

BLACKROLL®

.com

FOR ATHLETES

The BLACKROLL® is best known for its effectiveness in recovery and injury prevention. It is also a great functional training tool. Incorporating the BLACKROLL® into your workouts will increase intramuscular coordination and strength. No matter what sport you play, you will benefit from improved core stability and balance. The following exercises

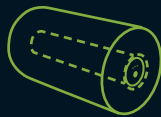
illustrate how to use the BLACKROLL® for strengthening, mobilization and stabilization of different muscle groups. This will improve your overall athleticism and boost your performance, making you faster and stronger. Use the BLACKROLL® as your secret weapon in training and see for yourself how much you can achieve.

CORE MUSCLES

The core includes your back, side, pelvic and gluteal muscles as well as the abdominal muscles. They need to be strong and flexible to improve performance in almost any sport. Training your core muscles is also crucial to preventing persistent back pain.



WORK WITH PLANK

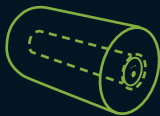


- Start by adopting a plank position.
- Place your forearms on the BLACKROLL®.
- Bend your elbows at a 90-degree angle.
- The upper body and legs form a line.
- The lumbar spine retains its natural curve.
- Hold this position 3 times for 30 seconds each.

For advanced athletes

- Start from the plank position on the BLACKROLL®.
- Extend one arm out in front of you and hold this position for 3 seconds each.
- The extended arm forms a line with the back.
- Repeat 7 times, alternating sides.

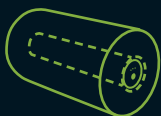
WORK WITH MOUNTAIN CLIMBER



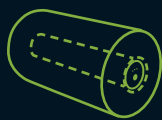
- Adopt an upward sloping push-up position and support yourself by holding both sides of the BLACKROLL®, which is placed just beneath the chest.
- Arms are extended and directly underneath your shoulders.
- Feet are about hip-width apart.
- Bring the right knee up to the outside of your right elbow.
- Bring the leg back and then cross over diagonally to your left elbow.
- Bring the leg back to the outside of your right elbow.
- Extend the right leg back again. Then change sides.
- Repeat the sequence 7 times per side.



WORK WITH ROLLING POWER PUSH-UPS



- Lower yourself into a push-up position, with your arms bent.
- The BLACKROLL® is placed under the knees.
- Slowly proceed into a push-up, simultaneously bending the hips.
- At the same time, roll forward using your lower legs.
- Return to the starting position by lowering your upper body and rolling backward with your legs.
- For advanced athletes.
- Reverse the sequence and push up your body and extend your legs simultaneously.

WORK WITH SIDE PLANK

- Get into a side-plank position.
- Place one forearm on the BLACKROLL® and bend the elbow at a 90-degree angle.
- The other arm is extended upward.
- The feet are placed on top of one another (or, as an easier option, one behind the other).
- The upper body and legs form a line. Activate your core muscles.
- Hold this position for at least 30 seconds and repeat 3 times, then change sides.

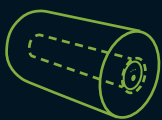


LEG MUSCLES

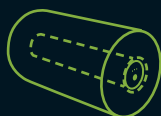
The leg muscles belong to the largest muscles in your body. Exercising your legs not only makes you run faster, jump higher, and improves your overall athletic performance, it also boosts your metabolism. The following exercises have a variety of benefits, even if you don't compete in sports. Plus: Strong legs will make every-day movements a whole lot easier.

**WORK WITH STANDING SCALE**

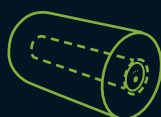
- Hold the BLACKROLL® in both hands.
- Step forward with one leg.
- The supporting (front) leg is slightly bent.
- Extend the rear leg.
- Lean forward with your upper body.
- Extend your arms and reach forward until the arms and upper body are parallel to the floor.
- Lift the rear leg off the floor, 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.

WORK WITH ADVANCED SQUATS

- Stand in a stable, upright position with your feet shoulder-width apart.
- Hold the BLACKROLL® in your hands and extend the arms over your head.
- Slowly squat down in a controlled manner and shift your buttocks backward.
- Lower yourself until your thighs are parallel to the floor.
- Repeat 15 times.

**WORK WITH ONE LEG SQUAT**

- Place the BLACKROLL® vertically on the floor behind you.
- Lift your back foot and place it on top of the BLACKROLL® so that the knee is bent and the BLACKROLL® is about 50 centimeters/20 inches behind you.
- Put your hands behind your head or neck.
- Slowly lower yourself until the thigh of the front leg is parallel to the floor.
- Repeat 10 times. Then change sides.



