

BLACKROLL® PRODUCT PRESENTATION



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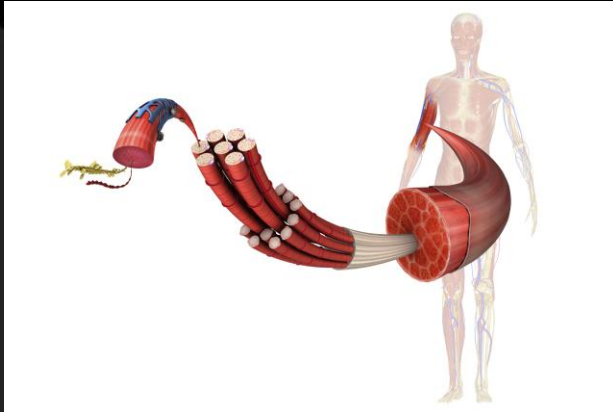
INTRODUCTION



BLACKROLL® IS UNIQUE

- BLACKROLL® is not an average “foamroller”.
 - Stable and high quality material
 - 100% German engineering
- BLACKROLL® stands for highest quality - Made in Germany.
 - Health and safety first: no use of chemicals (glue) or propellants
 - Certified Quality management DIN ISO 9001:2000
- BLACKROLL® applies strict environmental standards.
 - BLACKROLL® products are 100% recyclable
 - Production in a highly energy efficient facility
 - Packaging is CO2 neutral and minimized
 - BLACKROLL® aims to innovate, always taking the environment into consideration
- BLACKROLL® underlines hygiene.
 - BLACKROLL® produces products which do not soak up any fluids or dirt
 - Easy to clean, with a sanitizer, wet cloth or even in the dish washer
- BLACKROLL® products are light weight, high tech and durable.
 - Easy to carry with you - rolling should be possible anywhere, anytime
 - Every product is built to last - for years

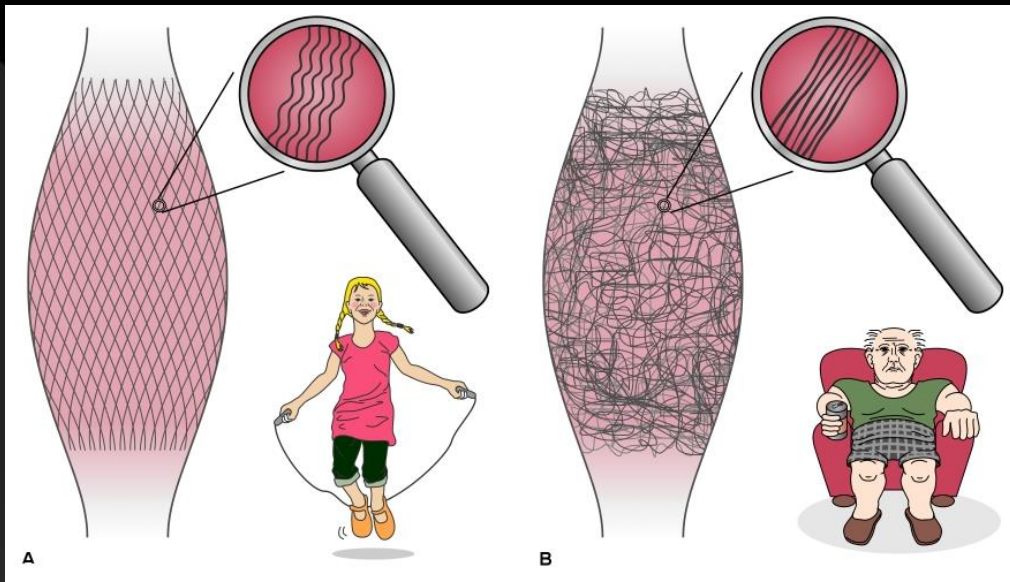
FASCIA: THE CONNECTIVE TISSUE



When using BLACKROLL®, we focus on the fascia as a structure of the connective tissue in the body.

Fascia connects, like a multi-dimensional network, all the muscles, bones, nerves and organs from the head to the toes. This connective tissue provides support and protection for most structures within the human body, including the muscles. It also supports the lymph system to carry nutrients towards the muscles and degradation products away from the muscles.

FASCIA TRAINING



Tensions in the muscles can make the fascia ‘stick’ together. Our mobility, integrity, and resilience are mostly affected by how well hydrated our fascia is.

Regular and targeted fascia training recovers the muscles faster by stimulating flow of hydration, providing release of tensions and adhesions, and as a result: higher performance of the muscles.

RECOVERY



SELF MYOFASCIAL TREATMENT



ACTIVATION & MOBILISATION



ACTIVATION & MOBILISATION



REFERENCES



EXPERT OPINIONS

Dr. biol. hum. Robert Schleip

Direktor Fascia Research Project, University of Ulm

"After a quick test, nevertheless with several patients, I am very thrilled by the BLACKROLL®. Its large variety of practical use in combination with the possibility to moderate the pressure individually and gradually by using different techniques of relief, allow a wide range of therapeutical use."



Dr. med. Lutz Graumann

Sports medicine expert from Munich

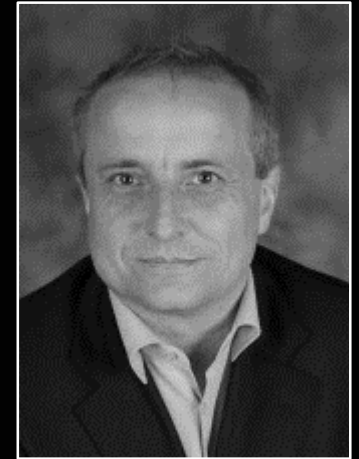
"The BLACKROLL® is an ideal tool for the day to day training routine. We use it for warm up and cool down. It offers us the opportunity to use only one tool for self massage as well as weight- and coordination training."

EXPERT OPINIONS

Prof. Dr. Stefan Grau

Sports medicine, University of Gothenburg

"I recommend BLACKROLL® for coordinative release of muscle tension."



Frank Thömmes

CEO & Founder of PERFORM SPORTS

"The BLACKROLL® products offer an ideal possibility for my customers and athletes to increase their performance in a short period of time. When one dives deeper into this theme you start to realize that body awareness is optimized in many ways."

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.com

BLACKROLL® IN SPORTS



BLACKROLL®
.com

PRIZES

BLACKROLL® wins the physio award “biggest benefit for users” in 2009.



In June 2014, the BLACKROLL® products have been awarded the AGR cachet.

Certified and recommended by the Bundesverband der deutschen Rückenschule e.V. (Federal Association of German Back Schools) and the Forum Gesunder Rücken - besser leben e.V. (German Forum Healthy Back - Better Living).



