

Claire Alix Anderson

Work Out
with the

BODYMATE Fascia Roller



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BODYMATE
Fascia Roller

Imprint

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Liability disclaimer

This book is intended as a supplementary aid for working out with the fascia roller. The aim is to relieve physical pain as well as increase your strength, endurance and mobility. This generally leads to increased vitality and a significant increase in well-being.

This book does not claim to be a medical directive or medical guideline. The information and exercises in this book should only serve as additional information and evoke the desire and curiosity for fascia training. Please use it for informational purposes only.

Train cautiously by warming up before the exercises and performing them slowly and carefully. Pay attention to your physical impulses and do not exercise until you are completely exhausted. Fascia training is regarded as a gentle physical activity. It is not a question of testing your athletic limits or training to the brink of a health problem.

First of all, we would like to point out that exercise can lead to injuries and endanger your health. This can be the case if exercises are carried out incorrectly or if there are illnesses which can lead to physical exertion. We therefore expressly warn against training without professional supervision. It is best to perform the exercises under supervision and only with the instruction of a professional and certified trainer.

The exercises in this book are aimed exclusively at healthy individuals over the age of 18.

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Furthermore, the information in this book is not intended as a substitute for regular exercise or as an alternative to medical advice or treatment.

Before you start training and perform the exercises listed in this book, it is imperative that you speak with your doctor first and obtain his or her consent! If you have any physical ailments, illnesses or injuries, you should also talk to your doctor before exercising with this book. The same is true if you are taking medications.

If you experience any discomfort during the exercises with the BODYMATE Fascial Role, stop exercising immediately and have your doctor examine you.

Finally, please allow for the following information: If you discover worn or defective parts on the BODYMATE fascia roller, do not use the product under any circumstances!

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Why Fascia training?

Fascial training helps alleviate pain symptoms as well as increasing your physical strength, endurance and mobility. For this reason, we have divided our fascia exercises into three categories in this manual:

1. Increase in strength
2. Improvement in mobility
3. Deep tissue activation

Although all the exercises listed in this book cover all three categories, some exercises focus more on one of the three areas. If you include exercises from all three categories in your training sessions, you will exercise more effectively. People from all over the world report countless advantages of this specific training method for the connective tissue. We would like to mention some of them here:

- Relieves and prevents pain
- Promotes healing in case of injuries
- Leads to an increase in strength and performance in everyday life and other physical activities
- Better mobility and flexibility in everyday life
- Faster regeneration after strenuous physical activities
- Ideal for joint and muscle pain
- Substantially increased, subjective well-being
- Strengthening the body posture - those who exercise walk more upright!
- Very simple and easy to learn exercises
- Can be practiced anywhere: The BODYMATE Fascia roller is the perfect size for easy transport. This way, you can also exercise during your vacation or travel.

Who is fascia training suitable for?

Fascial training offers advantages for beginners and experienced athletes alike. People who spend several hours a day sitting in the car, in the office or on the sofa, notice after only a few regular training sessions that they feel better. You feel more energetic and alert. Symptoms of pain from permanent sitting disappear and physical mobility increases.

Edmund Jacobsen, inventor of the progressive muscle relaxation method, was able to prove that tense, shortened muscles can lead to increased mental stress and even trigger psychosomatic complaints. Therefore, relaxation of the muscles can in turn into a noticeable sense of well-being in everyday life.

Even professional athletes can benefit considerably from fascia training. It can positively support the workout by preventing injuries and increasing mobility.

What are fascia?

Fascia are fibrous, connective tissue membranes that cover muscles and muscle fibers and form a large network in the human body. They consist mainly of collagen and elastin and separate the individual muscle sections from each other. The fibrous connective tissue is present in all body segments. It is a web without beginning and end. Fascia is a network that contributes to the optimal performance of the body.

Furthermore, the lymphatic fluid in the body is also diverted via the fascia. It transports human degradation products from the cells and assists cell renewal.

Fascia also have an influence on mobility. Too much stress, the wrong posture and stiff, hour-long sitting can shorten and harden fascia. This increases the amount of collagen in the fibers. The result: The body

becomes sluggish and immobile. This process gives muscles and joints less room for movement.

But the strength of the muscles also depends heavily on fascia. The muscles use them to store energy. The following applies: The more elastic the fascia, the more energy they can transfer to the muscles. As a result, muscles work more effectively. People who want to maintain their physical strength into their old age are therefore advised to perform regular fascial training.

The impressive connective tissue is also responsible for our perception of emotions. Because it contains more nerve connections than our sensory organs. Therefore, many people report a particular sense of well-being when the fascias are massaged through targeted exercises.

What do I need to pay special attention during fascia training?

