

BLACKROLL® Do it your
health

Our product world.

All tools at one glance.





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Do it your health.

What is it all about.

We believe that the best way to take control of your health, wellbeing and performance is to do it yourself. You know your goals, your abilities, your limits, your ailments and your preferences best of all.

You decide how to achieve your personal balance between activation and regeneration for a life full of energy and sustainable performance. Because no one knows you better than you know yourself.

We have set ourselves the goal of encouraging you and all people to do something for their own health. No matter if you want to get rid of your aches and pains, if you want to beat your best time, if you just want to be a bit fitter, if you want to belong to the world elite or if a good quality of sleep is important to you. Whatever it is, we offer you the perfect tools, tips and services for your health and performance.

We consider ourselves a Healthstyle Company. This means that we offer products and services that are easy and intuitive to use for every life situation and lifestyle, and that experts in sport and health - scientists, doctors, therapists, and professional athletes - are convinced of. And in many cases in areas where products of comparable quality, design and perfection simply did not exist before. You can use BLACKROLL® products to relax your muscles even in between and after sports. For less pain. For a permanently better posture. For effective warm up and training. Even for better sleep.





Fascia Tools

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STANDARD



- + Average hardness.
- + Regeneration and activation of fascia & muscles.
- + Effective release of tension & pain points.
- + The BLACKROLL® classic massage roller for everyone from beginners to professional athletes.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

Available colours



STANDARD 45



- + Average hardness.
- + Self-massage of fascia and muscles.
- + The 45 cm length provides a large contact surface for more comfortable use.
- + The BLACKROLL® classic massage roller for everyone from beginners to professional athletes.

Product size: 45 cm x 15 cm
Material: EPP / recyclable

Available colours



SLIM



- + Average hardness.
- + Perfect travel companion with a slimmer circumference
- + More intense self-massage due to the smaller contact surface.
- + The BLACKROLL® classic massage roller for everyone from beginners to professional athletes.

Product size: 30 cm x 10 cm
Material: EPP / recyclable

Available colours



TWIN



- + Average hardness with a stylish carbon look.
- + Extensive & punctual self-massage with skin stimulation.
- + Ideal for treating the spine, calves, and parallel muscle strands.
- + Stimulation & increased blood flow of the tissue through the twist in the mid-section.
- + Suitable for everyone.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

Available colours



GROOVE



- + Average hardness.
- + Grooved surface - for natural vibration and more intensive use.
- + Increased activation & improved blood circulation.
- + Suitable for everyone from beginners to professional athletes.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

Available colours 

FLOW



- + Average hardness.
- + Structured surface - for improved blood circulation.
- + Regenerating or activating effect on fascia & muscles - depending on the rolling direction.
- + Suitable for everyone from beginners to professional athletes.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

Available colours 

MED



- + Soft material (20% softer than the BLACKROLL® STANDARD) for gentle self-massage.
- + For regeneration, mobilisation, and relaxation.
- + Ideal for therapeutic applications.
- + Suitable for beginners & people sensitive to pain.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

Available colours 

MED 45



- + Soft material (20% softer than the BLACKROLL® STANDARD) for gentle self-massage.
- + The 45 cm length provides a large contact surface for more comfortable use.
- + Supportive tool for fascia training and Pilates.
- + Suitable for beginners and people who are sensitive to pain.

Product size: 45 cm x 15 cm
Material: EPP / recyclable

Available colours 

PRO



- + Hard material (50% harder than the BLACKROLL® STANDARD) for intensive self-massage.
- + For regeneration & increasing the elasticity and performance of the muscles.
- + Suitable for professional athletes, people less sensitive to pain, and heavier people.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

Available colours 

GROOVE PRO



- + Hard material (50% harder than the BLACKROLL® STANDARD) for intensive self-massage.
- + Grooved surface - for natural vibration and more intensive use.
- + Increased activation & improved blood circulation.
- + Suitable for professional athletes, people less sensitive to pain, and heavier people.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

Available colours 

MINI



- + Handy foam roller, small and light.
- + For the targeted massage of feet, legs & arms.
- + Can be used on the table, on the floor or against the wall.

Product size: 15 cm x 5 cm
Material: EPP / recyclable

Available colours      

MINI FLOW



- + Handy foam roller, small and light.
- + For the targeted massage of feet, legs & arms.
- + Regenerating or activating effect on fascia & muscles - depending on the rolling direction. To warm up, you roll against the grooves to activate. To cool down, roll slowly in the direction of the grooves.