BLACKROLL[®]
.com

BLACKROLL® PRODUCTS



MADE IN GERMANY



- Made in Germany
 - highest production quality
 - all rights reserved
 - quality management to DIN ISO 9001:2000
- Production
 - environmentally friendly
 - energy saving production
 - 100 % recyclable
 - free of propellant
 - free of chemicals
- Hygiene
 - inodorous
 - water resistant
 - easy to clean
 - easy to sterilize

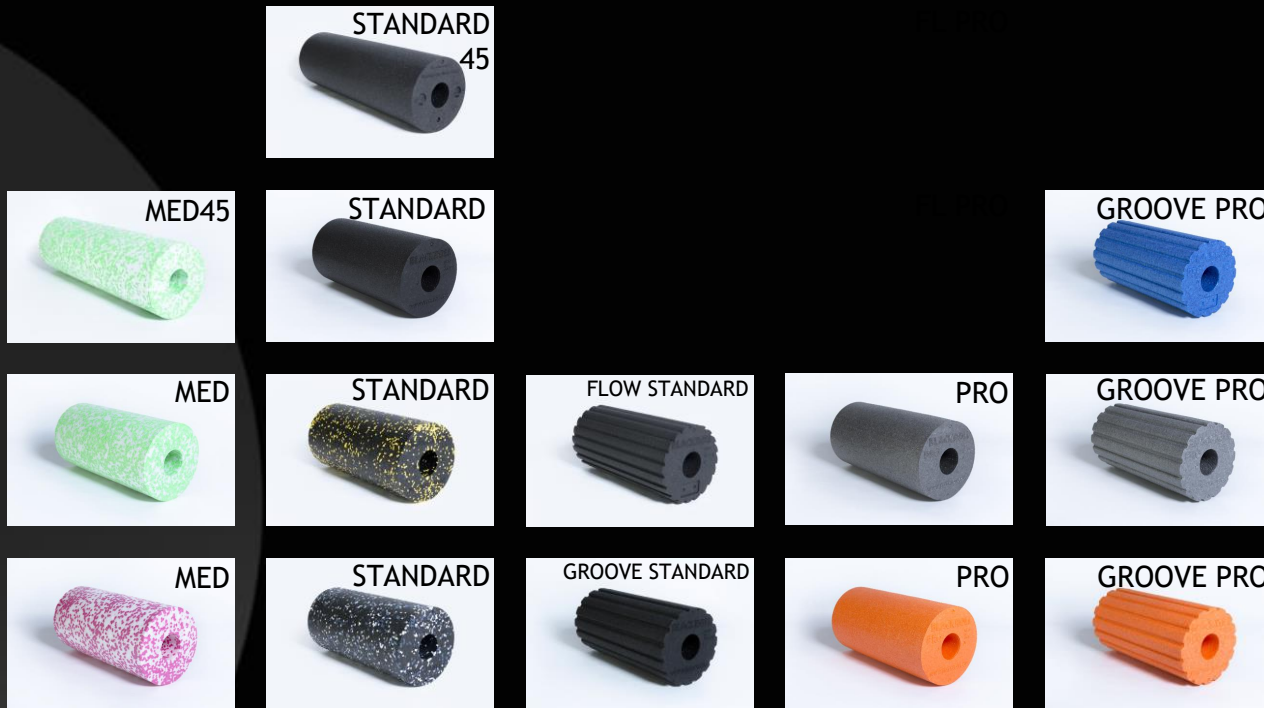


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PRODUCTS: BLACKROLL® ROLLS



THE CORE PRODUCT: THE BLACKROLL®



MED (softest)

STA (standard)

PRO (hard)

- Suitable for all use
- Three different densities (soft, standard, hard)
- Different surfaces (plain, grooved)

BLACKROLL[®]
 .com

BLACKROLL® STANDARD



- Standard density
 - Appropriate for all exercises
 - Strong massage effect
-
- Size: 30 cm x 15 cm
-
- Colours: black
black/white/blue
black/yellow

BLACKROLL® Special Edition



- Standard density
- Appropriate for all exercises
- Proven massage-effect
- We offer a BLACKROLL® Special Edition on trade shows or on large sports events (e.g. football world cup)
- On customer request (quantity ≥ 700 rolls)

- Size: 30 cm x 15 cm

- Colours: various colour combinations

BLACKROLL® MED



- 20 % softer than standard version
 - Medium density
 - Appropriate for all exercises (not suitable to stand on!)
 - Established massage effect
 - Recommended for therapy and beginners
-
- Size: 30 cm x 15 cm
 - Colours: white/green
white/pink

BLACKROLL® GROOVE STANDARD



- Grooved surface for new stimuli
- STANDARD version with standard density
- For more intensive practice
- Appropriate for all exercises on the ground
- Strong massage effect
- For prevention and treatment of cellulite

- Size: 30 cm x 15 cm

- Colour: black

BLACKROLL® FLOW STANDARD



- Revolutionary surface design
 - Soft roll out of the fascia while the other, harder side, offers an active stimulation
 - STANDARD version with standard density
 - For more intensive practice
 - Appropriate for all exercises on the ground
 - Strong massage effect
 - For prevention and treatment of cellulite
 - Vibration is notably more gentle compared to the BLACKROLL® GROOVE
-
- Size: 30 cm x 15 cm
 - Colour: black

BLACKROLL® PRO



- 50 % harder than STANDARD version
 - Highest density
 - Intense massage effect
 - For more intensive exercises
 - Recommended to performance athletes and heavier people
-
- Size: 30 cm x 15 cm
 - Colours: grey
orange

BLACKROLL® GROOVE PRO



- Grooved surface for new stimuli
 - 50 % harder than STANDARD version
 - Highest density
 - For more intensive practice
 - Appropriate for all exercises on the ground
 - Intense massage effect
-
- Size: 30 cm x 15 cm
 - Colours: azure
grey
orange

BLACKROLL® 45



- Additional length after receiving multiple requests from therapists wanting to offer their patients a bigger supporting surface as well as Pilates trainers
- Available as
 - BLACKROLL® STANDARD 45
 - BLACKROLL® MED 45
- Density and stability as well as the great range of use from the field of sports to therapy will stay the same
- Size: 45 cm x 15 cm
- Colours: black (STANDARD 45)
white/green (MED 45)

BLACKROLL® MINI



- Convenient for travel, small and light
- For selective massage of feet, legs, arms and other body parts
- For use at the table, on the floor and wall
- As connection piece of two normal rolls up to 60 cm width (three rolls 90 cm)
- Size: 15 cm x 5 cm
- Colours: black, azure, black/red/yellow, blue, green, grey, orange, pink, red, yellow

BLACKROLL® MINI FLOW



- The BLACKROLL® MINI FLOW is the revolutionary development of a well-proven regenerative tool for self-massage. The surface of the BLACKROLL® MINI FLOW is structured in such a way, that a gentle massage in one direction is combined with an active stimulation over a hard edge, in the other direction.
- Size: 15 cm x 5 cm
- Colours: black, azure, green, orange, pink

Extending the BLACKROLL®



- Connect two rolls with the hardness of your choice
- One BLACKROLL® MINI as connection of the two rolls up to 60 cm width
- The easiest way to connect two rolls is to cover both ends of the MINI with a little bit of water or oil in order to put the rolls together
- Useful for Pilates and Yoga
- Size: 60 cm x 15 cm
- Available in the following sets:

2x BLACKROLL® STANDARD black-yellow

1x BLACKROLL® MINI yellow

or

2x BLACKROLL® STANDARD black-white-blue

2x BLACKROLL® MINI blue

PRODUCTS: BLACKROLL® BALLS & TWISTER



BLACKROLL® BALL



- Diameter 08 cm or 12 cm
- For pinpoint application
- To reach deeper lying muscles
- Treat for massage of the back, arms, neck and feet
- Usage on a table, wall or on the floor