Fascial training differs from other physical activities in that the focus is on pain relief as well as pain prevention. It not only increases physical fitness, but also has healing effects on the body.

The aim is to dissolve hardening and tension by means of self-massage in order to achieve a better sense of well-being. The following points must be observed:

- The fascia training with the BODYMATE fascia roller is used for so-called trigger point therapy. Special areas of pain, also called trigger points, are the hardening of muscles and fascia. It is often referred to as myofascial pain syndrome. The aim of the exercises is to resolve these trigger points.
- With fascia training, you decide for yourself how much pressure is best for you. Always follow your own instincts and listen to your physical signals during training.

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- Apply the exercises prior to your main workout: Use trigger point therapy before a workout to relieve hardening and tension and prevent injury.
- Application of the exercises after the main training: Use trigger point therapy after your workout to accelerate the regeneration process.
- Breathe in and out slowly during the exercises.
- Initially, it may feel slightly uncomfortable if you exert pressure on the hardened areas. That's perfectly normal. However, make sure that the pressure does not become excessive and cause you to feel pain.
- In the unlikely event that you experience bruising on your skin during the exercises, stop the workout. This may mean that you have built up too much pressure on the trigger point.

The following also applies:

1. Develop a routine

The greatest successes are achieved with regular training. It is better to perform a small number of exercises on a regular basis than to complete all the exercises listed in this book in an irregular interval.

2. Develop your own routine

The exercises in this book are intended to provide you with the greatest possible choice. This does not mean that you have to complete all exercises during each training session. Every person has their individual needs. Therefore, you should try all exercises at least once and then compile a list of the ones that will give you the best results. Pay particular attention to selecting exercises for your personal pain regions. For beginners, 5-10 exercises per training session are sufficient.

3. Properly complete all exercises

Fascia exercises are a gentle method of relieving pain and increasing physical fitness. Due to their own experiences from other sports, many people assume that the motto “the more often and more intense, the better” also applies to fascia training.

It is more important to perform the exercises properly and wisely. There is no standard recommendation for the training frequency, because each person reacts differently to the exercises. Listen to your body and after a short amount of time you will find out how much training gets you the desired results.

4. Massage your trigger points from all sides

As soon as you find a trigger point during your exercises, you should pause and let the pressure of the BODYMATE fascia roller have an effect on the hardening. In most cases, 10-20 seconds are sufficient to release tension. Make sure that the trigger point is massaged from all sides by rotating your body accordingly.

5. Expect a slight amount of discomfort

It is completely normal that it feels slightly uncomfortable when you apply pressure to a trigger point. However, make sure that there are no significant pain reactions. If necessary, reduce the pressure on the trigger point.

6. Hydrate after exercising

Our connective tissue consists of up to 70% water. To keep it flexible, it must always be adequately hydrated. During fascia training, the body's own weight exerts targeted pressure on

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the connective tissue. This pressure causes excess water to escape in an almost “sponge-like” manner. As a positive side effect, any toxins are transported out of the body via the lymphatic system and the veins. The lost fluid should be returned to the body after training.

7. Follow the instructions for beginners or advanced athletes

Some exercises or exercise variations are intended for advanced athletes. Start with the beginners' exercises if you are a beginner. This not only helps you avoid unnecessary pain, but also lets you enjoy the exercises. If you really want to work with fascia exercises in the long term, a cautious approach is very important.

8. Do not roll your lower back area

Experience has shown that rolling the lower back area is counterproductive. It always feels uncomfortable, which causes the body to cramp. If you want to relieve pain in the lower back area, it is sufficient to roll the upper back or the thighs. The fascia of the back and the legs relate to each other. Therefore, massaging these regions often leads to pain relief in the lower back.

9. Do not roll injured body regions

If you have sports injuries in certain parts of your body, you should definitely avoid rolling them.

Exercises

Calf exercises for beginners



Muscle group: Calf muscles (Musculus gastrocnemius)

Location: Located on the back of the lower leg.

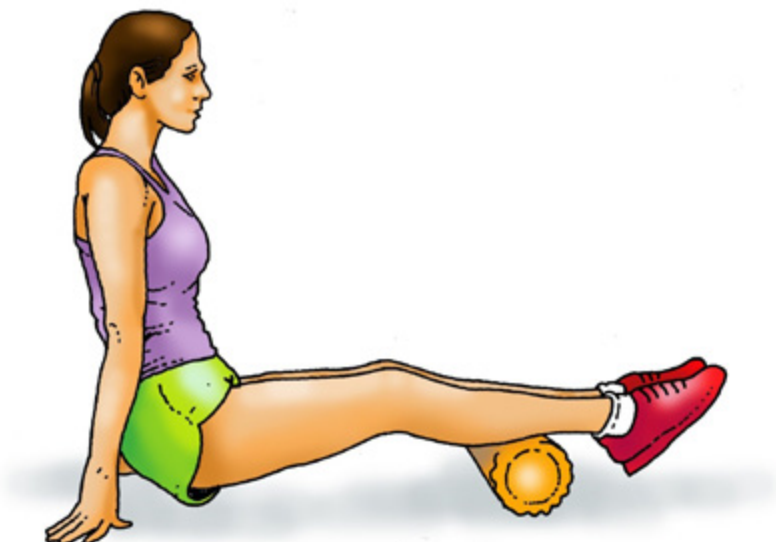
Function: The main task is to bend the foot.

