

BLACKROLL®
THE HEALTHSTYLE COMPANY



BOOSTER

THE NEXT GENERATION BLACKROLL®

CONTENTS



THE NEXT GENERATION BLACKROLL®	PAGE 36 - 37
BLACKROLL® BOOSTER AS A TRAINING PARTNER	PAGE 38 - 39
UPGRADE FOR THE ROLLER	PAGE 40 - 41
ROLLING TECHNIQUES	PAGE 42 - 43
THE BOOSTER HEAD	PAGE 44 - 48
EXPERT OPINION	PAGE 49
AREAS OF USE	PAGE 50 - 51
CONTRAINDICATIONS	PAGE 52 - 53
EXERCISES	PAGE 54 - 59
INSTRUCTIONS FOR USE	PAGE 60 - 64
MORE BLACKROLL® PRODUCTS	PAGE 66 - 67

THE BLACKROLL® BOOSTER

THE NEXT GENERATION BLACKROLL®

AS A STAND-ALONE TOOL

- Functional vibration training.
- Strengthening of the deeper muscular layers.



COMBINED WITH THE BOOSTER HEAD ATTACHMENT

- New applications due to intelligent attachments.
- Different degrees of hardness, shapes and positions to loosen tight muscles.



3X

EFFECTIVE IN
3 DIFFERENT WAYS



COMBINED WITH ANY
30 CM BLACKROLL®

- Perfect combination of massage & vibration.
- Ideal to activate and recover muscles and tissue.



COMPRESS & SHAKE



1. THE BLACKROLL® BOOSTER

TRAINING PARTNER WITH VIBRATION

VIBRATION

- Special type of vibration with oscillations reaching deep tissue layers.

EXCELLENT COMFORT

- Continuously adjustable in the maximum frequency range (12 - 56 Hz).
- Very easy to use.

HIGH-QUALITY

- Developed and made in Germany – ISO and TÜV certified.
- Lithium-ion battery, micro-USB-port (suitable for USB chargers).





BASED ON SCIENTIFIC FINDINGS

- Inspired by the results of fascia research.



MADE IN GERMANY

- Sustainable and energy-efficient production.



RECOGNIZED

- BLACKROLL® is the winner of the Physio Award (of excellent benefit to users).



RECOMMENDED

- Recommended by professional and amateur athletes.



2. UPGRADE FOR THE ROLLER

PERFECT COMBINATION OF MASSAGE & VIBRATION



FOR EVERY PURPOSE AND EVERY TASTE

- The vibrating core fits in every 30 cm BLACKROLL®.
- Roller with any degree of density and all surfaces.

ROLLING WITH VIBRATION

- Perfect combination of massage & vibration.
- Greater effectiveness of rolling thanks to deep-reaching vibrations.

BROAD SPECTRUM OF ACTIVITY

- Low frequencies for faster recovery and relaxation after exercising.
- High frequencies as activation before exercising.



1. Insert the BOOSTER into the BLACKROLL® (30cm).

1.



2.

2. Position the BOOSTER and fasten it by screwing on the lid with the logo on the opposite side.

3.

3. Turn on the BOOSTER and experience a new quality of self-massage.



ROLLING TECHNIQUES



PRESSURE & VIBRATION

With “Pressure & Vibration”, two different approaches are combined:

1. Relaxation of the muscles.
2. Metabolic activation through vibration.

The innovative Vibra Motion technology of the BLACKROLL® BOOSTER can be used in a variety of ways and rolling techniques to help achieve impressive successes.



LONGITUDINAL FRICTION

Move the muscles and connective tissue back and forth over the roller. This longitudinal movement massages the muscles along their natural courses. This technique is especially suitable for warm-ups and regeneration.



CROSS FRICTION

The cross friction stimulates the muscles cross-ways across the course of the fibers and in particular helps previously damaged and painful tissues. It increases circulation, loosens knots and stimulates the connective tissue to form new, longitudinal fibers.