- Size: 08 cm / 12 cm

- Colours: black, green, orange, pink, red, yellow

BLACKROLL® DUOBALL



- Diameter 08 cm or 12 cm
- For pinpoint application
- Designed to use on the spine
- Great for massage of the back, neck, arms and legs
- Usage on a wall or on the floor

- Size: 16 cm x 08 cm x 08 cm / 27 cm x 12 cm x 12 cm

- Colour: black

BLACKROLL® TWISTER



- Special studded surface and ergonomic concave curve of the TWISTER allows a new targeted stimulation
- Massage of chest- and shoulder musculature and fore arms along the trigger bands by applying pressure and a twisting by hand
- Therapeutic stimulation of the upper skin layer
- Targeted application of its different surfaces for optimal therapeutic results
- Size: Ø 7 cm x 5 cm
- Colour: black

PRODUCTS: BLACKROLL® BLOCK



BLACKROLL® BLOCK



- Self myofascial treatment tool: serves as a higher deck for pinpoint massage using the below mentioned combinations, targeting muscle groups that are otherwise hard to reach
- Use as functional training tool or yoga block
- Possible combinations:
 - 1 x BLACKROLL® MINI with 1 x BLACKROLL® BALL 08
 - 3 x BLACKROLL® BALL 08
 - 1 x BLACKROLL® DUOBALL 08 with 1 x BLACKROLL® BALL 08
- Size: 30 cm x 15 cm x 10 cm
- Colour: black

PRODUCTS: BLACKROLL® SETS



BLACKROLL® BLACKBOX



- This multifunctional set is ideal to massage specific parts of the body. The BLACKROLL® BLACKBOX contains all important tools in a kit to perform an effective myofascial total body workout.
- Items delivered:
 - 1x BLACKROLL® STANDARD black
 - 1x BLACKROLL® MINI black
 - 1x BLACKROLL® BALL 08 black
 - 1x BLACKROLL® DUOBALL 08 black
 - 1x BLACKROLL® exercise card
 - 1x BLACKROLL® DVD
- Size: 31,2 x 25,4 x 15,4 cm
- Colour: black

BLACKROLL® BLACKBOX MED



- This multifunctional set is ideal to massage specific parts of the body. The BLACKROLL® BLACKBOX MED contains all important tools in a kit to perform an effective myofascial total body workout.
- Items delivered:
 - 1x BLACKROLL® MED white/pink
 - 1x BLACKROLL® MINI pink
 - 1x BLACKROLL® BALL 08 pink
 - 1x BLACKROLL® DUOBALL 08 pink
 - 1x BLACKROLL® exercise card
 - 1x BLACKROLL® DVD
- Size: 31,2 x 25,4 x 15,4 cm
- Colour: pink

BLACKROLL® BLACKBOX MINI



- This multifunctional set is ideal to massage specific parts of the body. The BLACKBOX MINI contains all important tools in a kit to perform an effective myofascial total body workout.
- Items delivered:
 - 1x BLACKROLL® MINI black
 - 1x BLACKROLL® BALL 08 black
 - 1x BLACKROLL® DUOBALL 08 black
 - 1x BLACKROLL® MINI Flyer - study
 - 1x BLACKROLL® DVD Flyer
- Size: 30 x 14 x 9 cm
- Colour: black

BLACKROLL® OFFICE BOX



- The products in the BLACKROLL® OFFICE BOX are light and handy. They are therefore perfectly suited for the typical day at the office. The exercises can be done in small spaces and don't require special sports clothes. You can even use the small BLACKROLL® tools for quick exercises at your desk.

- Items delivered:
 - 1x BLACKROLL® STANDARD black
 - 1x BLACKROLL® MINI black
 - 1x BLACKROLL® DUOBALL 08 black
 - 1x GYMBAG
 - 1x OFFICE Booklet

- Size: 31,2 x 25,4 x 15,4 cm

- Colour: black

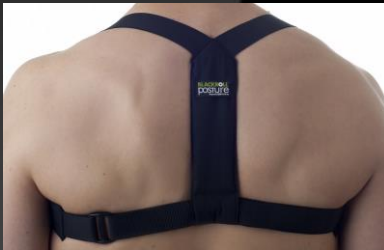
- ***ONLY IN GERMAN AVAILABLE AT THE MOMENT***

BLACKROLL®
.com

**PRODUCTS:
BLACKROLL®
POSTURE**



BLACKROLL® POSTURE



- Easy to use and effective accessory that supports you with better body confidence
- It provides instant correction of posture and upper body alignment to strengthen muscles over time
- A good posture increases your oxygen uptake which gives you more energy
- Can be worn underneath or on top of your clothing

- Size: S/M/L & XL/XXL
- Colour: black
- Weight: 102 g (S/M/L)
120 g (XXL)
- Material: 71% cotton, 25% nylon,
4% elasthan

PRODUCTS: BLACKROLL® BOOSTER



BLACKROLL® BOOSTER



- Vibrating core to easily upgrade every BLACKROLL® (30 cm, all densities, all surfaces) for use in therapy and sports
- More intense massage effect as a result of the patent registered Vibra Motion Technology
- Full scale frequency options from 12-56 Hz with precise, continuous intensity control
- German engineering: developed and produced in Germany - ISO and TÜV certified
- Size: 30,5 cm x 6 cm
- Colour: white

**PRODUCTS:
BLACKROLL®
RELEASER**



BLACKROLL® RELEAZER

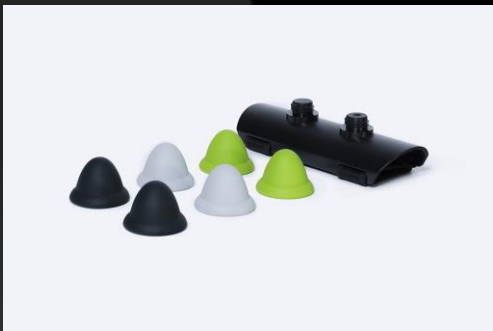


- Two different vibration settings
- Four different treatment variations
- Non-slip grips with soft-touch surface
- High-quality solid wood
- Supports resilience and nutrition of the muscle-fasciae-tissue
- Significantly increases circulation of the treated tissue
- Improves flexibility and strength of the fascia and muscle tissue

- Size: 60 cm x 5 cm

- Colour: brown

BLACKROLL® DEEP RELEAZER



- The BLACKROLL® DEEP RELEAZER is an intelligent addition to the already very successful BLACKROLL® RELEAZER. While the RELEAZER features especially designed edges for a highly effective massage, the DEEP RELEAZER adds durable rubber nubs to target and loosen tight spots on an even deeper level. The DEEP RELEAZER's nubs are available in three different degrees of hardness and are ideal to treat the lower back, the hip, the thighs, and especially the neck.
- The DEEP RELEAZER works only in combination with the RELEAZER, which is not included in the delivery of the DEEP RELEAZER.
- Size: 18,5 cm x 15,5 cm x 4,5 cm
- Colours: black/green/grey

PRODUCTS: BLACKROLL® NEEDLEROLLER



BLACKROLL® NEEDLEROLLER



- The BLACKROLL® NEEDLEROLLER stimulates the superficial fasciae and promotes health and wellbeing in a variety of ways. It enhances blood flow and significantly reduces pain sensitivity.
- Combined with the treatment of deeper fascia layers, the BLACKROLL® NEEDLEROLLER may regulate collagen production.
- The BLACKROLL® NEEDLEROLLER is ergonomically designed with high-quality materials.
- Size: 26 cm x 9 cm x 6,5 cm
- Colours: black/brown