Training purpose: Agglutinated calf fascia can lead to pain in the back area, as all fascia of the body relate to each other.

1. Place the BODYMATE fascia roller under your right calf. The fascial roller should be in the middle of the calf at the beginning of the exercise (see diagram).
2. Pull back your other leg.
3. Lean back slightly and support yourself with your hands. Your hands may point backwards or forwards.

4. Lift your buttocks and roll your calf back and forth over the BODYMATE Fascia roller. Keep stomach, buttocks and back slightly tightened.
5. Roll slowly so that you can easily maintain your balance. It is important not to roll too far away from your body's center of gravity.
6. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening relax and dissolve.
7. If you need additional pressure, you can put your second leg on the other as an added weight.
8. Repeat the exercise with your other leg.

Calf exercises for advanced athletes



Muscle group: Calf muscles (Musculus gastrocnemius)

Location: Located on the back of the lower leg.

Function: The main task is to bend the foot.

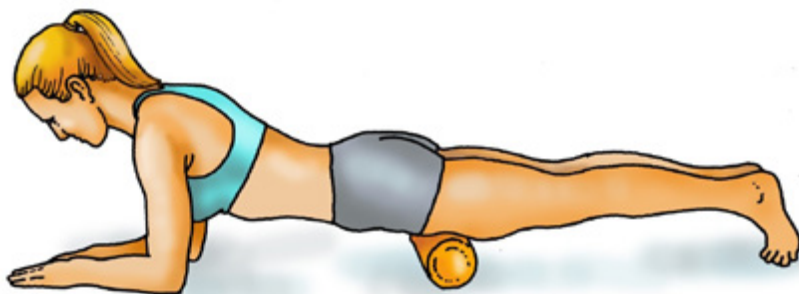
Training purpose: Agglutinated calf fascia can lead to pain in the back area, as all fascia of the body relate to each other.

The calf exercise for more advanced athletes is similar to the beginners' exercise. It requires a little more strength and exerts additional body regions such as the abdomen and back.

1. Position the BODYMATE fascia roller underneath both outstretched calves. The fascia roller should initially be in the middle of your calves (see diagram).

2. Lean back slightly and support yourself with your hands. Your hands may point backwards or forwards.
3. Lift your buttocks up and roll your calves back and forth over the BODYMATE Fascia roller. Keep your bottom and back under slightly tightened.
4. Slowly roll forwards and backwards, so that you can easily maintain your balance. It is important not to roll too far away from your body's center of gravity.
5. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.
6. If you need additional pressure, you can put your second leg on the other as an added weight.

Exercises for the frontal thighs



Muscle group: Thigh muscles (“Musculus quadriceps femoris”)

Location: The front area between the groin and knee

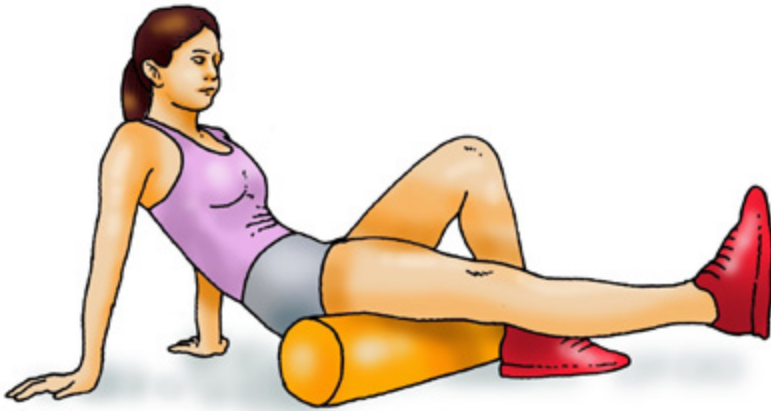
Function: Stretches the knee joint and straightens the body.

Training purpose: Fascia around the hip joints, which may be stressed by sitting for a long time, are strengthened. The tissue is tightened.