COMPRESSION

Apply targeted pressure to a hotspot. The smaller/narrower the roller, the more intense and focused the massage (SLIM therefore has a more intense effect than STANDARD). The uniform pressure increases the activity of the metabolism as soon as the compression is released, which is like a type of 'reset'.



COMPRESS & STRETCH

An extension of the compression technique. With this technique, compression of the hotspot is coupled with a stretch of the affected muscle.



COMPRESS & MOBILIZE

One of the most effective techniques. With this technique, pressure to a hotspot, for example in a calf muscle, is first applied continuously. In the second stage, the circular movements with the foot create dynamic pressure. This creates three-dimensional connective tissue massage at and around the hotspot.

3. THE BOOSTER HEAD

NEW APPLICATIONS THANKS TO INTELLIGENT ATTACHMENTS

VARIOUS APPLICATIONS

- 4 different attachments and 3 varying angles allow a variety of application possibilities with varying intensity.
- Targeted spot vibration massage to release tension.
- Superficial shearing massage to loosen knotted structures.

WIDE RANGE OF USE

- For therapeutic uses in sports medicine and physiotherapy, and for self-treatment at home.
- Recovery and general physical rehabilitation.



THE SMART EXTENSION
TARGETED TREATMENT OF PAIN
POINTS AND LIMITATIONS OF
MOVEMENT.



3. THE BOOSTER HEAD

VARIOUS APPLICATION POSSIBILITIES

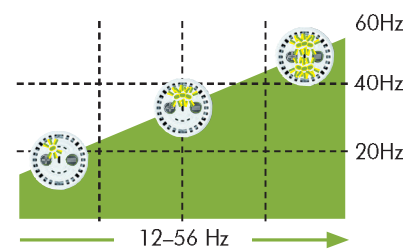
The intensity control of the BOOSTER HEAD can be determined using the following techniques and factors:

- a. FREQUENCY
- b. DIFFERENT ATTACHMENTS
- c. POSITIONING OF THE ATTACHMENTS (0°/45°/90°)

a. FREQUENCY

- Vibra Motion technology – deep reaching oscillation.
- Broad and precisely controllable vibration spectrum – frequency range from 12 - 56 Hz.

The deep reaching vibration confuses the pain receptors. This can produce a reduction in the sensation of pain. The blood circulation in the muscles is stimulated, which supports the regeneration.



Frequency range of the BLACKROLL® BOOSTER: The green LED lights indicate the intensity of the vibration.

b. DIFFERENT ATTACHMENTS

PRESSURE POINT ATTACHMENTS FOR A POINT-SPECIFIC & DEEP MASSAGE

The pressure points in varying degrees of hardness allow a localized and deep tissue treatment of pain points.

Depending on the objective and personal perception of pain, the various pressure point attachments can be used for more intense or less intense localized vibration and pressure massage.