Product size: 15 cm x 5 cm
Material: EPP / recyclable

Available colours     

MICRO

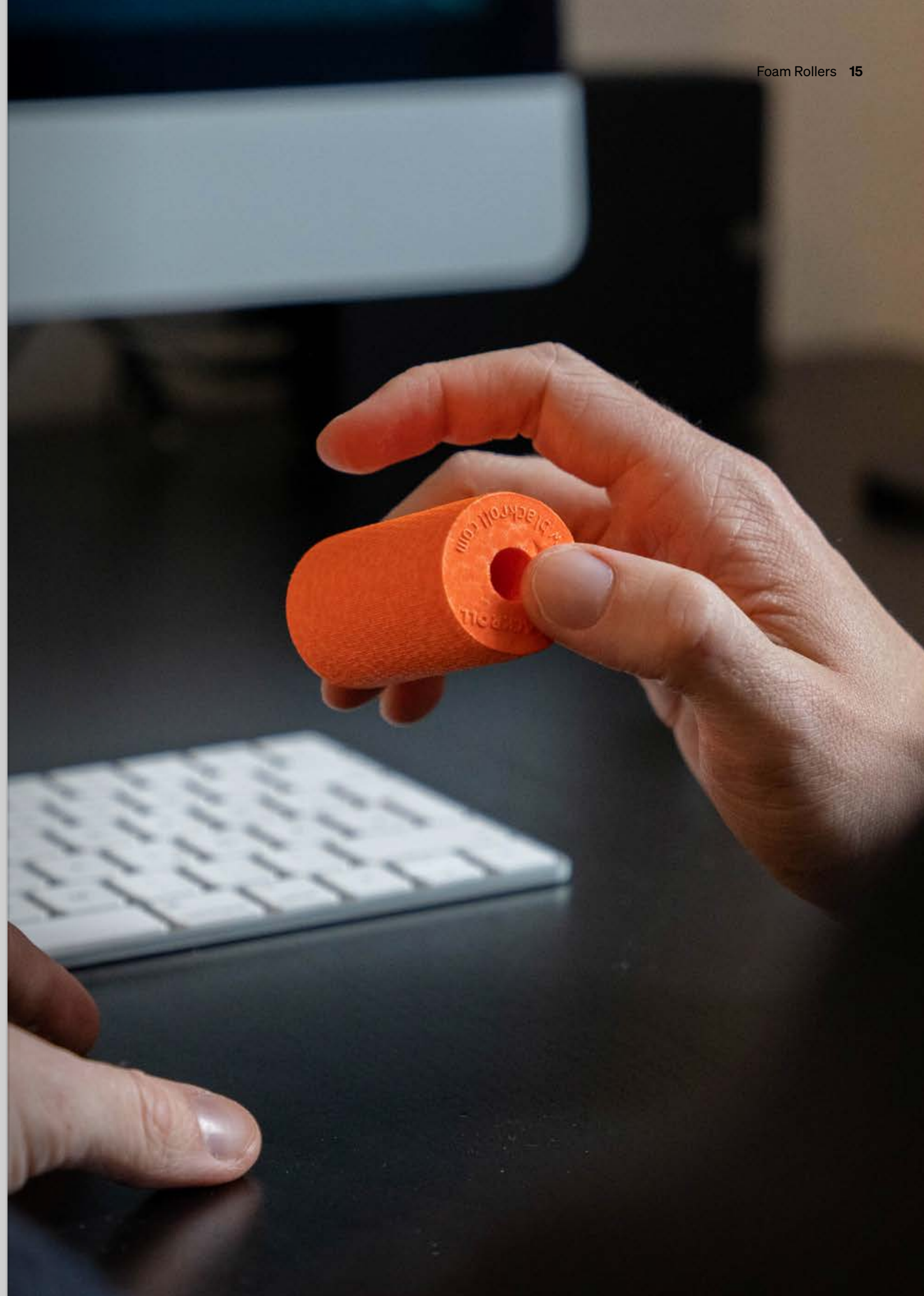


- + Fascial massage of the hands, forearms, and fingers.
- + Relaxation of the facial and jaw muscles.

Product size:
Material:

6 cm x 3 cm
EPP / recyclable

**Available
colours**





Fascia Balls

BALL 08	18
BALL 12	18
DUOBALL 08	19
DUOBALL 12	19
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BALL 08



- + Fascia ball for point-by-point self-massage.
- + For the treatment of deep tension & trigger points.
- + BLACKROLL® BALL 08 increases the pressure on the tissue being massaged and reaches deep-lying muscle groups even better.

Product size: 8 cm diameter
Material: EPP / recyclable

Available colours



BALL 12



- + Fascia ball for point-by-point self-massage.
- + For the treatment of deep tension & trigger points.
- + BLACKROLL® BALL 12 is less intensive due to its larger support surface.

Product size: 12 cm diameter
Material: EPP / recyclable

Available colours



DUOBALL 08



- + Ideal for treatment of parallel lines of muscles.
- + Ideal for neck and back since the gap is gentle on bony structures.
- + Effective release of tension through intensive pressure on fascia and muscles.
- + Due to its smaller diameter, the DUOBALL 08 is ideal for treating painful hotspots and for mobilisation exercises.

Product size: 8 cm diameter
Material: EPP / recyclable

Available colours



DUOBALL 12



- + Ideal for treatment of parallel lines of muscles.
- + Ideal for neck and back since the gap is gentle on bony structures.
- + Effective release of tension through intensive pressure on fascia and muscles.
- + Due to its size, the DUOBALL 12 is particularly suitable for the therapy of larger muscle groups.

Product size: 12 cm diameter
Material: EPP / recyclable

Available colours



DUOFLEX 12



- + Mobile double ball for effective recovery of fasciae and muscles.
- + Flexible bridge enables a variety of applications: Next to a lengthwise massage, a crossfriction and punctual massage is possible.
- + Suitable especially for back and shoulder areas, without putting too much pressure onto the spine. Suitable for calves and thighs, too.

Product size: 12 cm diameter
Material: EPP / recyclable

Available colours





Stimulation & Trigger Tools

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TWISTER



- + Fascia tool with special knobby surface for the point-by-point stimulation of different parts of the body.
- + The knobs on the surface grip the skin and maximize the blood circulation of the tissue.
- + Perfect for the treatment of tennis elbow, neck pain and runner's knee

Product size: 7 cm x 5 cm
Material: EPP / recyclable

Available colours ●

TRIGGER BOX



- + Targeted treatment of pain points and deep-lying myofascial adhesions.
- + Two attachments to treat different areas of the body.
- + Use the tools on the wall or on the floor or combine them with the handle to reach all parts of the body.
- + Compact, handy, and universally applicable.