1. Lie down on your stomach on the floor. Position the BODYMATE fascia roller centrally under your front thighs. Support yourself with your forearms so that your upper body rises from the ground (see diagram).
2. Keep your body tension. Slowly roll back and forth on the surface of your thighs for about 30 seconds.
3. As soon as you find a hardening or a so-called trigger point, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.

4. Finally, shift your body weight slowly to the left and right, so that your thighs move slightly sideways on the BODYMATE fascia roller. Do this approximately five times so that the hardening receives additional pressure and is massaged from all sides in the best possible way.

Exercises for the back of the thighs



Muscle group: Thigh muscles (“ischio-crural musculature”)

Location: The rear area between the groin and knee

Function: Hip extension and knee bending

Training purpose: Fascia on the back thighs which result from shortened muscles and through one-sided strength training are strengthened. The tissue is tightened.

1. Sit on the floor. Use the BODYMATE Fascia roller and position it under your right or left thigh (see chart). The fascial roller should initially be located at the upper end of her thigh.
2. Lean back slightly and support yourself with your hands.
3. Hold slight body tension and slowly roll back and forth on the surface of your thigh for about 30 seconds.
4. As soon as you find a hardening or a so-called trigger point, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.

5. Finally, shift your body weight slowly to the left and right, so that your thighs move slightly sideways on the BODYMATE fascia roller. Do this approximately five times so that the hardening receives additional pressure and is massaged from all sides in the best possible way.
6. Repeat this exercise with your other thigh.

Exercises for the inside of the thighs



Muscle group: Thigh muscles (“adductor muscles”)

Location: The inner area between knee and groin

Function: Returns the extended leg to its original position. Stabilizes the hip joint and knee. Maintains balance while running.

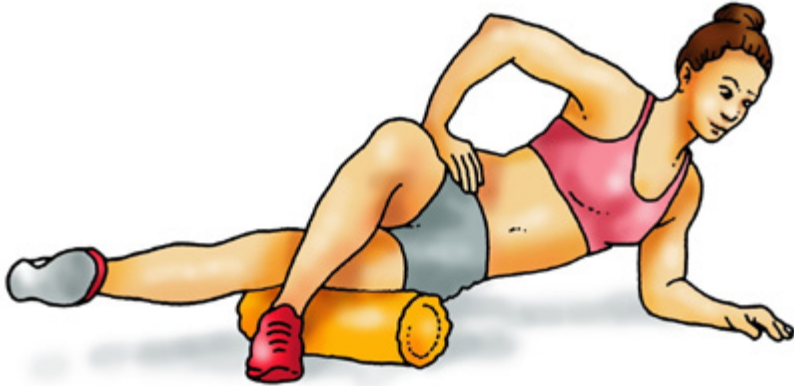
Training purpose: Fascia are strengthened for an optimized running performance.

1. Place the inside of your thigh on the BODYMATE Fascia roller just below your groin. Support yourself with your arms (see diagram).
2. Now slowly roll back and forth to the upper end of the knee on the surface of the inside of your thigh.
3. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.
4. For extra pressure, you can push on your thigh with one hand.

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5. Turn your foot to the left and right about five times to massage the hardening from all sides.
6. Repeat this exercise for your other thigh.

Exercises for the IT band



Muscle group: Thigh muscles (“Tractus Iliotibialis”)

Location: The outer area between knee and groin

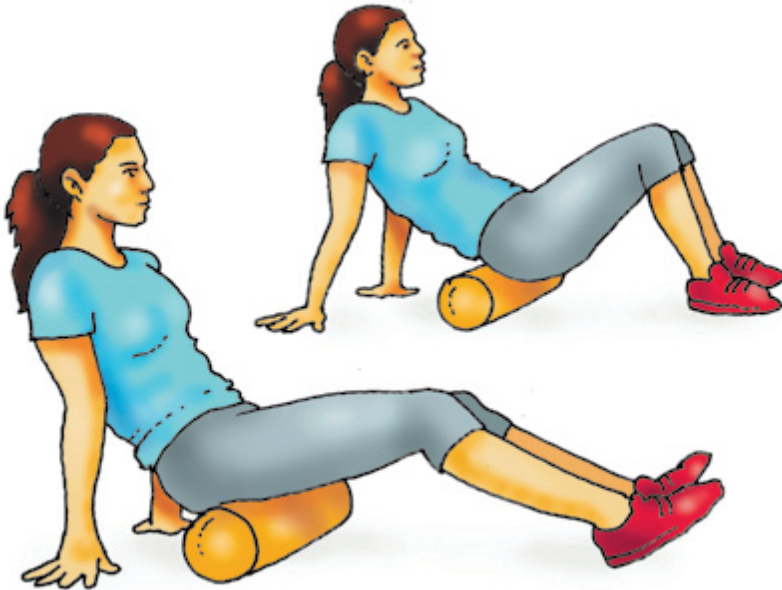
Function: Stabilizes upper and lower legs when the knee is bent.