MASSAGE HOOK FOR SHEARING THERAPY

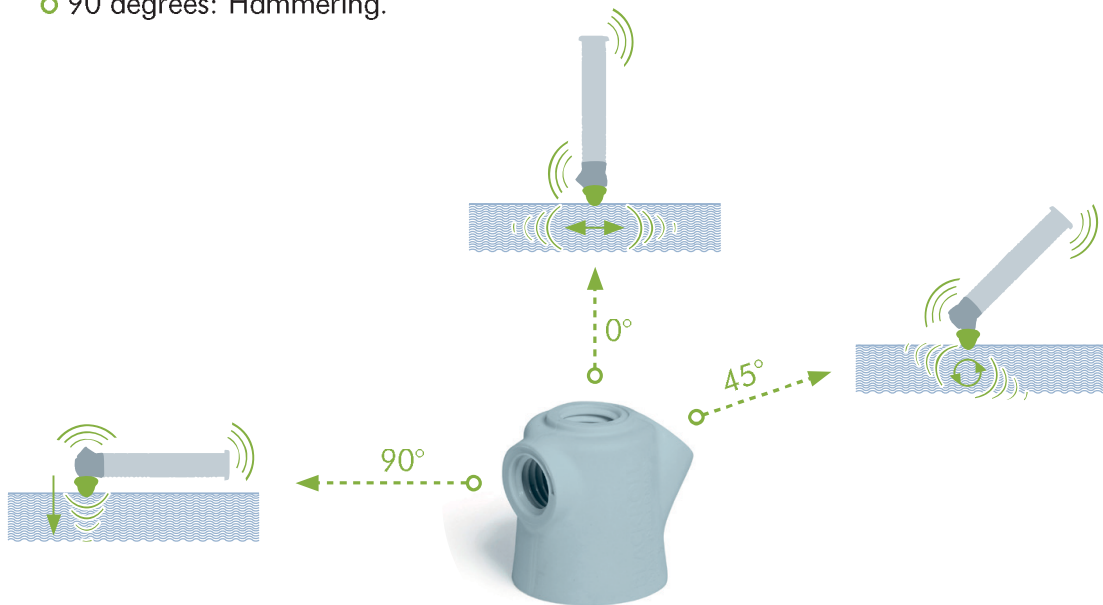
The massage hook's longer surface and edges make it an excellent shearing tool.

This hook shape is used for superficial application with the shearing technique. This technique allows optimum stimulation of the tissues and has a positive effect on tissue stiffness. The blood circulation is also stimulated effectively, as are the nerve endings.



c. POSITIONING THE ATTACHMENTS

- 0 degrees: Deep cross-friction only.
- 45 degrees: Combination of both, as well as the optimum position of the hook for the shearing massage technique.
- 90 degrees: Hammering.



EXPERT OPINION



MARKUS ROSSMANN

Rolfer, sports teacher, fascia expert

"I never thought that the BLACKROLL® BOOSTER could be made more interesting, but with the BLACKROLL® HEAD, they've really done it. I think both of them are fantastic! Vibration while rolling improves the results and with the BLACKROLL® BOOSTER HEAD I can now also use the vibrations very specifically on certain areas of the body."

DR. SABINE BLEUEL

Doctor specialized in orthopedics and trauma surgery, FDM-Instruktörin

„The BLACKROLL® BOOSTER HEAD is an excellent addition that allows for the targeted treatment of myofascial hot spots and adhesions. Because of the adjustability of the frequency of the vibrations from 12-56 Hz, different receptors in the tissue can be triggered. This allows the tissue to relax in a reflexive manner. Studies indicate that vibration massages can widen the blood vessels and can lead to better blood flow and circulation. The transport of nutrients and the elasticity of the tissue can be improved by laminar or spot massages with vibration.“



AREAS OF USE

A DISTINCTION IS MADE BETWEEN TWO TREATMENT ALTERNATIVES:

- Self-treatment.
- Treatment by a therapist / partner / trainer.

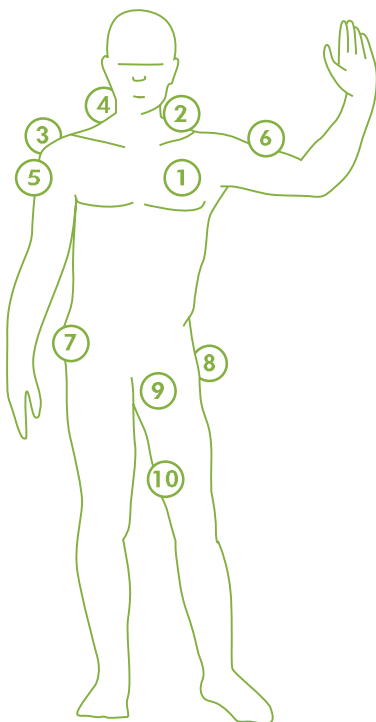
The treatments can also be used preventively as well as rehabilitatively to loosen hotspots and trigger tendons.