PRODUCTS: BLACKROLL® GYMBALL 65

BLACKROLL® GYMBALL 65



- The BLACKROLL® GYMBALL 65 was developed specifically for the use in functional training. Whether using it in coordination- or stabilisation training, or including it in strength training - the BLACKROLL® GYMBALL 65 is an ideal training partner.
- Train on the GYMBALL 65 in a sitting position, lying on the stomach or back, or in a push up position. This way, all different muscle groups are used with a varying intensity.
- Size: Ø 65 cm
- Colour: black

PRODUCTS: BLACKROLL® MAT



BLACKROLL® MAT



- Due to its structured surface, the BLACKROLL® MAT provides excellent grip and comfort. The optimized thickness of 5 mm creates an ideal cushioning effect to reduce the impact on the joints. The length of the BLACKROLL® MAT of 1,85 meters allows for a greater variety of exercises than conventional exercise mats.
- Additional bonus: The skid-proof diamond pattern on the bottom of the BLACKROLL® MAT prevents sliding.
- The BLACKROLL® MAT is made in Germany. It is OEKO-TEX® STANDARD 100 certified, easy to clean and durable.
- Size: 185 x 65,5 x 0,5 cm
- Colour: black

PRODUKTE: BLACKROLL® BANDS



BLACKROLL® RESIST BAND



- The BLACKROLL® RESIST BAND (approx. 190 cm) was developed to make the innovation in modern athletics training accessible to all. The band is meant to meet the high demands of professional athletes, but is also suitable for amateurs. A farewell to rubber - the RESIST BAND is not only strong and tear-resistant, but also flexible and it touches comfortable at the same time - thanks to the revolutionary textile material. It does not cut into the skin and the velcro at the two ends allows a fast fixation of the band around the hips.
- Available in: grey (strong intensity) or black (extreme intensity)
- Size: approx. 190 cm x 6 cm
- Colours: black or grey

BLACKROLL® MULTI BAND



- The BLACKROLL® MULTI BAND (approx. 270 cm) enables to perform functional movement patterns and strengthening muscle groups in a holistic manner. It improves flexibility and allows joint-friendly coordinative training. The different built-in consecutive loops allow individual and unlimited exercise possibilities for every age group and all performance levels, independent of body height and flexibility. A farewell to rubber - the revolutionary textile processing enables an unbeatable comfortable feeling and is easy to clean.
- Available in: green (medium intensity)
- Size: approx. 270 cm x 3 cm
- Colour: green

BLACKROLL® LOOP BAND



- The BLACKROLL® LOOP BAND (approx. 32 cm) is ideal for training smaller muscle chains. It helps to get better body statics and will reduce the risk of injuries. Say goodbye to uncomfortable rubber bands - the new revolution is a skin-friendly textile with latex free rubber woven into it. This non-tweaking comfortable training band offers all benefits of a usual training band without all the well-known disadvantages for more fun during your training.
- Available as SET (3 bands) or individual band
- Size: approx. 32 cm x 6 cm
- Colours: orange, green or blue

PRODUCTS: OTHERS



BLACKROLL® TRAINERBAG



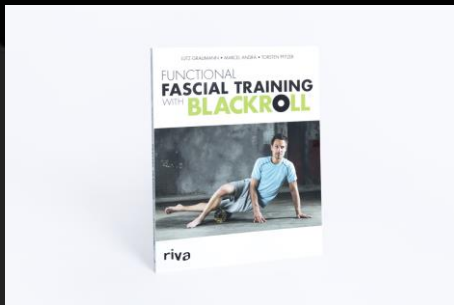
- The BLACKROLL® TRAINERBAG is made especially for transport or storage of multiple BLACKROLL® tools
- The TRAINERBAG packs exactly ten BLACKROLL® STANDARD / MED / PRO / GROOVE / GROOVE PRO or FLOW STANDARD
- The length of the bag straps allows you to wear the bag comfortably on your back
- Details:
 - Size: 75 cm x 31 cm x 31 cm
 - Weight: 650 g
 - Material: polyester

BLACKROLL® GYMBAG



- The BLACKROLL® GYMBAG is made especially for transport or storage of multiple BLACKROLL® tools
- The GYMBAG packs two BLACKROLL® STANDARD / MED / PRO / GROOVE / GROOVE PRO or FLOW STANDARD
- Details:
 - Size: Ø 16 cm x 75 cm
 - Weight: 70 g
 - Material: polyester

BLACKROLL® BOOK

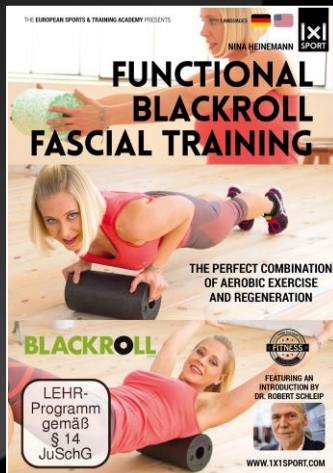
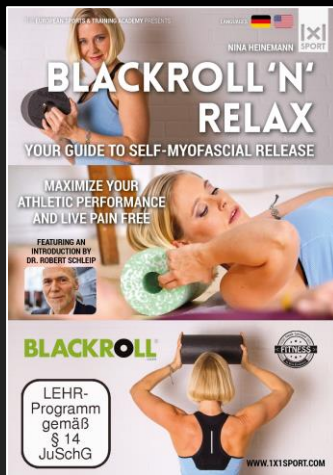


- "Functional Fascial Training with BLACKROLL®"
- A must read for those interested to learn more about BLACKROLL®, self-massage, fascia training, or functional training with BLACKROLL®. From therapy to sports - this book is interesting for a wide audience of movement specialists. Especially useful as a manual for those that want to start teaching others in their own studio or work as (personal) fitness trainer, movement specialist, physiotherapist, bodyworker, or related professions.

• ISBN-13: 978-3-86883-694-3

• Number of pages: 143

BLACKROLL® DVD



- **BLACKROLL® 'N' RELAX**
 - Functional BLACKROLL® Fascial Training
 - The perfect combination of aerobic exercise and regeneration
 - Four interactive workouts including in-depth descriptions for each exercise
 - Stimulate more nutrient-rich blood to circulate, soothing your skin's appearance and reduce cellulite
 - Improve your posture, increase blood circulation and maximize your performance
- **Functional BLACKROLL® Fascial Training**
 - The perfect combination of aerobic exercise and regeneration
 - Featuring three complete interactive workouts, including training plans and detailed descriptions
 - Workout with the BLACKROLL® after workout or at home with exercises specifically tailored to you
 - Proactive training to combat back pain and postural defects

PRODUCTS: BLACKROLL® POS



BLACKROLL® POS DISPLAY



- Perfect framework to present the BLACKROLL® products
- Hanger for packaged BLACKROLL® BALL and DUOBALL
- Additional level for BLACKROLL® STANDARD, MED, GROOVE, PRO, GROOVE PRO and FLOW STANDARD packaged in a box
- Separate level for BLACKROLL® MINI, MINI FLOW and BLACKROLL® BOOK
- Size: 180 cm x 55 cm x 30 cm
- Colours: black/white
- Availability and price on request