Product size: TRIGGER: H 6 cm
TRIGGER S: H 7 cm
HANDHELD: H 4.9 cm
Material: EPP / recyclable

Available colours ●

TRIGGER BOX TWISTER



- + Targeted treatment of pain points and deep-lying myofascial adhesions.
- + Three attachments to treat different areas of the body.
- + Use the tools on the wall or on the floor or combine them with the handle to reach all parts of the body.
- + Compact, handy, and universally applicable.

Product size: TRIGGER: H 6 cm
TRIGGER S: H 7 cm
HANDHELD: H 4.9 cm
TWISTER: H 4.9 cm
Material: EPP / recyclable

Available colours ●

NEEDLEROLLER



- + Stimulation of the surface fascia layers.
- + Better blood circulation & reduced pain sensation.
- + Regulation of collagen and elastin production.

Product size: 29 cm x 9 cm x 6,5 cm
Material: Base: Medical rubber,
Needles: steel needles (galvanised with nickel & zinc galvanised),
copper needles (with silver galvanised),
handle: hardwood, holder: steel



Fascia Sets

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BLACKBOX STANDARD



- + 4 fascia products for the effective release of tension and pain points.
- + STANDARD fascia roller (30 cm) of average hardness for regeneration through self massage.
- + Handy MINI fascia roller (15 cm) - ideal for feet, legs and arms.
- + BALL 08 and DUOBALL 08 for self-massage of targeted pain points and parallel muscle strands.

Product size and material: see individual product

Available colours: see image

BLACKBOX MED



- + 4 fascia products for the effective release Of tension and pain points.
- + Softer MED fascia roll (30cm) for regeneration especially suitable for beginners & sensitive people.
- + Handy MINI fascia roller (15cm) ideal for feet, legs and arms.
- + BALL 08 and DUOBALL 08 for self-massage of specific body areas and parallel muscle strands.

Product size and material: see individual product

Available colours: see image

BLACKBOX MINI



- + All the small bestsellers in one set.
- + Regeneration and activation of fascia and muscles.
- + Effective release of tension and pain points.
- + Self-massage of targeted areas of the body and parallel running muscle strands.
- + Handy, lightweight and perfect for travelling.
- + Includes BALL 08, DUOBALL 08, MINI.

Product size and material: see individual product

Available colours: see image

BLOCK SET



- + Perfect combination for yoga & self-massage.
- + Improved mobility & flexibility.
- + Releases deep-seated tension.
- + Extended application possibilities for the small fascia tools.
- + Includes BLOCK, MINI fascia roller, BALL 08 fascia ball.

Product size and material: see individual product

Available colours: see image

KNEE BOX



incl.
**premium
access**
to training
session

- + Set for knee pain. For regeneration, mobilisation and strengthening incl. premium access to training sessions.
- + TWIN fascia roller (30 cm) for self-massage on legs. Promotes blood circulation by twisting in the centre.
- + TRIGGER with handle for deep-acting treatment of pain points.
- + 2 skin-friendly LOOP BANDs (32 cm) in light and medium intensity for extensive strength training.

Product size and material: see individual product

Available colours: see image

NECK BOX



incl.
**premium
access**
to training
session

- + Set for neck pain. For regeneration, mobilisation and strengthening incl. premium access to training sessions.
- + Large DUOBALL 12 double fascia ball (Ø12 cm) with a recess in the centre for self-massage on the neck and along the spine.
- + BALL 08 Fascia ball (Ø 8 cm) for the selective treatment of tension.
- + Skin-friendly SUPER BAND (104 cm) in light intensity for strength training & flexibility.

Product size and material: see individual product

Available colours: see image

BACK BOX



incl.
**premium
access**
to training
session

- + Set for back pain. For regeneration, mobilisation and strengthening incl. premium access to training sessions.
- + Soft MED fascia roller (30 cm) for gentle self-massage on the back.
- + BALL 12 Fascia ball (Ø12 cm) for the selective treatment of tension.
- + TRIGGER with handle for deep-acting treatment of pain points.
- + Skin-friendly SUPER BAND (104 cm) in medium intensity for strength training & flexibility.

Product size and material: see individual product

Available colours: see image



Vibration & Compression

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BOOSTER



- + Vibrating core for any 30 cm BLACKROLL® foam roller.
- + Transforms any fascia roll into an effective massage device.
- + The eccentric vibration confuses the pain receptors in the tissue and relieves tension even more deeply.
- + Maximized frequency range from 12-56 Hz with continuous control.
- + Can also be used without a roller for selective and deep-acting massage.

Product size: 30,5 cm x 6 cm
Material: Plastic

Available colours: see image

BOOSTER SET



- + Set consisting of BLACKROLL® BOOSTER and STANDARD fascia roll.
- + The eccentric vibration confuses the pain receptors in the tissue and relieves tension even more deeply.
- + Maximized frequency range from 12-56 Hz with continuous control.
- + For regeneration and activation of muscles and fasciae.
- + In combination with the vibration core, the STANDARD is the ideal massage tool for particularly stubborn trigger points.