The powerful BOOSTER in combination with the BOOSTER HEAD gives the therapist new treatment options. The high-quality lithium-ion battery allows unplugged treatment periods of up to 2 hours. This makes it a reliable companion even outside the practice premises.

THE FOLLOWING TREATMENT METHODS ARE RECOMMENDED:

- Vibration massage with acupressure through localized treatment of the hotspot with the pressure point attachments. Pressure is applied using the BOOSTER attachments to defined acupressure points.
- Vibration massage with superficial shearing method through the use of the massage hook for superficial tissue treatment and stimulation.

TYPICAL PAIN POINTS AND THEIR TREATMENT



HEADACHES & NECK TENSION

- ① Chest
- ② Side of the neck
- ③ Shoulder blade
- ④ Neck at skullbone

SHOULDER PAIN

- ① Chest
- ③ Shoulder blade
- ⑤ Shoulder
- ⑥ Upper arm

HIP AND KNEE PAIN

- ⑦ Above the pelvic crest
- ⑧ Buttocks (Piriformis)
- ⑨ Hip flexors
- ⑩ Upper leg

PRECAUTIONS

- Do not use in sensitive areas or near organs.
- If pain or any other contraindications occur, stop use immediately and consult a doctor.
- People with reduced physical, sensory or mental capacities or anyone under the age of 18 must be supervised when using this device.
- Do not use as support or as a substitute for medical treatment without consulting your doctor.
- With any use in the area of the head, neck and upper back, use caution and a targeted approach when applying vibration.
- Do not immerse the device in water.
- Keep liquids away from the ventilation openings and operating keys.
- Keep the device away from sources of heat, children and pets.
- Protect the device from moisture, dust, aggressive liquids and vapors.
- If moisture does penetrate the device, switch it off immediately and if necessary disconnect the plug from the electrical outlet.
- Do not remove any screws and do not attempt to dismantle the device.
- Only pass the device on to third parties with the instructions for use.
- Any warranty claims will be rendered invalid by cases of misuse.
- Not to be used by diabetics.

CONTRAINDICATIONS



Essentially there are hard indications that exclude the use of the device and contraindications in which a decision has to be made in each individual case whether the device should be used or not. Should you have one or more of the conditions listed below, please consult your doctor before using the device:

- Redness
- Swelling
- Acute pain
- Osteoporosis
- Spinal disc damage
- Taking anticoagulant (blood-thinning) medication
- Open, inflamed or infected areas of skin
- New fractures
- Increased tendency to bleed, tendency to develop hematomas (bruises)
- Tendency to develop embolisms
- Cardiac pacemaker (PM)
- Direct bone or eye contact
- Fibromyalgia
- Rheumatic disorders
- Joint replacement
- Tumor diseases
- Pregnancy

LIABILITY DISCLAIMER

The device is used for exercises at your own risk. We recommend that you consult a physical therapist, chiropractor, masseur, or specialist if you have increased pain before or after self-massage, or recurring injuries.

EXERCISES FOR THE BOOSTER AS A STAND-ALONE TRAINING TOOL



DEEP SQUAT

Switch the vibration to high frequency (3 - 6 lights) and grasp the BOOSTER at the outer ends. Raise your arms almost fully extended above your head. Let your shoulders drop.

EXECUTION

Go into a deep squat and hold this position for 30 seconds.



LATERAL LUNGE

Switch the vibration to high frequency (3 - 6 lights) and grasp the BOOSTER at the outer ends. Raise the arms to chest height.

EXECUTION

Take one big step to the right and flex the right leg, keeping the left leg extended. Hold this position for 30 seconds. Return to the starting position and do the same with the left leg.