PRODUCTS: CUSTOMISATION



3D-Doming



- Customise your BLACKROLL® with your own logo. Useful for gyms, sports clubs, clinics or for promotion of your shop or store
- We recommend you or your customers to find a local print store. Search on Google for doming or 3D stickers and you will find a supplier in your country.
- Size of stickers:
 - BLACKROLL® rolls: rectangle doming (as in the first picture) is 5 cm x 2,5 cm
 - BLACKROLL® rolls: round doming with 2,1 cm diameter (2 domings per roll; picture two)
 - BLACKROLL® MINI, MINI FLOW, BALL, DUOBALL & TWISTER: round doming with 1,5 cm diameter

PRODUCTS: PACKAGING



Sales Packaging



- The BOX is available for the following BLACKROLL® products:
 - BLACKROLL® STANDARD, MED, GROOVE, PRO, GROOVE PRO and FLOW STANDARD
 - BLACKROLL® STANDARD 45, MED 45
 - BLACKROLL® MINI
 - BLACKROLL® MINI FLOW
- Sizes:
 - 31 cm x 15 cm x 15 cm
 - 46 cm x 15 cm x 15 cm
 - 15,5 cm x 5,5 cm x 5,5 cm
- Costs:
 - Box for ROLLS: 0,30 EUR / MINI: 0,20 EUR
 - Box for ROLLS 45: 0,75 EUR

HANGER



- The hanger packaging is available in different sizes for the following BLACKROLL® products:
 - BLACKROLL® BALL 08 and 12
 - BLACKROLL® DUOBALL 08 and 12
 - BLACKROLL® TWISTER
 - BLACKROLL® RESIST BAND -> already packed
 - BLACKROLL® MULTI BAND -> already packed
 - BLACKROLL® LOOP BAND -> already packed
 - BLACKROLL® LOOP BAND SET -> already packed
- Sizes:
 - BLACKROLL® BALL 08 - 9,1 x 6,6 x 8,4 cm
 - BLACKROLL® BALL 12 - 12,2 x 10,1 x 12,5 cm
 - BLACKROLL® DUOBALL 08 - 9,1 x 6,6 x 17 cm
 - BLACKROLL® DUOBALL 12 - 12,2 x 10,1 x 24,7 cm
 - BLACKROLL® TWISTER - 9,1 x 2,3 x 9,8 cm
 - BLACKROLL® RESIST BAND - 10,5 x 6,5 x 10,5 cm
 - BLACKROLL® MULTI BAND - 15 x 3,5 x 15 cm
 - BLACKROLL® LOOP BAND - 7,8 x 2,0 x 15,5 cm
 - BLACKROLL® LOOP BAND SET - 7,8 x 6,0 x 15,5 cm
- The hanger for the BALLS, DUOBALLS and BANDS are bilingual (DE & EN)
- The hanger for the TWISTER is monolingual (EN)
- Costs for the hanger for the unpacked products BALL 08 & 12, DUOBALL 08 & 12 and TWISTER:
 - small HNG (for 08 & TWISTER): 0,20 EUR
 - big HNG (for 12): 0,30 EUR

PRESS REVIEWS



Training

FASCIA TRAINING

Blackroll is always there for you, whether you need to prepare for training, to prevent injuries or for recovery.

The connective tissue was not given much attention up until recently. However there are plenty reasons why this particular tissue is now the focus when it comes to training the human body.

This tissue is called fascia and serves as a tensional cover, supporting and connecting everything that is found under our skin, within the whole human body. But why is the fascia so interesting for sports people? The unique character of this collagenous tissue can be found in its extreme adaptability and training potential. With the right exercises, one can, for instance, significantly reduce recovery time. "Not every (sports) club has a masseur or physiotherapist at its disposal. So why not do it yourself?" This was the rational behind Blackroll, which Jürgen Dürr introduced to the German market in 2007. The 47-year old developer of "the roll with the hole - 100% Made in Germany" was convinced of the effectiveness and simplicity of the training tool. Indeed, Blackroll "rolled out" rapidly in Germany's national football team's rehabilitation center, the word spread amongst the team players, that Blackroll was extremely effective. The German Football Association (DFB) started to supply its (under 19) youth divisions with the rollers, to introduce "fascia training" to them too. "The use of Blackroll puts in motion many exciting developments with respect to mobility and strength and in the reach of sports medicine and psychology. This becomes more and more apparent in the many studies that are carried out. We give football players new input, since with just a few minutes of training and simple exercises one treats the body to something really effective", says Jürgen Dürr.

Blackroll before training

Muscles are covered by fascia like a sheath. The tension of the fascia tissue is regulated by fluids. When this system is unused, over-

loaded or when an individual trains (too) one-sidedly, the sliding capability of the fascia structure and thereby mobility becomes restricted. The fascia net becomes "sticky" and this can be experienced in our bodies as stiffness and even pain. By rolling out the different muscle parts with the Blackroll, the fascial tissue is squeezed out, just like a sponge. After a sponge is wrung out, it is able to soak up water again, the fascia is therefore able to refill itself with fresh tissue water. When fascia is well hydrated it becomes resilient and springy. This way, tensions between and within the muscles and fascia can dissolve and the fluid- and nutrient exchange is stimulated. So juicy fascia is happy fascia: mobility is improved, and the quality of movement execution increases while training.

Prevention with Blackroll

Besides improving performance, training the fascia can also prevent injuries in the long term. This is extremely important when it comes to intensive sports training. Recently we have discovered that many pain receptors are located within the fascia (nerve endings). This is why injuries and adhesions in the fascia can be a cause of pain in a totally different part of the body. Blackroll, can help prevent injuries. In particular, injuries caused by overload, which happens often in preparation for the season, can be reduced. A fascia training program for football players, for example, does not have to take longer than 5-10 minutes. By using a few basic exercises, the players can optimally prepare for training. In the past, one stretched out. Now, one 'rolls out', says Ernst Thaler (Bond trainer and 'under 15' co-trainer of the German Football Association). Blackroll is not only suited for working on the fascia. The roll is also an excellent tool for stretching and strengthening exercises. "The roll is simple to use. One can easily store the product and also carry it wherever one goes since it's very light", the coach explains.

Picture: © ImageAction/Photo

The Blackroll comes in different densities and models. Blackroll is not only used extensively in football but fascia training and 'rolling' is for instance also popular amongst basketball, handball and track and field -players. More information under www.blackroll.com



WISSEN & GESUNDHEIT



Die Oberschenkel-faszie

Die sogenannte Fasciata reicht vom Beckenkamm bis unters Knie.

Netzwerk
Das Bindegewebe durchzieht den gesamten Körper. Es vernetzt sich zu Zugbahnen – den Faszienketten – die verschiedene Körperteile sowie Muskeln und Knochen miteinander verbinden.

Die Schulter-Ellenbogen-Kette

Sie verläuft außen am Arm entlang und ist mit dem Deltamuskel, Teilen des Trapeziusmuskels, des Nackens und der Wirbelsäule verbunden.



Diagonale Rückenmuskel-Gefäßmuskulatur-Kette

Diese diagonale Kette verbindet den Ober- mit dem Unterkörper und reicht vom großen Gesäßmuskel bis zum großen Rückenmuskel. Sie wird von der oberflächlichen Schicht, der Rückenfaszie, bedeckt.

Das dichte Netz in der Körpermitte

Das abdominale Netz besteht aus mehreren Schichten. Die oberste verläuft vertikal vom Brust- bis zum Schambein, die zweite diagonal und die dritte quer darunter.