Product size and material: see individual product

Available colours: see image

BOOSTER SET TWIN



- + Set consisting of BLACKROLL® BOOSTER and TWIN fascia roller.
- + The eccentric vibration confuses the pain receptors in the tissue and relieves tension even more deeply.
- + Maximized frequency range from 12-56 Hz with continuous control.
- + For the regeneration and activation of muscles and fasciae.

Product size and material: see individual product

Available colours: see image

BOOSTER SET SLIM



- + Set consisting of BLACKROLL® BOOSTER and SLIM fascia roller.
- + The eccentric vibration confuses the pain receptors in the tissue and relieves tension even more deeply.
- + Maximized frequency range from 12-56 Hz with continuous control.
- + For regeneration and activation of muscles and fasciae.
- + Intensive effect thanks to the small and travel-friendly SLIM.

Product size and material: see individual product

Available colours: see image

BOOSTER HEAD BOX



- + Set consisting of BOOSTER vibration core, SLIM fascia roller and attachments for a deep acting vibration massage.
- + The eccentric vibration confuses the pain receptors in the tissue and relieves tension even more deeply.
- + Maximized frequency range from 12-56 Hz with continuous control.
- + With three pressure point attachments of different hardness for the selective release of spot-specific tension.
- + Fiat massage hook for loosening stuck fascia structures with laminar massages.
- + Perfect combination of massage and vibration.

Product size and material: see individual product

Available colours: see image

BOOSTER HEAD



- + Various attachments for the BOOSTER vibration core.
- + Three pressure point attachments of different hardness for the selective release of spot specific tension.
- + Fiat massage hook for loosening stuck fascia structures and laminar massages.

Material: Plastic and silicone rubber

Available colours: see image

FASCIA GUN



- + FASCIA GUN - Fascia Massage Gun.
- + Unique vibration speed range suitable for muscle recovery, activation and also relaxation - 4 levels ranging from 1200- 3200 RPM.
- + Rechargeable lithium-Ion battery (USB-C charging connection, up to 15 hours running time).
- + 4 attachable massage heads for targeted and wider application across the entire body.
- + Handydesign for deep relaxation at home or on the go.

Product size: 15 cm x 9,25 cm x 4,8 cm
Material: GUN: Aircraft-grade aluminium, Massage Heads: Silicone + ABS + 304 stainless steel + AB + silicone

Available colours: see image

SOFT PEAKS



- + Targeted and effective massage for the head and jaw.
- + Massage close to joints and bones at the elbow, knee and ankle.
- + Gentle massage of the cervical spine and neck.
- + Perfect supplement for jaw and CMD problems.
- + Special design with 6 flexible tips for use on sensitive areas.
- + Suitable for massaging healed scars.

Product size: 57 cm x 37 cm x 37 cm, weight: 18g
Material: silicone

Available colours: see image

FASCIA GUN CASE



- + Perfect fit for the BLACKROLL® FASCIA GUN.
- + Ideal for travelling.
- + With removable organiser for all attachments.
- + Made from 100% recycled polyester.

Product size: 15 cm x 15 cm x 7,5 cm, weight: 100g
Material: 100% recycled polyester

Available colours: see image

RELEASEZER



- + Therapeutic fascia massage device for the treatment of fascia and muscles.
- + Targeted pressure, massaging movements, and a deep-acting vibration massage can loosen even severe adhesions of the fascial tissues.
- + Circulation is stimulated and the elasticity of the tissue is improved.
- + Two different vibration levels. Level 1: 40 Hz, Level 2: 30-40 Hz (sinusoidal oscillating vibration as HRV training).

Product size: 60 cm x 5 cm
Material: high-quality solid wood with electronics

Available colours: see image

DEEP RELEASEZER



- + Various attachments and intelligent extensions for the RELEASEZER.
- + Especially for use on the neck, back, hips and thighs.
- + Additional treatment options thanks to point and deep action.
- + Improves tension and loosens the musculature at three different density levels.

Material: Plastic

Available colours: see image



COMPRESSION BOOTS



- + Compression and massage for the legs for optimized recovery after training.
- + 3 massage modes with 5 pressure levels (20-120mmHg)
- + 5 overlapping air chambers for a gapless 360° compression massage.
- + Lightweight and compact design with internal tubing.
- + Rechargeable batteries (USB-C connection, up to 1h battery life).
- + Compression cycles of 60 seconds.
- + Included storage bag to take along.

Product size: S: 84 cm x 33 cm x 12 cm
M: 94 cm x 38 cm x 14 cm
L: 102 cm x 38 cm x 15 cm
Material: Polyamide (PA) with TPU coating,
YKK Zippers,
Bag: 100% recycled PET

SPARE BATTERIES PACK



- + 2 rechargeable batteries (1,000mAh lithium ion battery).
- + Compatible with the BLACKROLL® COMPRESSION BOOTS.
- + Easily replaceable.
- + Longer battery runtimes for longer applications.
- + 1h battery life.
- + Lightweight & handy: perfect to take along.
- + 2 batteries incl. battery bag, Made in China.

Product size: 6 cm x 3,5 cm x 3 cm
Weight: 126 g
Material: Li-Ion battery

INFINITY BATTERIES KIT



- + 2 rechargeable batteries (2000mAh lithium ion battery).
- + Compatible with the BLACKROLL® COMPRESSION BOOTS.
- + Easily replaceable.
- + 2h battery life for longer applications.
- + Pass-through charging charges the battery even during use.
- + Enables permanent regeneration.
- + Incl. battery case, 2m USB-C charging cable & matching mains adapter.