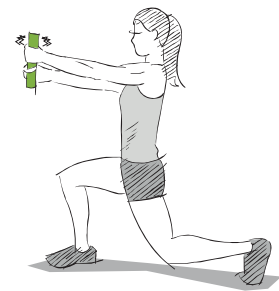


STATIC LUNGE

Switch the vibration to high frequency (3 - 6 lights) and grasp the BOOSTER at the outer ends. Raise the arms to chest height.

EXECUTION

Take one big step forward and bring the other knee towards the floor. Hold this position for 30 seconds. Return to the starting position and do the same on the other side.

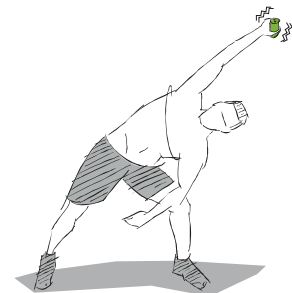


SIDE BEND

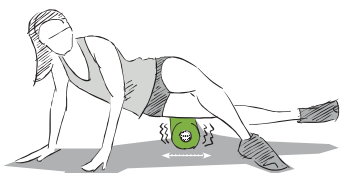
Stand with your legs spaced well apart. Switch the vibration to high frequency (3 - 6 lights) and grasp the BOOSTER in the middle with one hand.

EXECUTION

Bend to the side, supporting yourself with your free arm on your knee and bring the arm holding the BOOSTER over your head to the side. Hold this position for 30 seconds.



EXERCISES FOR THE BOOSTER WITH FOAM ROLLER

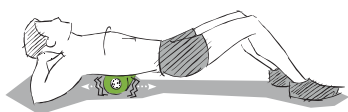


OUTER THIGH

Screw the BOOSTER into the roller and switch the vibration on. Lie on your side on the roller and support yourself with your hands and upper leg.

EXECUTION

Use your upper leg to push yourself slowly back and forth over the roller. Treat all areas by rotating your lower leg and remain for about 15 seconds on the pain points.



BACK

Screw the BOOSTER into the roller and switch the vibration on. Lie with your back on the roller and place both feet flat on the floor.

EXECUTION

Link your hands behind your head and use your legs to push yourself over the roller from the pelvis to the shoulder blades. Remain for about 15 seconds on the pain points.

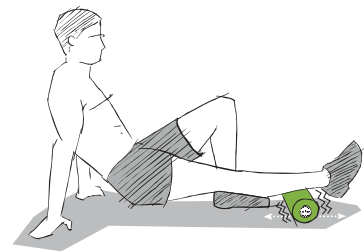


CALF

Screw the BOOSTER into the roller and switch the vibration on. Sit on the floor and place one calf on the roller.

EXECUTION

Lift your buttocks and slowly push back and forth over the roll. Treat the entire calf by rotating the leg. Remain for about 15 seconds on the pain points.



QUADS

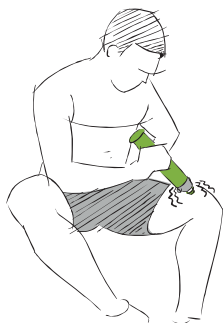
Screw the BOOSTER into the roller and switch the vibration on. Lie on your front with your thighs on the roller and support yourself with your elbows.

EXECUTION

Push yourself slowly back and forth over the roller. Treat the entire front of the upper thigh by rotating your legs. Remain for about 15 seconds on the pain points.



EXERCISES FOR THE BOOSTER WITH BOOSTER HEAD



THIGH INSERTION

Sit down and switch the vibration to low frequency (1 - 3 lights). Grasp the BOOSTER at the rear end with one hand.

EXECUTION

Place the BOOSTER HEAD on the thigh just above the knee and massage the hardened pain points for around 15 seconds each, moving along above the knee.



FOREARM

Sit down and switch the vibration to low frequency (1 - 3 lights). Grasp the BOOSTER at the rear end with one hand.

EXECUTION

Place the BOOSTER HEAD on the forearm just below the elbow and massaged hardened hotspots for around 15 seconds each.