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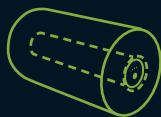
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HIPS

One of the most effective and fastest ways to improve athletic performance is to train your hips. The hips form the connection between the legs and the core and are crucial for many movements. For the best performance, the hips need to be able to move fluidly and generate force from several angles. The following exercises help you achieve your goals and improve your overall performance.

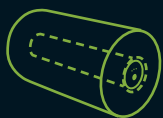


WORK WITH HURDLE STEP



- Kneel on the floor.
- Place the BLACKROLL® horizontally on the floor in front of you.
- Place your hands behind your head or neck.
- Slowly raise the right knee off the floor.
- Bring the entire leg over the BLACKROLL®, without any lateral movement, and set the foot down on the ground in front of the BLACKROLL®.
- Return the leg to its starting position, and change sides.
- Repeat the sequence 7 times.

WORK WITH SINGLE LEG BRIDGE



- Lay on the floor
- Place the BLACKROLL® under your lower back with your knees bent.
- Raise one leg off the ground and pull your knee toward your chest.
- Extend your hip upward by pushing off the foot on the BLACKROLL®.
- Extend as far as possible, lifting your glutes off the ground.
- Hold for 5 to 10 seconds before returning to the starting position.
- Repeat.

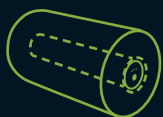


WORK WITH GRAY COOK HIP BRIDGE

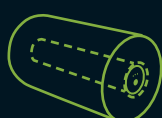


- Lie on your back.
- Bend the knees at a 90-degree angle, and place your feet on the BLACKROLL®.
- Using both hands, draw the left leg into your chest.
- Wedge the BLACKROLL® BALL on the left side of the groin.
- Now slowly raise the buttocks and core, keeping the body tense and the ball in place.
- Once the highest point has been reached, slowly return to the starting position, without the buttocks touching the floor.
- Then switch sides.

WORK WITH HIP ALIGNMENT



- Lie on the floor with your feet against the wall.
- Bend the knees at a 90-degree angle.
- Put the BLACKROLL® BLOCK between your knees.
- Move closer to the wall so that you can touch the wall with your fingertips.
- Then position your arms out to the sides with your palms facing up.
- Squeeze the BLOCK between your knees.
- Hold the position for increasing periods up to four minutes.
- Make sure that you use equal pressure on both sides.
- Relax your abdominals and use your inner thighs.



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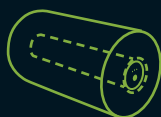
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UPPER BODY

Having a strong upper body improves your posture, flexibility and range of motion. Maintaining strength in the upper body muscles enables you to perform every-day and sports-related activities at an optimal level and supports you during grueling workouts. It can also help prevent injuries.

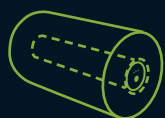


WORK WITH PUSH UP



- In a push-up position, hold on to both sides of the BLACKROLL®, which is placed just under the chest.
- Feet are about hip-width apart.
- Slowly lower the upper body.
- Keep the core muscles engaged and the elbows close.
- Slowly return the upper body to the starting position.

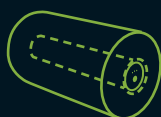
WORK WITH PUSH UP - LEVEL TWO



- In a push-up position, hold on to both sides of the BLACKROLL®, which is placed just under the chest.
- Feet are about hip-width apart.
- Slowly lower the upper body, lifting one foot off the floor and extending the straightened leg upward.
- Keep the entire body tense and the elbows close.
- Slowly return the upper body to the starting position and set the foot back on the floor.
- Then change sides.



WORK WITH BIRD DOG

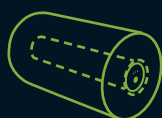


- Kneel on the BLACKROLL® with both legs.
- Place your hands on the floor, lengthening the shoulders.
- Extend the right leg backward so that it forms a line with your upper body.
- Slowly extend your left arm out in front of you.
- Draw the right leg and the left arm back in. Then extend the left leg back so that it lines up with your upper body.
- Slowly extend your right arm out in front of you.
- Repeat the sequence 7 times per side.

WORK WITH MOBILIZATION UPPER BODY AND SPINE



- Kneel on the floor in front of the BLACKROLL®.
- Lean your upper body slightly forward, and place both forearms on the BLACKROLL®, just above the wrist.
- Elbows are bent at an angle of a little more than 90 degrees.
- Slowly extend arms forward, then back.
- Move the head forward between the arms.
- Allow the back and the stomach to sag slightly.



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www.BLACKROLL.com