Product size: 6,5 cm x 3,9 cm x 4,8 cm
Weight: 236 g
Material: Li-Ion battery

AIR LOUNGER



- + Inflatable lounge with integrated and removable air pump.
- + Robust outer material: Ideal for travelling, camping and outdoor use.
- + Self-inflating and deflating in 60s.
- + Pump with rechargeable lithium-ion battery.
- + High-quality, matching travel bag made from recycled polyester.
- + Load capacity up to 150kg.

Product size: 170 cm x 70 cm x 55 cm
Weight: 2,4 kg (without pump), pump: 260 g
Material: 100% polyester, pump: 100% ABS



Workout

Resistance bands

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LOOP BAND



- + Training band for strengthening small muscle chains.
- + Leading to better body stability and a reduced risk of injury.
- + Unique and skin-friendly textile material for greater training comfort.
- + Washable (60°C).
- + Available in six different resistance levels.

Product size: 32 cm
Material: yellow, orange, red: 30% natural rubber woven into 70% polyester, green, blue, black: 40% natural rubber woven in 60% polyester

Available resistance levels:

●

●

●

●

●

●

extra light light gentle me- dium strong extra strong

SUPER BAND



- + Training band for full body workout, especially core, belly, back and torso.
- + For improved body stability and coordination.
- + Skin-friendly textile material for greater training comfort.
- + Washable (60°C).

Product size: 104 cm
Material: 57% natural rubber woven into 43% polyester (100% recycled)

Available resistance levels:

●

●

●

light me- dium strong

MULTI BAND



- + Training band for mobility training as well as for combined strength and flexibility training.
- + Up to sixteen loops permit customized use, regardless of height or mobility.
- + Skin-friendly textile material for greater training comfort.
- + Washable (60°C).

Product size: 270 cm
Material: Yarn made from 100% recycled material

Available colours:

●

STRETCH BAND



- + Training band for more mobility and less tension through muscle length training.
- + Small & compact: Ideal for the office and when travelling.
- + Unique and skin-friendly textile material for greater training comfort.
- + Skin-friendly and robust textile material.
- + Yarn made from 100% recycled material.
- + Suitable for allergy sufferers.
- + Washable (60°C).

Product size: 100 cm (10 cm rolled up)
Material: 35% natural rubber woven into 100% recycled polyester

Available colours:

●

RESIST BAND



- + Resistance band for acceleration, sprint and running technique training.
- + Incl.flexible cuff for quick fastening of the band around the hips.
- + Unique and skin-friendly textile material for greater training comfort.
- + Washable (60°C).
- + Available in different resistance levels.

Product size: 190 cm
Material: 16% natural rubber woven into 84% polyester.

Available resistance levels:  
strong extra strong

LOOP BAND SET 3ER



- + Set of three training bands for strengthening small muscle chains.
- + For better body stability and reduced risk of injury.
- + Unique textile material for greater training comfort.
- + Washable (60°C).
- + Available in different resistance levels.

Product size: 32 cm
Material: yellow, orange, red: 30% natural rubber woven into 70% polyester, green, blue, black: 40% natural rubber woven in 60% polyester

Included resistance levels:   
light me- strong
dium

LOOP BAND SET 6ER



- + Set of three training bands for strengthening small muscle chains.
- + For better body stability and reduced risk of injury.
- + Unique textile material for greater training comfort.
- + Washable (60°C).
- + Available in different resistance levels.

Product size: 32 cm
Material: yellow, orange, red: 30% natural rubber woven into 70% polyester, green, blue, black: 40% natural rubber woven in 60% polyester

Included resistance levels:      
extra light light gentle me- strong extra
strong

SUPER BAND SET



- + Set of training bands for full body workout, especially core, belly, back and torso.
- + For improved body stability and coordination.
- + Skin-friendly textile material for greater training comfort.
- + Washable (60°C).
- + Available in various thicknesses.

Product size: 104 cm
Material: 57% natural rubber woven into 43% polyester (100% recycled)

Included resistance levels:   
light me- strong
dium



Training utensils

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HOOK



- + Door anchor for fitness bands.
- + For a varied and extensive workout - at home & on the go.
- + Incl. MINI FLOW fascia roll ideal for self-massage on the soles of the feet and arms.

Product size: 71,4 mm x 52,7mm x 38 mm
Material: Strap: 100% polyester,
Hook: zinc alloy,
MINI FLOW: 100% EPP

Available colours: ●

MAT



- + Training mat with structured surface offers first-class hold and comfort.
- + Non-slip, with optimum grip provided by hash texture on underside.
- + Perfect damping and structured surface for comfortable training that is low-impact for the joints.
- + Easy to clean and long-lasting.

Product size: 65 cm x 185 cm, 5 mm thickness
Material: 97% PVC, 3% PET

Available colours: ●

BLOCK



- + Versatile functional training tool.
- + The ideal yoga block.
- + Perfect complement to the smaller BLACKROLL® tools.
- + Stable base for more applications.
- + With open bottom.

Product size: 30 cm x 15 cm x 10 cm
Material: EPP / recyclable

Available colours: ●

GYMBALL



- + Specifically developed for use in functional training.
- + For coordination and stabilisation training or working out with additional weights.
- + Can be used for training while standing, sitting, lying on your stomach, or on your back.
- + The anti-burst system (ABS®) prevents the ball from bursting in case of external damage.
- + Latex-free elastic.
- + Odor-neutral, elastic, high capacity (up to 500 kg).