Training purpose: Problems with running are often caused by the so-called Ilio-Tibial band syndrome. The ligament is a large fascia that can lead to pain and strain on the knee during hardening. This fascia is stretched and relaxed for optimized running performance.

1. Place the outer side of your thigh on the BODYMATE Fascial Roller. Support yourself with one or both arms in front of you. Place the free leg in front of you on the ground to stabilize yourself (see diagram).
2. Now slowly roll up and down from the upper end of the knee to just above your thigh.

3. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.
4. If you require more pressure, you can put your second leg on the other as an added weight. Caution: This can require a lot of strength and may sometimes be painful for beginners. Therefore, only put your legs on top of each other if you feel comfortable doing so.
5. Finally, also rotate sideways on the BODYMATE fascia roller to massage the trigger point from all sides.
6. Repeat the exercise with your other thigh.

Exercises for the buttocks



Muscle group: Hip muscle ("Musculus gluteus maximus")

Location: Between lower back and back thigh

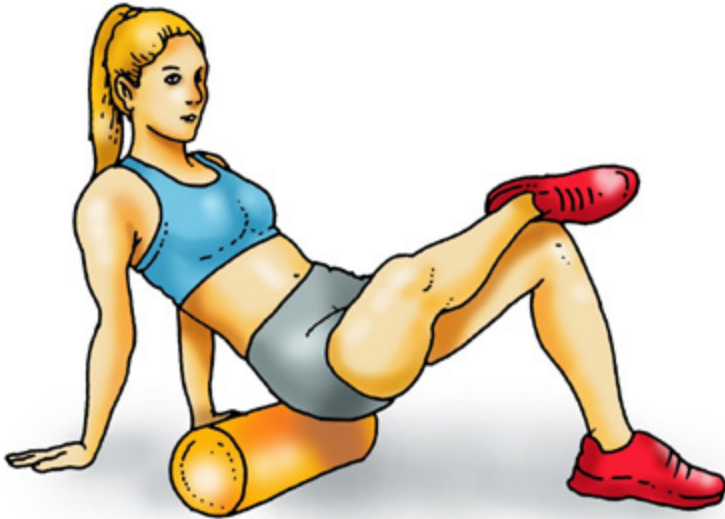
Function: Provides an upright gait and stabilizes and rotates the thigh. Prevents the pelvis from tilting when standing.

Training purpose: Many fascia that are related to those of the back pass through this muscle. Therefore, the relaxation of the fascia in this area can lead to pain relief in the back.

1. Sit on the BODYMATE fascia roller. Support yourself from behind you with your arms (see diagram).
2. Roll up and down slowly from the upper end of your thigh to the bottom of your lower back.

3. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.
4. To apply additional pressure to the trigger point, you can put one leg on top of the other.
5. Finally, shift your slightly stretched legs to the left and right alternately to massage the hardening from all sides.

Exercises for the hip area



Muscle group: Hip muscles (Musculus piriformis)

Location: Progresses from the inside of your pelvis to the thigh bone

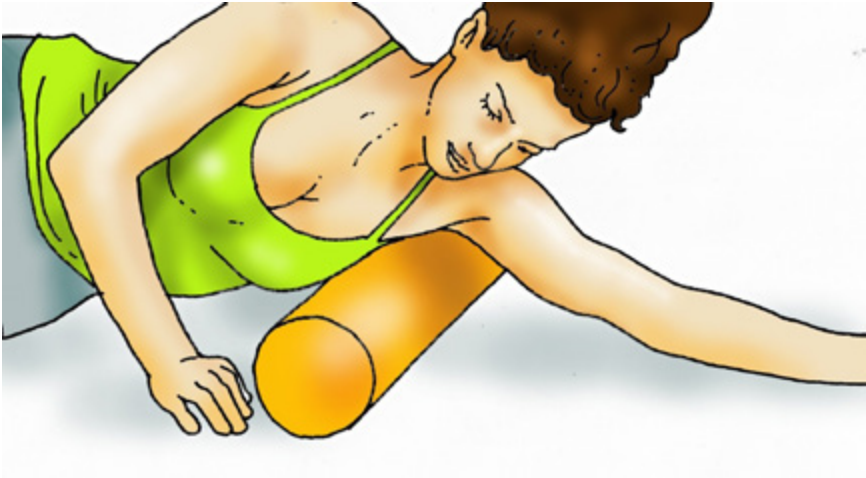
Function: Rotates the thigh while standing and spreads it to the side and moves it backwards.