Die Verbindung von Brust und Arm

Die Brust-Armbügel-Kette zieht sich von der Innenseite des Unterarms über den Ellenbogen in die Beuge- und Streckseite des Biceps. Verbunden ist sie auch mit dem großen Brustmuskel und dem Brustbein.



Fußgelenk-Adduktoren-Beckenboden-Kette

Sie reicht von der Fußmittle bis hinauf zum Beckenboden und verstärkt das Kniegelenk.

Die unterschätzte Macht

Viel mehr als nur Bindegewebe: Mediziner, Biologen und Physiotherapeuten entdecken die wahre Bedeutung der Faszien für Fitness und Gesundheit

ROBERT INFOGRAFIK
Quelle: Training für die Faszien (Gülden) Drvo Malen, Karin Horvath

Fascia fascinate

The underrated allrounder in the human body

Fascia and their training are currently on everyone's lips. And rightly so, according to the author Peter Rieggl. The Roloff (named after Ida Roloff, 1896-1979) from the field of alternative medicine has focused on the fascia for many years now. Roloff has helped many people get a grip on their discomfort in the active musculoskeletal system. The only thing is, that the reason for this could not be scientifically proven. Thanks to new imaging techniques, recent research is able to point out the importance of the fascia.



Fascia are allrounders – while that might be a bit blunt, it can't be denied. They enable the body to store energy and then give it back in a catapult-like manner; this is extremely important during jumps, for example. Moreover, the fascia provide suppleness and absorb shocks. Therefore, everyday movements can be performed with more elasticity. The fascia also provide tension force and firmness. They have many receptors as well as their own communications system. Not only do they keep the muscles together, they even connect adjacent muscles among each other.

What are fascia?

Fascia are fibrous (collagenous) connective tissues. These consist of water, collagen and compounds of proteins and sugar. They permeate the whole body as a three-dimensional network. They're

often referred to as "Anatomy Trains" (Myers). The fascia contain countless receptors, which provide the central nervous system with feedback (e.g. pain, joint position/posture), fascia connect muscles, organs and bones, so that everything stays where it ultimately belongs. They protect joints, hold tension and thus increase body tension. Colloquially, the term "fascia" is often used interchangeably for "connective tissue", although this is technically not accurate.

In addition to the already mentioned constituents of fascia (water, collagen, proteins, sugar), they also contain elastin. Elastin is a protein responsible for the elasticity of the fascia. Fascia have a major impact on the following areas:

- the muscles,
- the quality of movement,
- the posture,
- the sensation of pain.

Water and its importance

The fascia feature a spectacular architecture. This architecture results in the strength and the properties described above. When it comes to the fascia's functionality, water plays a crucial role. Unilateral, monotone loads lead to dehydration of the fascia, as they "squeeze" them like a sponge. Consequently, the elasticity of the fascia is no longer ensured – and thus neither is the load and regeneration capacity. By completing a training with the fascia roller (myofascial massage), we improve the fluid exchange between blood vessels / lymph and fascia, thus restoring the full functionality of the connective tissue.

Grid architecture

To provide optimum functionality of the fascia, they are often arranged in a "mesh architecture" with an additional



weave structure. This complex structure creates maximum tensile strength and low susceptibility to injury. However, it is affected by unilateral, incorrect, insufficient or excessive strain. All this ultimately leads to loss of elasticity, the tissue becomes "entangled".

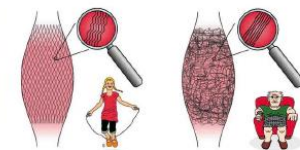
In summary it can be stated: The myofascial system includes connected muscle fibers and connective tissue. Many nerve receptors are present in the fascia, which supply the proprioceptive system with information. Healthy fascia protect the joints that support the muscles and ensure firm body shapes. Healthy fascia is supple, resilient, stretchy, durable, lubricious and tear-resistant.

Functions of the fascia

The fascia assume different functions or tasks in the body.

- Transfer of forces: By themselves,

muscles are not able to transfer force to the bones and thus allow movements via the joints. This also requires the connective tissue and



A: Fascia architecture in young people or people who move a lot.

B: Fascia architecture in people who do not move or don't move enough.

(thus the fascia. The force is generated in the muscles and transmitted to the bones via the tendons (the connective tissue). Further, the fibrous connective tissue also transfers forces/tension.

- Retain strength (rebound effect). On the one hand tension (force per area) can be actively generated by the muscles. On the other hand, muscle and connective tissue stores tension, which may then be passively (i.e. without additional energy consumption, as it is necessary, for example in muscle contraction) released (if we, for example, jump down from a chair and then begin the next hop in the counter-movement without pausing first). This effect is similar to the stretching of a rubber band which "releases" the stored tension when you let go of it. Therefore, in addition to particularly developed muscles, very good sprinters have the ability to save more energy in the fascia and release it. Consequently, a person who trains their connective tissue can also make better use of the passive tension in the connective tissue and muscles for movement.

Australian kangaroos achieve jump distances of about ten meters. This is only possible because the tendons and fascia of the kangaroos are preloaded and then deliver that energy at the right moment – which ultimately explains the big jump distances. This effect could now be detected in humans. Usain Bolt, the world record holder in the 100 meter sprint, seems to be very skilled in this area, which is part of the

Plötzlich sitzt der Yogalehrer auf so einem Ding, die Bankerin rollt sich nach Feierabend darauf herum, und bei Tchibo ist die jüngste Billigkopie schon wieder ausverkauft: Blackroll nennt sich das Originalgerät zur Selbstmassage, das sich in Deutschland gerade so flächendeckend verbreitet wie einst der rückenfreundliche Sitzball. Jürgen Dürr, der Mann, der die neue Welle hierzulande ins Rollen brachte, beziffert die verkauften Blackrolls für das Jahr 2014 auf „erstmal sechsstellig“. Der 47-jährige Schwabe sagt: „Seit 2012 verzeichnen wir ein exponentielles Wachstum. Wir liefern in über 20 Länder, auch nach Australien und Korea.“

VOX BRENDA STROHMAIER

Gerade wurde sein Gerät von der „Aktion Gesunder Rücken“ mit dem AGR-Gütestegel ausgezeichnet, und zwar für den Bereich „Faszienbehandlung“. Faszien heißt das Bindegewebe, das den ganzen Körper durchzieht, das Muskeln und Gelenke verbindet. Schmerzforscher, Physiologen und Bewegungswissenschaftler haben in den vergangenen Jahren gezeigt, wie wichtig es ist, sich darum zu kümmern. Deshalb muss man sich auch mit Faszien beschäftigen, wenn man verstehen will, warum so viele Menschen mit wachsender Begeisterung ihren Körper über eine Schaumstoffrolle in der Größe einer mittleren Blumenvase schieben, die sich am An-

Völlig auf der Rolle

Ein einfaches Trainingsgerät *made in Germany* macht Weltkarriere. Die Blackroll hilft gegen Schmerz, Stress und Cellulitis. Der Trick: Faszienmassage

fang ungefähr so ungemütlich anföhlt. „Sie müssen sich das Bindegewebe wie einen Teig vorstellen. Wenn Sie es ordentlich kneten, wird es warm und geschmeidig“, sagt der Physiotherapeut Kay Bartrow, der gerade ein Übungsbuch mit dem Titel „Blackroll – Faszientraining für ein rundum gutes Körpergefühl“ veröffentlicht hat (Trias, 14,99 Euro). Mit der Rolle, so predigt er, kann man Verklebungen im Bindegewebe lösen. Die Blackroll ist quasi das Nudelholz zu einem Großtrend namens Faszienfitness, einer zwischen Sport und Prävention angesiedelten Bewegung.

