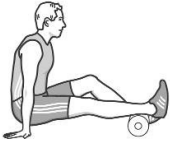

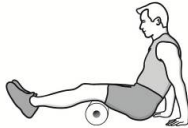



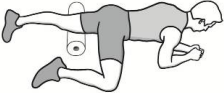















# BLACKROLL®

				
<b>Achilles tendon</b>	<b>Calf</b>	<b>Hamstrings</b>	<b>Buttocks</b>	<b>Hip</b>
				
<b>Iliopsoas</b>	<b>Quadriceps Femoris</b>	<b>Adductor</b>	<b>Shin</b>	<b>Iliotibial band</b>
				
<b>Shoulder</b>	<b>Lower back</b>	<b>Lower back</b>	<b>Thoracic spine</b>	<b>Neck</b>
				
<b>Lower back</b>	<b>Thoracic spine</b>	<b>Side back</b>	<b>Upper arm</b>	<b>Lower arm</b>

BLACKROLL® Shop



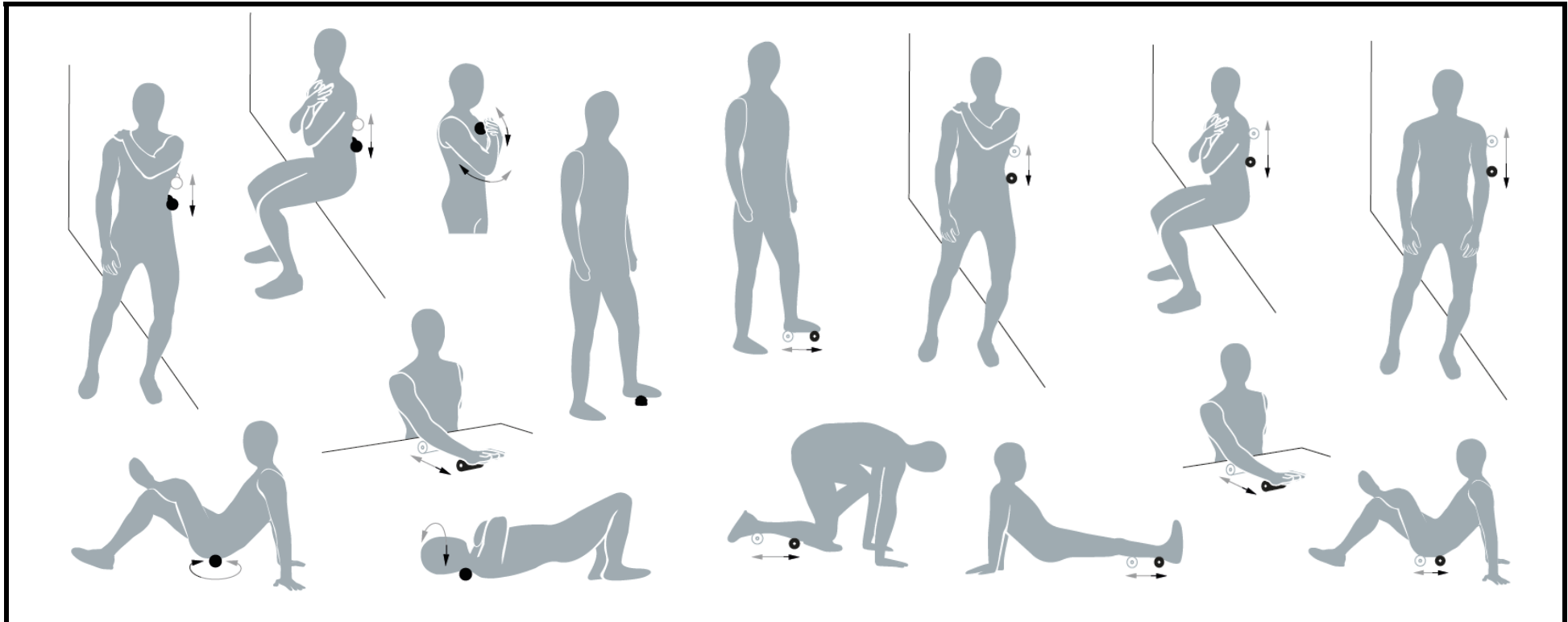
Exercise-App Android



Exercise-App iPhone



# BLACKROLL®



Exercises with the BLACKROLL® products relieve muscle tension all over the body. Sitting for long hours every day, routinely straining one side more than the other and sport-related physical exertion can cause tension in our daily lives.

Roll with the BLACKROLL® products and feel the knots and stiff connective tissue loosen up. All exercises can be done with any of the products. Be flexible and try them out. Rolling with the BLACKROLL® products will make you feel like you just had a deep-tissue massage. The self-massage technique with the BLACKROLL® products is easy to learn.

Athletes will benefit from quicker recovery and improved muscle performance. The BLACKROLL® is also an inexpensive alternative to a normal massage. For trainers and therapists, the BLACKROLL® products are excellent supplemental pieces of equipment for therapy and training.

For more information and exercise videos, visit [www.blackroll.ch](http://www.blackroll.ch)