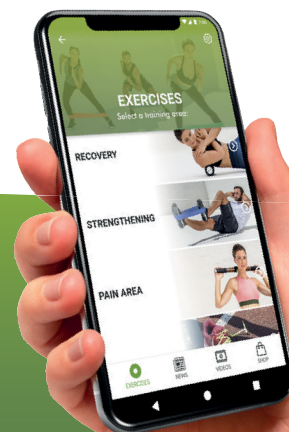


NECK

Switch the vibration to low frequency (1 - 3 lights). Grasp the BOOSTER at the rear end with one hand.

EXECUTION

Place the BOOSTER HEAD on the neck, just below and behind the ear. Massage hardened hotspots for around 15 seconds each. Move downwards along the neck.



Find more exercises, news
and benefits in our
free BLACKROLL® APP
blackroll.com/app



INSTRUCTIONS FOR USE Please read before use!

WHAT DO I NEED TO BE AWARE OF BEFORE STARTING THE DEVICE FOR THE FIRST TIME?

- Check all parts for damage. DO NOT USE the device if it is damaged in any way. Do not use in damp rooms or on damp substrates. The battery must be charged. When using inside the roll, the BOOSTER must sit securely in the roll.

HOW DO I SCREW ON THE INDIVIDUAL ATTACHMENTS CORRECTLY?

- The thread adapter is needed to fit the attachments. The attachments can be fastened using a simple turn-and-screw mechanism.

HOW DO I SWITCH THE DEVICE ON?

- Charge your BOOSTER fully before switching it on for the first time!
- Start the BOOSTER by pressing and holding the + and - buttons simultaneously for several seconds. After one second, the LEDs will indicate the battery status. The device will start after around three seconds and switches itself off again automatically after 10 minutes. If vibration is still required after this period, press the two buttons again.

HOW DO I SET THE INTENSITY?

- The intensity of your BOOSTER's vibration can be regulated using the + and - buttons. The green LEDs indicate the intensity range. The buttons can be actuated in steps by pressing them repeatedly. Alternatively you can increase or lower the intensity by pressing one of the buttons for a longer period of time.



HOW DO I HOLD THE DEVICE?

- If the attachments are being used, the BOOSTER is used without the BLACKROLL®. It is important to grasp the BOOSTER at the rear end so that the BOOSTER HEAD oscillates freely.

HOW CAN I SWITCH OFF THE VIBRATION?

- Press the + and - buttons simultaneously and the vibration will stop. The vibration function must not be active for more than 45 minutes at a time, and must rest for at least 30 minutes after use.

HOW DO I CHARGE THE BATTERY?

- Ensure that the mains voltage specified on the charger matches the voltage of the mains network. The micro-USB charging cable supplied can be used to charge the device while it is switched off.
- Keep the cable and power pack away from moisture, liquids and heat. If damaged, the power pack must not be used for safety reasons.

THE LED LIGHTS INDICATE THE CHARGE STATUS OF THE BATTERY:

- One flash per second 0 - 49%
- Two flashes per second 50 - 78%
- Three flashes per second 79 - 89%
- Constantly illuminated > 90%
- At 100%, the charging process stops automatically and the LED remains illuminated.
- Pressing a button during the charging process can also display the charge status via the 6 LED lights.

!! The device must be fully charged before being used for the first time !!

CARE & CLEANING

BOOSTER

- To remove moisture from the device, use a dry cloth.
- Faults, difficulties with charging and/or other functional impairments must only be repaired by an authorized service center. Any attempts to repair the device yourself will invalidate the warranty.
- The device must be cleaned only in accordance with the instructions. Children must be supervised.

BOOSTER HEAD

- The BOOSTER HEAD is heat-stable and can be cleaned with water and a mild, soap-based cleaning agent as well as disinfectant.

ROLLER

- All BLACKROLL® rollers are insoluble in water and can be easily cleaned and sterilized with water and soap or disinfectant.