Jürgen Dürr kannte das Wort Faszien allerdings noch gar nicht, als er vor zehn Jahren erstmals auf die Idee kam, der Menschheit Rollen zu verkaufen. Darauf hatte ihn die Fußballnationalmannschaft gebracht, die unter der Ägide ihres Trainers Jürgen Klinsmann begann, ihre Muskeln mit weißen Rollen aus den USA zu bearbeiten. „Erst wollte ich genau diese Rollen in Deutschland vertreiben, aber die Qualität stimmte nicht, die sahen aus wie ein Abfallprodukt aus der Teppichherstellung“, erinnert sich Dürr. Stattdessen erfindet er im Jahr 2006 die Rolle mit einem befreundeten Formbauer neu: in Schwarz und aus Polypropylen, einem geruchlosen Schaumstoff, der sich nach Styropor anföhlt, aber viel stabiler ist. Innen ist die Rolle hohl, damit man sie bei der Produktion auch von dort mit Wasserdampf benebeln kann. Produziert wurde fast von Anfang an in einem Werk bei Chemnitz.

Doch der Nutzen seiner perfekten Rolle made in Germany leuchtete nicht jedem unmittelbar ein. „Das schien erst zu banal, um wertvoll zu sein“, erinnert sich Jürgen Dürr, der zunächst mit mäßigem Erfolg bei Sportartikelverkäufern dafür warb. „Ich musste immer wieder vormachen, wie man die Schwerkraft nutzt, um sich damit zu massieren.“

Sagt's und legt sich auf sein Werk, um zu zeigen, wie man den Körper darauf hin und her schiebt. „Das tut erst mal weh, aber man spürt sofort, dass auf den Druck Entspannung folgt“, erklärt er. Es waren Physiotherapeuten wie Kay Bartrow, die als Erste den Wert der



Großer Wurf: Jürgen Dürr mit seiner Blackroll, Modell „Groove“

Blackroll erkannten, sie auf einem Kongress 2009 ausgezeichneten und schließlich immer öfter ihren Patienten für den Hausgebrauch empfahlen.

Ein Durchbruch für Jürgen Dürr. Immer mehr Menschen waren bereit, die knapp 30 Euro für seine Standardrolle zu bezahlen. Auch Spitzensportler konnten sich dafür zunehmend erwärmen. Auf der Internetseite der in der Schweiz beheimateten Blackroll AG sieht man nun Miroslav Klose, Marcel Schmelzer und Bastian Schweinsteiger mit seiner Rolle unter den Beinen, gut zu erkennen an dem Loch an der Seite. Die US-Firma, die zu Klinsmanns Zeiten die weißen Dinger verkaufte, lässt mittlerweile bei Blackroll produzieren.

Der Blackroll begegnet man nun auch in der Trainingsanleitung des Körpertherapeuten und Bindegewebforschers Robert Schleip, dem wohl wichtigsten Vertreter des Trends zur Faszienfitness. Er rät zur Massagerolle, weil sie den Flüssigkeitsaustausch in den Faszien anregt. „Sie werden wie ein Schwamm ausgedrückt und transportieren dabei auch Stoffwechselprodukte und Lymphe ab“, schreibt er. Und: „Faszien lieben Druck.“

Ob Schwamm oder Teig – irgendwie scheint die Sache zu funktionieren, denn die halbe Welt ist völlig auf der Rolle. So empfahl Gwyneth Paltrows Lifestyle-Seite Goop jüngst eindringlich das Training von Lauren Roxburgh, einer Expertin für „strukturelle Integration“, heißt: Körperarbeit mit Faszien. Schon nach einer Sitzung habe man längere Beine, versprach

der Artikel. Roxburgh versicherte im Interview zudem: „Unsere Körper speichern die Traumata unseres Lebens in Faszien. Wenn wir die Spannung dort lösen, können wir eine neue Stellung im Leben einnehmen.“ Ihre Geheimwaffe beim Kampf für mehr Grundentspannung ist The Foamroller, genauer: eine handelsübliche Pilatesrolle. Sie hat den gleichen Durchmesser, ist aber dreimal so lang wie die Blackroll. Traditionalisten können sicher über fundamentale Gattungsunterschiede philosophieren!

Manche mögen die Blackroll für ein dieser Gadgets halten, die bald im Keller verstauben. Dürr fährt vorsichtshalber sein altes Auto weiter, aber sieht noch allerlei Potenzial: In Ulm startet nun ein Forschungsprojekt zum Einfluss der Rolle auf die Psyche. Außerdem sei ein Riesenmarkt noch gar nicht erschlossen, nämlich Frauen mit Bindegewebsschwäche. „Irgendwann wird sich die Erkenntnis durchsetzen, dass man mit der Blackroll die Oberfläche der Haut optisch verändern kann, ganz ohne OP“, sagt er. Allerdings nicht ohne Mühe. „Das Bindegewebe ist zäh, da brauchen Sie schon 200 bis 300 Tage Behandlung, bis sich das nachhaltig verändert“, rechnet er vor.

Für die Ungeduldigen hat Dürr ab Februar die Blackroll 2.0 parat, mit einem Motor im Hohlraum, der die Rolle zum Vibrieren bringt. „Sie müssen sich nur noch drauflegen“, verspricht er. Denn stärker noch als der Drang nach Faszienbehandlung ist beim Menschen die Bequemlichkeit.



OEFENINGEN



TEST #1

Ga eerst op een tafel zitten met je knieholtes vrij van de tafel. Ga vervolgens op je rug liggen en trek met beide handen één knie naar je borst, zorg dat er nog een vinger tussen je onderrug en de tafel past. Je andere been laat je ontspannen hangen.

Let op: Je heupstrekking is onvolledige indien je bovenbeen niet contact met de tafel verliest.



TEST #2

Ga bij een muur staan en kom op handen en knieën met je gezicht naar de muur. Plaats één knie tegen de wand. Je tenen wijzen naar het plafond. Maak met je andere been een uitvalspas naar achteren en richt je romp op je bovenlichaam bevindt zich boven je bekken, je bil raakt je hiel. Span je bilspier krachtig aan. Je voet waarschijnlijk spanning aan de voorzijde van de heup en het bovenbeen.

Let op: Je heupstrekking is onvolledige indien je deze positie niet kunt innemen of je de bilspier niet kunt aanspannen.



TEST #3

De derde test richt zich meer op de rotatie van de heup. Rotatie is essentieel voor een goede strekking. Ga met gebogen knieën op de grond zitten, waarbij de voeten iets meer dan schouderbreedte uit elkaar op de grond staan. Richt je rug zodat je bovenlichaam zich boven de bekken bevindt. Draai beide knieën naar rechts zodat je knieën en onderbenen de grond raken. Draai ook je bovenlichaam naar rechts. Herhaal dit aan de andere zijde.

Let op: Je heupstrekking is onvolledige indien je de beschreven posities niet kan innemen.

