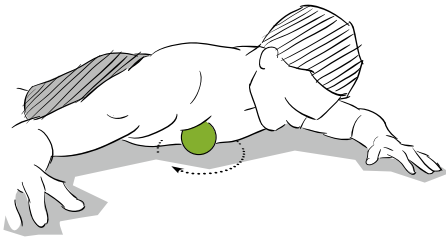
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RECOVERY | PAGE 2



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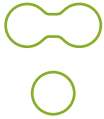


PECTORALIS MASSAGE

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

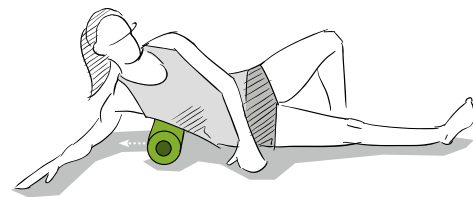
TRAIN WITH



BACK 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



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 ALONG

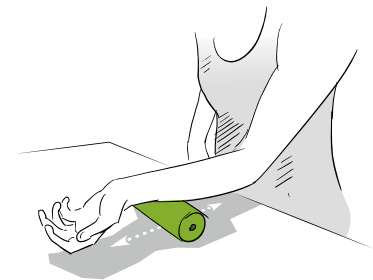
FOREARM MASSAGE



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



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MINI



BALL 08



DUOBALL

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