

What does BLACKROLL do for you?

Ever seen a BLACKROLL® and wondered what to do with it? Time to get in the know and join in the [rolling](#)! Working out with Blackroll has been established in the Functional Training and manual therapeutic scene for some time and has now finally arrived in broader circles. Blackroll offers people of all ages and sport levels the possibility to improve their flexibility, balance, mobility and strength by doing simple exercises. About time to sum up the benefits of myofascial release with Blackroll, which is increasingly supported by [scientific research](#) and a wide range of therapists and treatments.

The muscular system can function, and is basically held together, because of an important but often overlooked tissue: the fascia. Collectively, this connective tissue, which surrounds and interpenetrates every muscle, bone, nerve and organ, comprises a three-dimensional full body “catsuit” that provides a network of support and structure for the body. The fascia have a huge influence on how we move, on our posture, our perception of pain and the muscular system. It is these elements of the body where myofascial release focuses on to prevent muscle ache and improve recovery of the muscles to eventually increase physical mobility, flexibility and thereby our performance.

SMR, which stands for “self myofascial release”, is an effective way to ease tension and adhesions in the muscles and its surrounding fascia. [BLACKROLL®](#) offers qualitative tools with various densities (soft-standard-hard rolls and balls) to target these tensions, providing an intense massage of the muscles and fascia, which has an equal effect as a sportmassage. Injuries from overuse, inflammation or even surgery can cause the fascia to scar or harden, which will give you that unwelcome stiff feeling which restricts the body to be optimally mobile and flexible. Through self-massage, hydration of the fascia is stimulated that will improve and

Fascia-Fitness expert Dr. R. Schleip (University of Ulm): “I am simply thrilled by the Blackroll. Its great variety of practical use in combination with the possibility to gradually and individually moderate the pressure by applying various relief techniques, give way to a wide range of therapeutic application.”

restore the range of (joint) motion, reduce muscle pain and prevent typical (sports-) injuries.

Why use Blackroll?

- ✓ **Significantly increase the flexibility, mobility and performance of your muscular system**
- ✓ **Prevent muscle ache and avoid typical injuries and muscle damage that occur from overuse**
- ✓ **Specifically target regeneration of the muscles and increase blood circulation**
- ✓ **Improving poor posture by balance work and strengthening your core**
- ✓ **Stimulate more nutrient-rich blood to circulate, soothing your skin's appearance and reducing cellulite**
- ✓ **Blackroll is waterproof, lightweight (150 g, standard Blackroll) compact and easy to clean. It easily travels with you**
- ✓ **Blackroll is produced environmentally friendly in Germany, is 100% free of chemicals and 100% recyclable**
- ✓ **With only little effort Blackroll will actively contribute to your fitness, performance and well-being**

Using Blackroll before and after your training or just to start up your day, will not only improve your sport performance but also your posture and therefore your overall well-being – by experiencing relief from pain and stiffness. With Blackroll it is possible to perform exercises that aim at balance work as well which stabilise and further mobilise your body. To achieve this, Blackroll produces [various roll-out tools](#) to work with, using your own body weight and strength to prepare and regenerate the muscular system and improve the blood circulation. Improving blood circulation will not only get you warmed but it will improve oxygen and nutrient rich blood to flow and can help

benefit the heart and the body's muscles and arteries. Your skin, which reflects your energy level and health, will benefit as well since increased blood circulation will fasten the removal of metabolic wastes and toxins from your cells. In short: it will help you look and feel healthy.

Try Blackroll yourself, and notice how your fitness, performance and overall well-being improve with just little effort!

BLACKROLL®
.com

DEVOLVED