OEFENINGEN



BLACKROLL QUADRICEPS

Leg de Blackroll op de grond, ga er op liggen met de buik naar de grond. Rol over de voorzijde van je bovenbeen. Zoek met de Blackroll naar verharde delen in je bovenbeen. Als je zo'n triggerpoint gevonden hebt, buig en strek je de knie een aantal keer om het weefsel op die plek los te maken. In Losse Veter magazine 5 staan ook nog verschillende andere technieken beschreven voor het gebruik van een foamroll, 5 minuten per been.



BLACKROLL ILIOTIBIAAS BUIK

Uitgangspostie: Neem een half opgeblazen bal of een kleine Blackroll-bal. Ga op je buik liggen en plaats de bal net naast het uitstekende botpunt van je bekkenvoorzijde.

Uitvoering: Probeer ontspannen te liggen, adem en laat de bal bij iedere uitademing steeds dieper in je buikwand zakken. Tussendoor kan je de buikspieren aanspannen of een zachtere bal nemen als het je niet lukt om te ontspannen. Laat indien mogelijk een fysiotherapeut de positie controleren om er zeker van te zijn dat je op de juiste plek bent.

Frequentie: Voer de beweging 5 minuten per zijde uit.



HEUPSTREKKING MET BAND

Uitgangspostie: Bind een band aan de wand of aan een deurknop. Plaats de band om je rechterbovenbeen, dicht bij je zitbeen. Kom in de uitvalspaspositie met je rechterbeen achter. Je rechterknie -bovenbeen en bovenlichaam maken een loodrechte lijn. Kanteel je bekken naar achter zodat je geen holle rug hebt, je buikspieren zijn actief.

Uitvoering: Span je rechterbil aan en druk je heup lichtjes naar voren. Beweeg in alle verschillende richtingen waarbij je bilspier continu actief blijft en je spanning aan de voorzijde van je heup voelt.

Frequentie: ???



WALLSTRECH

Uitgangspostie: Neem de positie van test 2 aan. Indien je deze positie niet kan innemen plaats je de knie enkele centimeters weg van de wand. Als de knie nog te veel is, plaats je de voet op de grond.

Uitvoering: Richt je bovenlichaam op zodat deze boven je bekken is. Druk je voet tegen de wand en span je bil aan voor 5 seconden. Ontspan en adem.

Frequentie: Herhaal dit drie keer 1 minuut aan beide zijde.



EENBENIGE BRIDGE

Uitvoering: Ga op je rug liggen. Plaats één voet zo dicht mogelijk bij je bil. Klem met je andere bovenbeen een kleine bal tussen je buik en bovenbeen. Laat je armen en schouders ontspannen liggen.

Uitvoering: Strek je heup zo ver mogelijk naar boven. Haal de kracht uit je bilspier, niet uit de hamstring. De bal blijft ingeklemd.

Frequentie: Voer dit per been tien keer uit in drie series.

私教课
BE HEALTHY

肌肉，经常在大幅度运动后会变得很疲惫，不仅给生活带来不便，还打乱前面的运动计划，本月学泡沫轴自我放松法，这个看起来萌萌的、软妹子般的泡沫轴，在按压时会让你酸痛度下已，但疼痛之后的轻松和舒展，绝对让你感到一切那值得！

朱晓辉 2012年亚洲先生冠军，《真耀传奇》年度最佳演员

2014年，朱晓辉在打篮球时膝盖受伤，这一伤就是大半年无法肆意地运动，只好乖乖地做康复治疗。在这期间，朱晓辉使用泡沫轴时肌内进行按摩，不仅得到放松，而且还在使用过程中锻炼身体其他部位，一举多得，真并快乐。

“放松神器” 泡沫轴 跟肌肉酸痛说BYEBYE

跑步后总是大腿肌肉酸胀，小腿变成硬块块，练完哑铃也会胳膊疼得抬不起，导致连续几天都无法继续运动。其实你已经在这些运动之后做了放松和拉伸，但为什么效果不好呢？不是你的错，只是因为你没有对筋膜进行层次的放松。筋膜是什么？怎么让它乖乖听话？我们请来跨健身界和演艺界的明星私教朱晓辉教你用神器泡沫轴来和肌肉酸痛说拜拜。

编辑：陈洋 文：Rock 摄影：朱晓辉
化妆：陈天 发型师：BLACKROLL

左图：陈浩斌拍摄 Adonis
右图：陈浩斌拍摄 Adonis



不要“跑步膝”？从放松这里开始

放松部位： 腓肠肌 (qī jǐng mú)

常见的问题就是“髌股束摩擦综合征”，不懂“跑步膝”你可知？别愁，这个动作就能搞定它的问题。

姿势这样做：

1. 右侧卧，将泡沫轴放在右腿外侧髌关节的位置
2. 右肘弯曲，上臂与背部在同一水平面上，前臂撑地，左手肘弯曲，手肘支撑于脚侧地面
3. 右腿伸直，左腿膝关节弯曲90度，收腹，脚掌撑地

放松这样来：

右手臂和左腿同时用力，带动身体向上移动，使泡沫轴滚动至靠近髌关节的位置。

教练提示：

保护腹部收紧，背部挺直，右肩不要往上耸。



腿疼？一个髓髓的动作搞定它

放松部位： 腓肠肌

这个部位长期得不到放松会让你在走路、上下楼梯、奔跑、踢球时都拧巴，很有必要用泡沫轴“蹂躏”一下。

姿势这样做：

1. 坐姿，将泡沫轴放在左大腿靠近坐骨的位置
2. 肘弯曲，双手支撑于身体前方
3. 左腿伸直，右腿膝盖弯曲90度搭在左腿上方
4. 收紧腹部，背部挺直身体后倾

放松这样来：

双脚用力，带动身体向后移动，使泡沫轴滚动至左腿靠近髌关节的位置

教练提示：

注意双手支撑的位置，向后移动身体时避免双肩压力过大。

TIPS

经晓辉亲测的贴心提示

1. 每个动作做10-15次，尽量放慢速度。
2. 动作幅度不宜过大，泡沫轴不是运动，不要比赛，控制身体舒适度。
3. 放松时眼睛左右两边都看，不然你会发现身体一边松一边紧，眼睛在盯紧这些动作后就能明显感到一侧身体是“软”的，另一侧是“僵”的。

泡沫轴怎么选？

1. **材质：** 这是泡沫类产品的重要安全条件。比如BLACKROLL这样材质柔软为佳的，可以放心使用，它和瑜伽垫的材质是一样的。怎么选呢？去找那个三角形标志，看里面的数字。
2. **大小：** 买大买小？如果你因为自己是初级使用者而去买小的，那就错了，小的

泡沫轴作用于身体的面积小，使用起来很痛，不是一时半会儿能掌握的，所以入门者还是从大的开始起。至于长度，如果只是放在家里用，建议买长一些的。

3. **硬度：** 泡沫轴的硬度不一，硬度会让你痛苦或者不起作用。软的适合入门者，硬的适合有一定经验的使用者。

健康之友
BeHealthy

MORE INFORMATION



MORE INFORMATION

Marketing material (photos, flyers, etc.) can be found on the MyDrive server. Select “galerie” on the top right under the search field for an overview. You can download all the pictures or the whole folder there. Please note that in the “galerie” setting only JPGs display. For data switch to normal settings.

<https://www.mydrive.ch/login>

User: Distributor@BLACKROLL

Password: Distributor

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