

**Dr. WOLFF**<sup>®</sup>  
SPORTS & PREVENTION

## BLACKROLL<sup>®</sup>-STATION

Perfection in Fascia Rolling



Foam   
**Rolling 2.0**<sup>®</sup>

## BLACKROLL®-STATION

Healthy and fascinating:

### Fascia Rolling **ข้อที่ 8.1**

Discovered by the academic community and professional athletes, training with the fascia roll has found its way into leisure sports and therapy.

Training with the fascia roll has multiple bio-positive effects. The important health-relevant effects are an improved slipperiness of the fascia, the functional optimization of the collagen fiber and an improved circulation.

The mobility of the trainee improves accordingly. Beyond, fascia rolling can have positive effects on back- and joint pain and should hence not be missing in a holistic training- and therapy concept.

### Fascia Rolling – on a higher level!

Originally, fascia rolling was done on the ground. This way of training has decisive disadvantages for beginners, less trained persons and elderly people. Many of them do not have sufficient stabilizing motor functions that are vital, especially for slowly exercising with the roll.

With the development of the Blackroll®-Station, fascia training literally takes place on a higher level: no longer on the ground but at a height that facilitates a comfortable, stable and safe way of exercising.

This innovation has multiple positive implications on the sporty and therapeutic fascia rolling. The trainee can focus much better on the exercise, the trained muscles are reached more effectively, the metering of pressure is optimized and new, yet unknown exercise variants are facilitated.

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## BLACKROLL®-STATION

Away from the ground –  
up on the roll

The innovative development of the Dr. WOLFF Blackroll®-Station product line significantly increases the effectiveness of fascia rolling: standing, supported, kneeling or in a supine position.

The advantages benefit the motivation and the training-success:

### Foam Rolling 2.0®

- ✓ Improved stability during the movement execution
- ✓ Improved movement quality
- ✓ Fine-tuned metering of the roll-pressure
- ✓ Perfect control during slow and locally focused rolling
- ✓ High training comfort



**Dr. WOLFF®**  
SPORTS & PREVENTION  
**BLACKROLL®-STATION**

The cooperation of two  
successful brands creates a  
strong and innovative concept:

The Blackroll® Station

BLACKROLL®-STATION

# THE FASCIA CIRCLE

## Perfection in Fascia Rolling

The new way of fascia rolling: comfortable and effective. The different models of the Blackroll® are now height-adjustable in order to facilitate an optimal training position. Four innovative apparatuses provide unique training possibilities for all important parts of the muscular system: back (cervical-, thoracic-, and lumbar spine), arms, legs, and bottom.

## First aid against back pain: The pain point – self-massage for the back and joints

Current science teaches: our fasciae are equipped with various (pain-) receptors. These become active in case of tension and back- and joint-pain. Impart to your clients the “fascinating” effects of the pain point – self-massage for the back and joints in the Dr. WOLFF Fascia Circle: simple and effective.

## Fascia Training for sports: a booster for more flexibility and faster relaxation

Besides the therapeutic applications, fascia rolling achieves astonishing results in movement training and during the relaxation phase after intensive workouts. Therefore, fascia training in combination with specific flexibility exercises leads to significant improvements in flexibility. Post-workout usage of the Dr. WOLFF Fascia Circle improves the regeneration and facilitates quick relaxation.

### ข้อที่ 8.2



### ข้อที่ 8.3

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## VARIO 412

### Perfection in design and variability

As a stand-alone unit or within the Dr. WOLFF Fascia Circle: with the Blackroll®-Station VARIO, fascia training is being celebrated in an entirely new form. The combination of ergonomic design-handrails, further additional handle bars and the height-adjustable fascia roll create an exercise variety with a yet unknown efficiency: Foam Rolling 2.0!

The Vario in the Dr. WOLFF Fascia Circle: comfortable and noticeably effective for training of the posterior leg- and calve- as well as the tractus-musculature.

The Vario as a stand-alone unit: more than 50 exercises for fascia training, mobilization- and stabilization as well as strength-training exercises.