Product size: 56 cm to max. 65 cm diameter
Material: Crylon®

Available colours: ●

GYMBAG



- + The BLACKROLL® GYMBAG is ideal for carrying BLACKROLL® products.
- + Can be used as a backpack or a shoulder bag.
- + The bag has space for two standard-length BLACKROLL® foam rollers.

Product size: 72,5 cm x 27 cm x 10 mm
Material: 100% polyester

Available colours: ●

RUNNING BAG



- + Stylish tool for carrying our BLACKROLL® products when travelling.

Product size: 37,5 cm x 46 cm
Material: Cotton

Available colours: ●

TRAINERBAG



- + Perfect for the transport of BLACKROLL® products.
- + Can be used as a backpack or a shoulder bag.
- + The practical size offers space for ten BLACKROLL® foam rollers of standard length.

Product size: 75 cm x 31 cm x 31 cm
Material: 100% polyester

Available colours: ●

TRAINERBAG XXL



- + Perfect for the transport of BLACKROLL® products.
- + Can be used as a backpack or a shoulder bag.
- + The practical size offers space for twenty BLACKROLL® foam rollers of standard length.

Product size: 91 cm x 46 cm x 46 cm
Material: 100% polyester

Available colours: ●



Sleep

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RECOVERY PILLOW



- + Cushion made of elastic and breathable high-tech memory foam.
- + With head hollow for lower head hight.
- + Ergonomie shape allows 4 sleeping positions.
- + Incl. removable pillowcase, washable at 40 QC.
- + Pillow can be easily rolled up and stored in the included, dirt-repellent carrying bag - ideal for travelling.

Product size: 50 cm x 30 cm x 11 cm
Material: Polyurethane with castor oil,
Bag: 100% PPN,
Pillowcase: 60% polyester, 40% viscose

Available colours:

PILLOW CASE CLIMATE



- + Heat regulating pillow case.
- + Optimal moisture and thermoregulating effect: pillow case absorbs heat, stores it and releases it when needed.
- + Comfortable and skin-friendly pillowcase with Outlast® technology. Washable at 40°C.
- + With zip for easy changing.

Product size: 50 cm x 30 cm x 11 cm
Material: Top side: 60% polyester, Side and bottom: 60% polyester, 40% viscose

Available colours:

PILLOW CASE ORIGINAL



- + Breathable pillowcase with the finest ventilation holes.
- + Soft and quick-drying material, washable at 40°C.
- + With zipper for easy change.

Product size: 50 cm x 30 cm x 11 cm
Material: 60% polyester, 40% viscose

Available colours:

PILLOW CASE JERSEY



- + Comfortable and skin-friendly cotton pillowcase.
- + Durable and washable at 60°C- for a comfortable sleep.
- + With zip for easy changing.

Product size: 50 cm x 30 cm x 11 cm
Material: 100% cotton

Available colours:

PILLOW CASE ALLERGO PROTECT®



- + Allergy pillowcase for house dust allergy sufferers and hygiene-conscious people.
- + AllergoProtect® binds allergens via the PROtec-aktiv process.
- + Effectiveness clinically tested.
- + Without the use of biocides & chemical additives.
- + Washable at 40°C, with zip for easy changing.

Product size: 50 cm x 30 cm x 10 cm
Material: 60% polyester, 40% viscose

Available colours:

RECOVERY BLANKET ALL YEAR



- + The 4-season comforter with innovative CELLIENT® technology.
- + Healthy sleeping climate all year round. The Celliant® fiber temporarily increases local blood circulation and supports the body's thermoregulation.
- + Suitable for allergy sufferers & hypoallergenic.
- + Washable at up to 60° and can be tumble dried.
- + Vegan: manufactured without animal substances.
- + Incl. travel bag (50 × 33 cm)

Product size: 135 cm x 200 cm, 155 cm x 220 cm
Material: Cover: 97% cotton, 3% polyester, Filling: 100% PrimaLoft® polyester (40% is recycled), Travel Bag: 100% polyester

Available colours:

RECOVERY BLANKET SUMMER



- + Lightweight blanket with Celliant® technology. The fibre promotes the local circulation and improves the oxygen supply to the body's cells. For improved recovery.
- + Ideal when traveling: Ultralight & includes travel bag.
- + Suitable for allergy sufferers.
- + Washable up to 60°.
- + Vegan: Manufactured without animal substances.
- + Incl. travel bag (38 × 13 cm)

Product size: 135 cm x 200 cm, 155 cm x 220 cm
Material: Cover: 97% cotton, 3% polyester , Filling: 700g/885g CELLIENT® made of 100% polyester (min 80% is recycled) Travel Bag: 100% polyester

Available colours:

RECOVERY BLANKET WINTER



- + Pleasant sleeping climate in winter.
- + Innovative CELLIENT® filling for faster recovery.
- + 90 nights trial sleep.
- + Washable up to 60°C.
- + Compact travel bag included.
- + Available in 2 sizes.
- + Made in Germany.
- + OEKO TEX® STANDARD 100, class 1.
- + Suitable for allergy sufferers & hypoallergenic.
- + Vegan.

Product size: 135 cm x 200 cm, 155 cm x 220 cm
Material: Cover: 97% cotton, 3% polyester , Filling: 700g/885g CELLIENT® made of 100% polyester (min 80% is recycled) Travel Bag: 100% polyester

Available colours:

RECOVERY BASE



- + With our RECOVERY BASE we have gone a few steps further and have sustainably optimised everything you knew about mattresses. With only one goal: that you get real recovery out of your sleep.
- + With 8 individual regeneration zones.
- + For all common body and sleep types.
- + All firmness levels (H1 – H4) in one mattress.
- + Removable cover with innovative CELLIANT® technology.
- + Plus: Topper made of pressure-equalizing visco foam.