DISPOSING OF THE BOOSTER

The device contains electronic components and a battery. It must not therefore be disposed of in normal household waste. All electrical and electronic devices must be disposed of via state-provided recycling centers.

TECHNOLOGY & MATERIAL



BOOSTER

- Vibrating plastic core.
- Vibra Motion technology: Oscillating vibrations.
- Developed and made in Germany – ISO and TÜV certified.
- Quality management in compliance with DIN ISO 9001:2000.
- Lithium-ion battery, charging via micro-USB port.
- Power supply input: 220-230 V 50/60 Hz.
- Power supply output: 5 V 1000 mA.
- Maximum power consumption: 45 W.
- Battery: 3x S1P = 11.1 V, 2250 mAh.
- Charging time: 7 - 10 hours.
- Battery life: about 2 hours to highest level.

BOOSTER HEAD

1) BOOSTER attachments + thread adapter for pressure point attachments + massage hook:

The BOOSTER attachments, thread adapter and massage hook are made from dimensionally stable plastic that offers a long service life and the ideal combination of hardness and flexibility.

2) Pressure point attachment:

The pressure point attachments are made from silicone rubber in various degrees of hardness. The degree of hardness is also expressed through the different colors of green, gray or black. The material is odorless, and is easy to clean and sterilize.

WARRANTY

The seller grants the buyer, provided the buyer is the user, the legal warranty as required by the legal specifications for a period of 2 years from the date of purchase. The seller's obligations under the warranty are initially limited to replacement, with the choice of whether to provide a new item or repair the faulty one being the seller's. If replacement is not possible, the buyer is entitled to the other legal claims. **The seller rejects any warranty claims for damage caused by: Accident, blatantly incorrect use, misuse or incorrect transport; Repairs carried out by unauthorized personnel; Use that does not comply with the intended use set out in the instructions for use; Failure to handle the object of purchase properly.**

Any claims for compensation on the part of the buyer are also excluded. The exceptions to this are buyer's claims for compensation resulting from loss of life, physical injury, injury to health and liability for other damage that is based on the willful or grossly neglectful infringement of the seller's obligations by the seller, his legal representative or agents. Also unaffected is any liability for infringements of obligations which, unless fulfilled, make the orderly implementation of the contract impossible and on the fulfillment of which the buyer must be able to regularly rely. In cases of the slightly negligent infringement of its contractual obligations, the seller shall be liable only for the contract-typical, foreseeable damages unless the customer's claims for compensation relate to loss of life, physical injury or injury to health.

GET FIT WITH THE BLACKROLL® APP

Find your individual workout plan:

- For self-massage and strengthening.
- For targeted pain point treatment and your favorite sport.
- With different products.
- With images for clear and easy instructions.
- As well as videos and news of relevant topics.

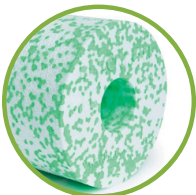
The App can also be used offline.



blackroll.com/app



MORE BLACKROLL® PRODUCTS



MED



FLOW



MINI



DUOBALL 08 & 12



STANDARD



GROOVE



MINI FLOW



BALL 08 & 12



PRO



GROOVE PRO



TWISTER



BLOCK



RELEASEZER



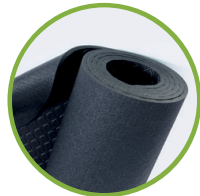
GYMBALL



LOOP BAND



DEEP RELEASEZER



MAT



MULTI BAND



POSTURE



NEEDLEROLLER



SUPER BAND



All information and other BLACKROLL® products can be found on our website at

www.blackroll.com



FREE



BLACKROLL® APP FASCIA TRAINING

THE BLACKROLL® APP OFFERS
A WIDE RANGE OF EXERCISES,
TRAINING MODULES,
INFORMTION AND VARIOUS
BEGINNER'S OPTIONS.

BLACKROLL AG

Hauptstraße 17
CH-8598 Bottighofen
www.blackroll.com
support@blackroll.com