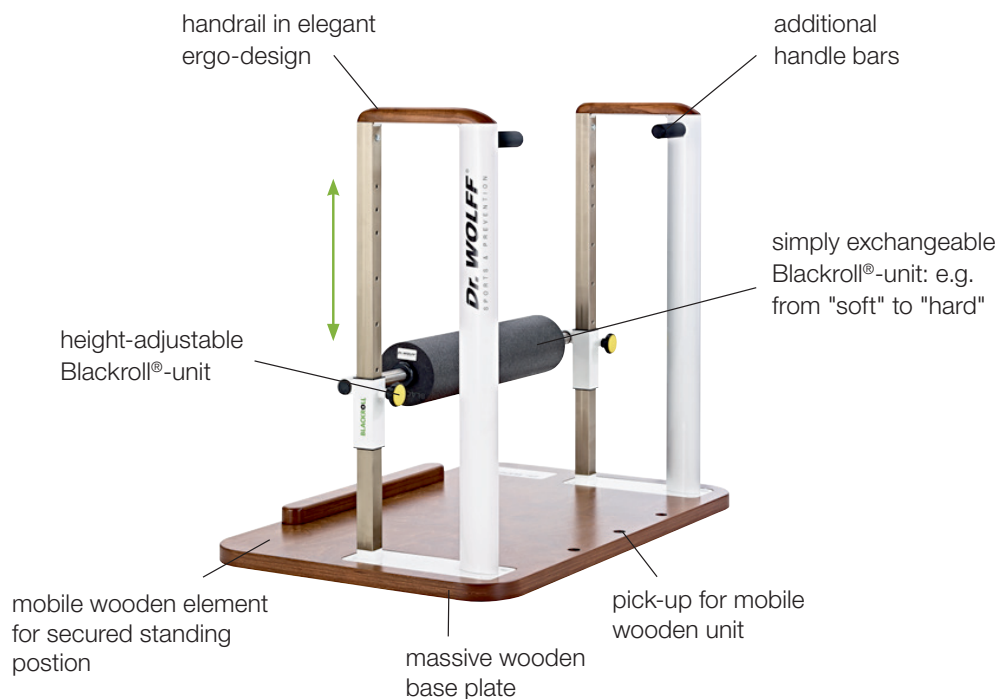
### ADVANTAGES:

- height-adjustable Blackroll®-unit
- simply and quickly exchangeable Blackroll®-unit, e.g. from “soft” to “hard”
- bottom-plug-system for foot safeguard
- various grip- and support positions

Foam  
Rolling 2.0®







**Blackroll®-Station VARIO** • Exercise examples (out of ca. 30 exercises in total)

**FASZIAL ROLLING**

ข้อที่ 8.2.1



Adductors



Back



Posterior thigh



Anterior thigh

**STABILISATION**



Planks



Torso stabilization

**MOBILISATION**



Posterior thigh / calve



Anterior thigh

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## BLACKROLL®-STATION

### LAT & ARM 413

Purposeful fascia rolling with a wide roll in standing position for the latissimus, underarm-flexors and -extensors, triceps, biceps and deltoids. For prevention of tension through display work stations, tennis elbows, etc.



### BACK & NECK 416

Unique and advanced by Dr. WOLFF: Blackroll® Duoball and Blackroll® Ball are now height adjustable and pivoted. Ideal for precisely accurate pain point self-massage of the back in the area of the cervical-, thoracic- and lumbar spine.



### LEG 414

It's your choice: use the ergonomic handle for a secured supporting position or the comfortable elbow pad. Both positions guarantee a precise fascia rolling of the anterior thigh muscles and the tibialis – quickly or slowly and one-legged or with both legs at the same time.



## BLACKROLL®-STATION



**VARIO 412**

Dimensions: W 118 x D 74 x H 103 cm



**LEG 414**

Dimensions: W 80 x D 150 x H 60 cm




**LAT & ARM 413**

Dimensions: W 120 x D 150 x H 190 cm



**BACK & NECK 416**

Dimensions: W 120 x D 150 x H 190 cm

 CE complies with directive 93/42/EEC for medical products

Dr. WOLFF® Blackroll®-Station VARIO, LEG, LAT & ARM, BACK & NECK are legally protected.

**Dr. WOLFF®**  
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