Product size:	80 × 200 cm (13.2 kg)
	90 × 200 cm (15.2 kg)
	100 × 200 cm (17.2 kg)
	120 × 200 cm (20.6 kg)
	140 × 200 cm (23.6 kg)
Material:	Foam core: PU hybrid foam, 100% PUR,
	Topper: 100% PU,
	Cover: Top side 100% polyester,
	underside 95% polyester, 5% polypropylene

COMFORT TOPPER



- + Mattress topper for added lying and sleeping comfort
- + Adapts perfectly to your body contours and sleeping position
- + Highly elastic and breathable
- + Combines the best features of cold and viscoelastic foam
- + With elasticated band for optimum support
- + Washable cover with innovative CELLIANT® technology
- + OEKO TEX® Standard 100, Class 1 & CertiPur® certified
- + CELLIANT®: Class 1 medical device in the EU

Product size and weight:	80 × 200 cm (4.38 kg)
	90 × 200 × 7 cm (5.03 kg)
	100 × 200 × 7 cm (5.68 kg)
	120 × 200 × 7 cm (7.68kg)
	140 × 200 × 7 cm (8.98 kg)
	160 × 200 × 7 cm (9.43 kg)
	180 × 200 × 7 cm (10.73 kg)
	200x 200 × 7 cm (12.03 kg)

Material:	Foam core: 100% PU (polyurethane)
	Mattress cover: 100% PET
	(polyethylene terephthalate)





Good posture

– at home and in the office

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SMOOVE BOARD	64
RECOVERY SLOPES	65

POSTURE



- + Posture belt for an upright posture.
- + Strengthens the back muscles and can prevent tension.
- + Individually adjustable via Velcro fastening on the shoulder straps.
- + Comfortable and unobtrusive under or over clothing.

Material: 100% polyester

Available colours: see image

SMOOVE BOARD



- + Promotes health, vitality and fitness at a standing workstation.
- + Ergonomie, highly elastic surface for comfortable standing. Stimulation of the feet and relief for the body and joints.
- + Improves your posture by training your muscles right at your standing desk.
- + Includes BLACKROLL® fascia tools for self-massage, stimulation of targeted pain points and a variety of movements while standing.

Product size: 44 cm x 43 cm x 5,5 cm

Material: ETPU (board) / EPP (tools) / recyclable

Available colours: see image, Fascia tools also available in black

RECOVERY SLOPES



- + The negative heel creates that your heel is lower than the rest of the foot. This relieves pressure on your forefoot and joints and supports an upright posture. At the same time there is a stretching of the calf muscles and the posterior fascial chain.
- + The Dynamic Rocking Sole (curved shape of the sole) ensures dynamic walking with a stretching effect, promotes blood circulation, natural rolling and muscle activation when walking.

Product size: XS (36,5-38), S (38.5-40), M (40.5-42), L (42.5-44), XL (44.5-46)

Material: PU

Available colours:



Special Editions

STANDARD FC BAYERN MÜNCHEN	68
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STANDARD FC BAYERN MÜNCHEN



- + The BLACKROLL® classic in the limited FC Bayern München Edition.
- + Average hardness.
- + Regeneration and activation of fascia & muscles.
- + Effective release of tension & pain points.
- + The BLACKROLL® classic massage roller for everyone from beginners to professional athletes.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

GROOVE FC BAYERN MÜNCHEN



- + BLACKROLL® foam roller in the limited FC Bayern München Edition.
- + Average hardness.
- + Grooved surface - for natural vibration and more intensive use.
- + Increased activation & improved blood circulation.
- + Suitable for everyone from beginners to professional athletes.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

BLACKBOX STANDARD FC BAYERN MÜNCHEN



- + 4 fascia products in the limited FC Bayern München Edition for the effective release of tension and pain points.
- + STANDARD fascia roller (30 cm) of average hardness for regeneration through self massage.
- + Handy MINI fascia roller (15 cm) - ideal for feet, legs and arms.
- + BALL 08 and DUOBALL 08 for self-massage of targeted pain points and parallel muscle strands.

Product size:
and Material: see individual product

RECOVERY PILLOW FC BAYERN MÜNCHEN



- + The BLACKROLL® RECOVERY PILLOW in the exclusive FC Bayern München Edition.
- + Cushion made of elastic and breathable high-tech memory foam.
- + With head hollow for lower head height.
- + Ergonomie shape allows 4 sleeping positions.
- + Incl. removable pillowcase, washable at 40 QC.
- + Pillow can be easily rolled up and stored in the included, dirt-repellent carrying bag - ideal for travelling.