Training purpose: Fascia that arise e. g. from sitting for a long time are massaged and relaxed. Back fascia can be alleviated.

1. Sit on the BODYMATE fascia roller and cross one leg over the other so that your body's center of gravity is in the hip area (see diagram).
2. Roll very slowly from just above the back of your thigh to just above the hip.

3. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.
4. Pull and push the bent leg slightly up and down several times so that the hardening is massaged from all sides.
5. Repeat the exercise for the other side of your hip area.

Exercises for the lateral chest and upper arm area



Muscular group: Skeletal muscle of the shoulder ligament (“Musculus serratus anterior”)

Location: Between chest and shoulder

Function: Enables the movement of the shoulder blade, which in turn is also responsible for the movement of the arms.

Training purpose: Fascia are relaxed to relieve back and arm pain in particular.

1. Lie down on your stomach.
2. Then take the BODYMATE fascia roller and place your arm on it so that the roller is placed between your upper arm and your outer chest area (see diagram).
3. Stretch out the arm underneath which the fascia roller lies and keep it in line with your shoulders.

4. Now move your entire outstretched arm upwards until it is parallel to your spine. Imagine you are trying to wave your entire arm at someone.
5. Perform this movement slowly and approximately five times in a row.
6. Now bend your arm and slightly shift your body weight on the BODYMATE fascia roller and then return to your starting position.
7. Repeat this exercise for the other side of your chest and upper arm area.

Exercises for the upper back



Muscle group: Back muscles (*Musculus serratus posterior inferior*)

Location: Between neck and middle back area

Function: Counterpart to the abdominal muscles and allows extension of the spine.

Training purpose: Relaxed fascia in this region can lead to pain relief and better mobility. The gait is straightened.

1. Lower your back onto the BODYMATE fascia roller. It should be positioned just below the shoulder blades (see diagram).
2. Bend your legs and put your arms over your chest area.
3. Now slowly roll back and forth to the middle of your shoulder blades. Repeat this movement about five times.
4. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.
5. Finally, tilt your body sideways from left to right to massage the trigger point from all sides.

Lunges with the fascia roller



Muscle group: Thigh and hip muscles

Location: Between groin and knee

Function: Hip extension, knee flexion and straightening

Training purpose: Muscles and fascia in the area are stretched and extended. This leads to an increase in strength in this area.

1. Place one foot on the BODYMATE fascia roller and bend it slightly. Take a step back with the other foot (see diagram).
2. Now move your back leg down to the ground and up again, while the other leg is still standing on the roller.
3. Repeat this movement about five times.
4. Now switch legs and repeat the exercise with your other leg.

Squats on the wall



Muscle group: Back muscles (Musculus latissimus dorsi)

Location: The entire length of the spine below the shoulder blade

Function: Moves your arm towards the back and helps you breathe or drain your lungs.

Exercise purpose: Relieves the fascia of the latissimus for possible pain relief around back and pelvis.

1. Stand sideways against the surface of a wall.
2. Slightly bend your knees and extend your arm. While in this position, press the BODYMATE fascia roller against the wall with your body.

3. Now roll it down from your armpit along the side of your body slowly and up again by slightly bending your knees.
4. Do approximately five squats just like this.
5. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.
6. You can increase the pressure by changing your distance to the wall.
7. Repeat this procedure for the other side of the body.

Push-ups



Muscle group: Chest (Musculus pectoralis) and arm muscles (triceps)

Training purpose: Strengthens the chest muscles for increased arm strength.

1. Place the BODYMATE Fascia roller on the floor and support yourself with both hands (see diagram).
2. Extend your legs and support yourself with your toes.
3. Now slowly move your body down and up again.
4. Repeat this movement approximately five times.

Climbing exercise



Muscle groups: Back extensor, abdominal muscles, quadriceps, legs, gluteal muscle, chest muscles

Training purpose: Leads to a general increase in strength.

1. Place the BODYMATE Fascia roller on the floor and grip the roller with both hands (see diagram).
2. Now move your leg towards your elbow using alternate movements.
3. During this exercise, take special care not to arch your back and to keep your upper body stable.
4. Perform this exercise slowly and consistently for about one minute.

