

BLACKROLL®

.com

FOR RUNNERS

Staying fit, healthy and active are the main goals of most runners. Incorporating BLACKROLL® exercises into your training routine improves mobility, prevents injuries and supports recovery. When used correctly, BLACKROLL® products help restore elasticity in the fascia, the connective tissue surrounding the muscles, joints and bones. Along with stretching and cross training, this will keep you in perfect shape for the next session, whether you are a recreational runner,

a weekend warrior or an experienced marathoner chasing a new personal record.

The following exercises show how you can use BLACKROLL® products to help prevent the most common running injuries and to speed up recovery after a hard training session.



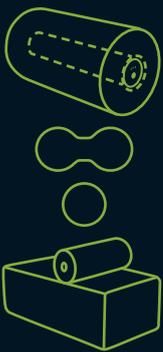
WORK WITH FOOT/PLANTAR FASCIA



The plantar fascia is a ligament that connects your heel bone to your toes. When it gets strained, it can cause heel pain. Plantar fasciitis is one of the most common running injuries. The BLACKROLL® BALL, BLACKROLL® MINI or BLACKROLL® TWISTER can help with recovery and may aid in preventing this condition.

- Start by standing upright.
- Position the BLACKROLL® MINI or BALL under the sole of your foot.
- Roll back and forth with your foot from heel to toes.
- Apply pressure on different areas of your feet (heel, ball, right and left side) by working with your balance point. Then change sides. You can also use the BLACKROLL® TWISTER.

WORK WITH CALF MUSCLES

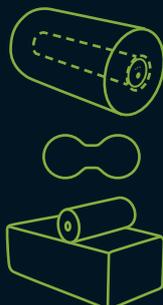


The lower leg muscles are working extra hard when running. They stabilize the ankle and knee and help propel the body forward. Excessive tension in the calf muscles can cause pain and may lead to issues like Achilles tendonitis and pesky knee conditions. The BLACKROLL® STANDARD, BOOSTER or MINI exercise can help prevent these issues:

- Start by placing the BLACKROLL® under your right calf and sit upright, supported by your hands.
- Rest your left leg on the floor for extra support.
- Advanced BLACKROLL® users can place the left leg on top of the right leg to add pressure and intensity.
- Roll over the calf region in a slow, controlled manner.
- Fluidly rotate the leg to the left and right to ensure the entire calf is massaged. Then change sides.



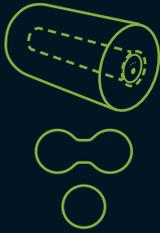
WORK WITH SHINS



Shin splits, also known as medial tibial stress syndrome (MTSS), often plague runners who increase their mileage too quickly. While it is not entirely clear what causes shin splits, massaging the fascia with the BLACKROLL® or the BLACKROLL® MINI, along with a reasonable training plan and cross training, can help avoid this painful condition.

- Start by getting on all fours; the arms are slightly bent.
- Get on your tiptoes and raise the knees off the floor.
- Place the BLACKROLL® just below the knee of one leg.
- Then roll the lower leg back and forth and apply as much pressure as you can handle. Then change sides.

WORK WITH HAMSTRINGS



Of all the running-related injuries, hamstring strains are the most likely to become chronic. Runners often feel pain even when inactive, for example while sitting for prolonged periods. The discomfort may result from scar tissue in the muscle tendon junction. Deep tissue massage and regularly using the BLACKROLL® can have a positive effect on prevention and after-injury care when recommended by a doctor.

- Start by sitting on the floor and support yourself with your hands.
- Place the BLACKROLL® STANDARD, BOOSTER, DUOBALL or BALL under your buttocks and shift your body weight onto it.
- Slowly roll back and forth. To increase pressure, cross one leg over the other. Then change sides.



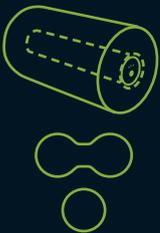
WORK WITH QUADRICEPS



The quadriceps are four muscles in upper thigh that work together with the hamstrings to extend and bend the leg. Tightness in the quadriceps can impair a runner's performance and imbalances between the quads and the hamstrings are often deemed to be the cause of injuries. Using the BLACKROLL® STANDARD, BOOSTER or TWISTER during your warm-up and recovery routines can support the fascia surrounding the muscle and prevent tightness and strains.

- To start the exercise, lie face down on the floor and support yourself with bent arms.
- Place the BLACKROLL® about two centimeters/one inch above the knee.
- Using the arms as a lever, slowly roll back and forth.
- Depending on how much pressure you want to apply, lift the other leg or leave it on the floor too distribute your weight more evenly.
- Slowly work your way up to the tip of the quadriceps, just before the bony part of the hip. Then change sides.

WORK WITH ILIOTIBIAL BAND



The iliotibial band is a ligament that runs down the outside of the thigh from the hip to the shin. It can get tight or inflamed due to overuse. The iliotibial band syndrome is most often associated with knee pain. The following BLACKROLL® exercise can help prevent IT band issues.

- Start by adopting a side-plank position.
- Place the BLACKROLL® STANDARD, BOOSTER, BALL or DUOBALL under the outer thigh of the lower leg.
- Prop the upper body up on your arms.
- Place the other leg in front of your body with a bent knee.
- Slowly roll back and forth on the BLACKROLL®.
- Work the entire area from the hip to just above the knee. Then change sides.



WORK WITH PIRIFORMIS



The piriformis is a small stabilizing muscle that lies deep within the buttocks. When the piriformis is too tight, it can impinge on the sciatic nerve. Symptoms are discomfort in the buttocks and in the upper back and legs. While strengthening your gluteal muscles helps in the long term, the following BLACKROLL® exercise can help with prevention and after-exercise recovery.

- Start by sitting on the floor and support yourself on your hands.
- Place the BLACKROLL® BALL or TWISTER under the buttocks, and shift your body weight onto it.
- Cross one leg over the other and slowly roll back and forth with the BLACKROLL® BALL under the buttocks. Then change sides.



ANY BLACKROLL®



MINI



TWISTER



BALL



DUOBALL



MINI+BLOCK