Product size: 30 cm x 11 cm x 11 cm
Material: Polyurethane with castor,
Bag: 100% PPN,
Pillowcase: 60% polyester, 40% viscose

STANDARD BORUSSIA DORTMUND



- + The BLACKROLL® classic in the limited Borussia Dortmund Edition.
- + Average hardness.
- + Regeneration and activation of fascia & muscles.
- + Effective release of tension & pain points.
- + The BLACKROLL® classic massage roller for everyone from beginners to professional athletes.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

GROOVE BORUSSIA DORTMUND



- + BLACKROLL® foam roller in the limited Borussia Dortmund Edition.
- + Average hardness.
- + Grooved surface - for natural vibration and more intensive use.
- + Increased activation & improved blood circulation.
- + Suitable for everyone from beginners to professional athletes.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

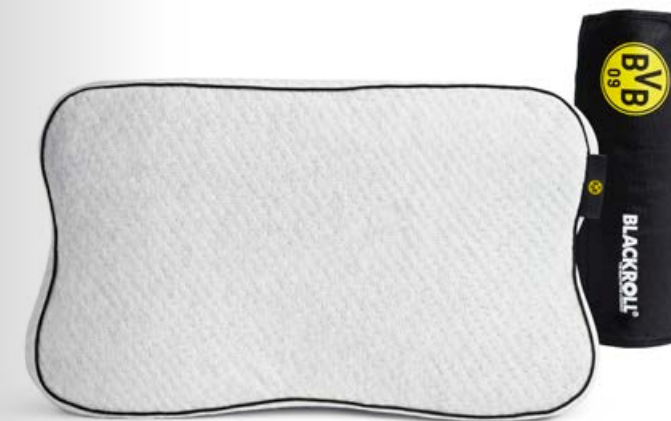
BLACKBOX STANDARD BORUSSIA DORTMUND



- + 4 fascia products in the limited Borussia Dortmund Edition for the effective release of tension and pain points.
- + STANDARD fascia roller (30 cm) of average hardness for regeneration through self massage.
- + Handy MINI fascia roller (15 cm) - ideal for feet, legs and arms.
- + BALL 08 and DUOBALL 08 for self-massage of targeted pain points and parallel muscle strands.

Product size:
and Material: see individual product

RECOVERY PILLOW BORUSSIA DORTMUND



- + The BLACKROLL® RECOVERY PILLOW in the exclusive Borussia Dortmund Edition.
- + Cushion made of elastic and breathable high-tech memory foam.
- + With head hollow for lower head height.
- + Ergonomie shape allows 4 sleeping positions.
- + Incl. removable pillowcase, washable at 40 QC.
- + Pillow can be easily rolled up and stored in the included, dirt-repellent carrying bag - ideal for travelling.

Product size: 30 cm x 11 cm x 11 cm
Material: Polyurethane with castor,
Bag: 100% PPN,
Pillowcase: 60% polyester, 40% viscose

STANDARD RAINBOW EDITION



- + The BLACKROLL® classic for a good mood.
- + Average hardness.
- + Regeneration and activation of fascia & muscles.
- + Effective release of tension & pain points.
- + The BLACKROLL® classic massage roller for everyone from beginners to professional athletes.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

TWIN RAINBOW EDITION



- + For good mood and colour.
- + Average hardness.
- + Extensive & punctual self-massage with skin stimulation.
- + Ideal for treating the spine, calves, and parallel muscle strands.
- + Stimulation & increased blood flow of the tissue through the twist in the mid-section.
- + Suitable for everyone.

Product size: 30 cm x 15 cm
Material: EPP / recyclable

RECOVERY PILLOW DFB



- + Official pillow of the German national football teams.
- + Cushion made of elastic and breathable high-tech memory foam.
- + With head hollow for lower head height.
- + Ergonomie shape allows 4 sleeping positions.
- + Incl. removable pillowcase, washable at 40 QC.
- + Pillow can be easily rolled up and stored in the included, dirt-repellent carrying bag - ideal for travelling.

Product size: 30 cm x 11 cm x 11 cm
Material: Polyurethane with castor,
Bag: 100% PPN,
Pillowcase: 60% polyester, 40% viscose

RECOVERY BLANKET DFB



- + Official blanket of the German national football teams. Celliant® fibres increase the local blood circulation, improve the oxygen supply to the body's cells and promote faster recovery.
- + The fibre also helps you to regulate your body temperature.
- + 4-seasons: The duvet ensures a pleasant sleeping climate all year round thanks to the supportive thermoregulation of the Celliant® fibre.
- + Suitable for allergy sufferers & hypoallergenic.
- + Washable at up to 60° and can be tumble dried.
- + Developed together with sleep experts and made in Germany.
- + Available in two sizes.

Product size: 135 cm x 200 cm, 155 cm x 220 cm
Material: Cover: 97% cotton, 3% polyester,
Filling: 100% CELLIENT®
Travel Bag: 100% polyester



Skincare

BALM

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BALM 75 ML



- + Our balm supports your regeneration aftertraining.
- + Promotes blood circulation and relaxes the muscles.
- + Absorbs quickly, non-greasy and provides a pleasant feeling on the skin.
- + Alternating cooling & warming effect.
- + With 5 pure essential oils.
- + Eucalyptus: stimulates blood circulation.
- + Peppermint: refreshing.
- + Cypress: strengthening.
- + Juniper: relaxing.
- + Frankincense: calming.
- + Vegan & animal-free.

Product size: 75 ml and 500 ml

BALM 500 ML



- + Our balm supports your regeneration aftertraining.
- + Promotes blood circulation and relaxes the muscles.
- + Absorbs quickly, non-greasy and provides a pleasant feeling on the skin.
- + Alternating cooling & warming effect.
- + With 5 pure essential oils.
- + Eucalyptus: stimulates blood circulation.
- + Peppermint: refreshing.
- + Cypress: strengthening.
- + Juniper: relaxing.
- + Frankincense: calming.
- + Vegan & animal-free.

Product size: 75 ml and 500 ml

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