Pelvic raises or pelvic floor training



Muscle group: Pelvic floor muscles (Musculus levator ani)

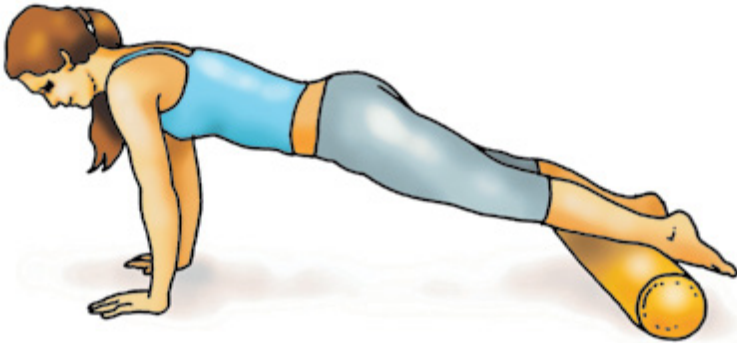
Location: Located at the lower portion of the pelvis

Function: Raising the anus during defecation, stabilizes pelvic organs

Training purpose: Strengthening of the pelvic floor muscles helps with bladder weakness in men and women. The pelvic floor is also weakened after pregnancy.

1. Lie on your back and place your feet on the BODYMATE Fascial Roller. Now lift your pelvis (see diagram).
2. **For beginners:** Hold this position for about 30 seconds.
3. **For advanced athletes:** Extend one leg and hold this position for 1-2 seconds. Repeat with the other leg and perform this exercise for about 30 seconds total.

Forearm support



Muscle group: Abdominal, arm, neck, buttocks and leg muscles

Training purpose: Leads to a general increase in body strength

1. Lie on your stomach and place your feet on the BODYMATE fascia roller (see diagram).
2. The trunk and legs should form a straight line.
3. Now alternately lift one leg towards the ceiling and lower it again slowly.
4. Perform a total of approximately 15 repetitions per leg.

Narrow forearm support

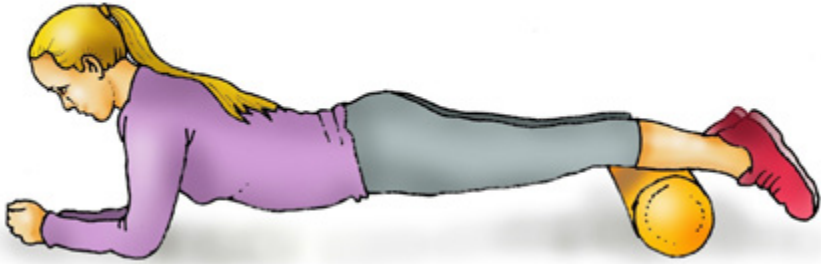


Muscle group: Abdominal, arm, neck, buttocks and leg muscles

Training purpose: Leads to a general increase in body strength

1. Place your feet on the BODYMATE Fascia roller and rest your forearms on the ground. Your body should create a V-shape (see diagram).
2. Now alternately lift one leg up slowly towards the ceiling and lower it again.
3. Perform a total of approximately 15 repetitions per leg.

Rolling forearm support



Muscle group: Abdominal, arm, neck, buttocks and leg muscles

Training purpose: Leads to a general increase in body strength

1. Place your shins on the BODYMATE fascia roller and support yourself with your forearms. Your trunk and legs will form a straight line (see diagram).
2. Now roll your body slowly back and forth on your shins.
3. Ensure a stable posture and clean execution.
4. Perform this exercise for about 10 or 30 seconds, depending on whether you are a beginner or a more advanced athlete.

Abdominal muscle rolls



Muscle group: Abdominal muscles

Training purpose: Leads to an increase in abdominal muscle strength

1. Lie down on your stomach, extend your arms and place your forearms onto the BODYMATE fascia roller
2. Slightly lift your legs towards the ceiling.
3. Roll up on your extended arms all the way to your wrists, slightly straightening your upper body. Then roll back to your starting position again.
4. Repeat this exercise for about 20 seconds.

Shin roll

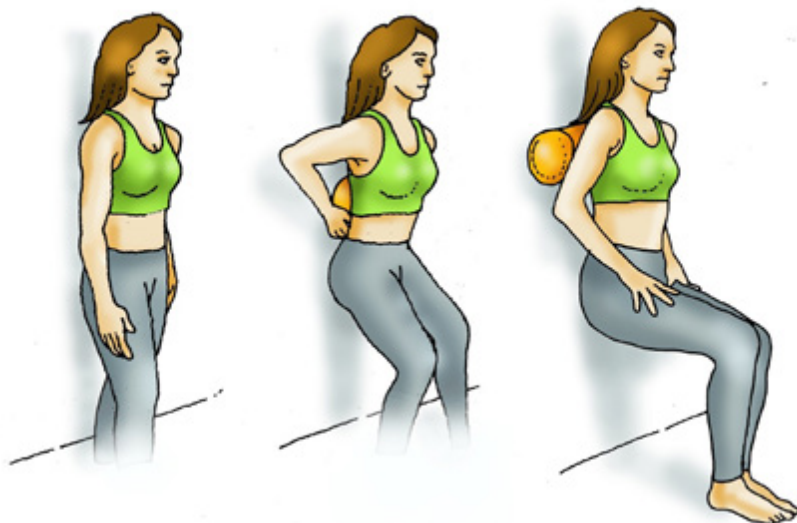


Muscle group: Abdominal and gluteal muscles

Training purpose: Leads to an increase in strength of the abdominal and gluteal muscles

1. Stand with your shins on the BODYMATE fascia roller and support yourself with your flat hands and outstretched arms (see diagram).
2. Now roll back and forth on the entire surface of your shins.
3. Perform this exercise for about 30 seconds.

Back exercises on the wall



Muscle group: Back muscles (Musculus serratus posterior inferior)

Location: Between neck and middle back area

Function: Counterpart to the abdominal muscles and enables extension of the spine.

Training purpose: Relaxed fascia in this region can lead to pain relief and better mobility. The gait is straightened.

1. Place the BODYMATE fascia roller horizontally between the wall and your upper back, just below your shoulder blades (see diagram).
2. Now roll up and down slowly for 20 seconds by stretching your legs and gently bending your knees again. Caution: Do not roll in the lower back area.

3. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.
4. Slowly move your upper body to the left and right to massage the trigger point from all sides.
5. To adjust the pressure, you can change your distance to the wall.

Shoulder exercises while standing



Muscle group: Shoulder muscles

Location: Between shoulder blade and upper arm

Function: Stabilizes and moves the shoulder joint

Training purpose: Relaxed fascia in this region can lead to pain relief in the back and increased mobility.

1. Place the BODYMATE fascia roller horizontally between the wall and your shoulder (see diagram).
2. Now roll up and down slowly for 20 seconds by stretching your legs and slightly bending your knees again.

3. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.
4. Move your upper body left and right to massage the trigger point from all sides.
5. To adjust the pressure, you can change your distance to the wall.
6. Repeat this exercise for your other shoulder area.

Shoulder exercise while lying down



Muscle group: Shoulder muscles

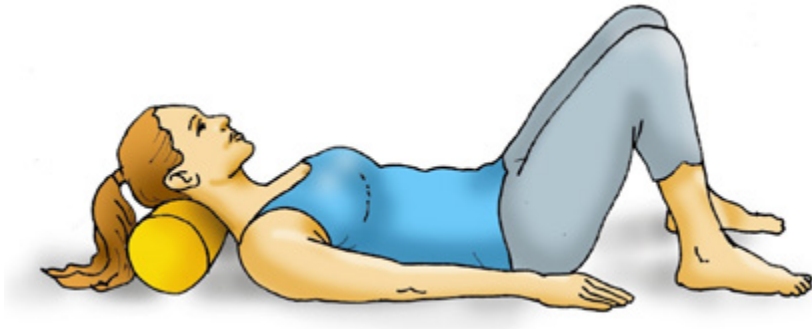
Location: Between shoulder blade and upper arm

Function: Stabilizes and moves the shoulder joint

Training purpose: Relaxed fascia in this region can lead to pain relief in the back and increased mobility.

1. Lie on the side with your shoulder placed on the BODYMATE fascia roller. Now bend your legs slightly and lift your buttocks (see diagram).
2. Now slowly roll up and down on the surface of your shoulder. Slightly tighten your abdominal muscles.
3. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.
4. Move sideways to massage the trigger point from all sides.
5. Repeat the exercise for your other shoulder area.

Neck stretching exercise



Muscle group: Neck muscles

Location: At the back of the neck

Function: Stretches, tilts, turns and bends the head

Training purpose: Hardened fascia in this area can often lead to a stiff neck and back pain. Pain can be relieved by relaxing the fascia in this area.

1. Lie on your back and position the BODYMATE fascia roller under your neck. Angle your legs (see diagram).
2. Now move your head very slowly to the left and right to stretch your neck.
3. Perform this movement for about 20 seconds.

Exercises for your arms



Muscle group: Upper arm muscles (Fascia brachii)

Location: Between elbow and shoulder

Training purpose: The different muscle groups of the upper arm muscles lead to different fascia. The so-called fascia brachii surrounds the entire upper arm. If it is agglutinated, it can cause shoulder and arm pain. That is why it is so important to massage this fascia.

1. Place the BODYMATE fascia roller horizontally between the wall and your upper arm (see diagram).
2. Now roll up and down slowly for 20 seconds by stretching your legs and slightly bending your knees again.

3. As soon as you find a hardening or a so-called trigger point during the exercise, hold it on the BODYMATE fascia roller for about 20 seconds. Let the hardening release.
4. Rotate your upper body back and forth to massage the trigger point from all sides.
5. To adjust the pressure, you can change your distance to the wall.
6. Repeat this exercise for your other shoulder area.