

FASCIA ROLLER

LOOSEN UP!

DISCLAIMER

We're glad you're here! Before you get started, please take a moment to read these important notes.

This guide does not claim to provide medical advice or serve as a medical guideline. The information and exercises presented are intended solely for informational purposes and to spark your curiosity and motivation for fascia training.

Please train carefully by warming up before each session and performing the exercises slowly and mindfully. **Listen to your body** and avoid pushing yourself to the point of exhaustion. Fascia training is considered a gentle form of physical activity – it's not about pushing your limits.

Please be aware that any **physical activity can carry a risk of injury or strain**. This risk is increased if exercises are performed incorrectly or if you have pre-existing medical conditions, such as chronic back pain, cardiovascular issues, or recent surgery.

If you are unsure, we strongly recommend doing these exercises only under supervision and with the guidance of a qualified professional.

Note on target audience:

The exercises in this guide are intended exclusively **for healthy individuals aged 18 and over**. The information provided is not a substitute for regular physical activity and **does not replace medical advice or treatment.**

Before starting any training or performing the exercises described in this guide, you should **always consult your doctor** and obtain their approval.

If you have any physical complaints, medical conditions, or injuries, please speak with your doctor before using this guide.

The same applies if you are taking medication.

If you experience any discomfort while using the BODYMATE fascia roller, **stop the training immediately** and seek medical advice.

And one final note: if you notice any worn or damaged parts on your BODYMATE fascia roller, do not continue using the product under any circumstances.

If you have any questions or concerns, feel free to contact our customer service team – we'll be happy to help you quickly and easily.

Have questions? Get in touch: contact@allmates.com

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FASCIA TRAINING – LOOSEN UP!



Once you experience the benefits, you won't want to stop!
With regular fascia training, you'll notice a clear improvement in how your body feels.

COMMON PROBLEM AREAS:

- Tension in the neck
- Tension in the upper and lower back
- Tension in the glutes and hips
- Tension in the knees and ankles

WHAT MIGHT BE CAUSING IT:

- Muscle overload (e.g. too much high-intensity strength training)
- Poor training technique (e.g. incorrect form or exercises)
- Muscular imbalances (e.g. one-sided workouts, repetitive physical work)
- Poor posture (e.g. slouching, rounded shoulders)
- Joint misalignments (e.g. in the hips or feet)
- Lack of movement (e.g. prolonged sitting)
- Accidents, falls, or injuries
- Stress
- Unbalanced or inadequate diet
- Not drinking enough water

WHAT A FASCIA MASSAGE CAN DO FOR YOU

Fascia is malleable by nature. It adapts to the shape and condition it's regularly subjected to and, just like muscles, it can harden or weaken if used incorrectly – or not at all.
Constant strain or poor posture can lead to what are known as '**adhesions**', which we often perceive as uncomfortable tension. The tissue's **elasticity** decreases, so it feels stiff and less mobile.
On the following pages, we'll show you **a range of practical exercises** with different difficulty levels – so you're sure to find one that suits you.

Get inspired!



EXERCISES BY BODY AREA

MUSCLE GROUPS YOU CAN TREAT WITH THE FASCIA ROLLER:

1 **NECK** 8
Helps to loosen tension from desk work and stress.

2 **UPPER BACK** 9–11
Addresses stiffness and can help improve mobility in the shoulder blade area.

3 **LOWER BACK** 12
Can help ease general stiffness and muscular discomfort in the lower back.

4 **GLUTES** 13
Important for hip mobility and can help with deep-seated muscular tension in the glutes.

5 **FRONT THIGHS** 14–15
Releases quad tightness, which can contribute to easing strain on the knee and back.

6 **OUTER THIGHS** 16
Addresses tightness on the outer thigh, which often accompanies discomfort in the knee and hip area.

7 **INNER THIGHS** 17
Supports hip stability and can help prepare the muscles for athletic strain.

8 **BACK OF THE THIGH** 18–19
Relieves hamstring tightness, which can contribute to easing strain on the knee and back.

9 **CALF** 20–21
Crucial for ankle mobility and for loosening tightness often found in runners.

10 **SHIN MUSCLE** 22–23
Can help to prevent typical overuse discomfort in the lower leg.



NECK

1



Ideal for:
Releasing tension in the neck that can cause stiffness or discomfort.

Targets:
The neck and upper shoulder muscles

Neck Release

Lie on your back and place the fascia roller just under your neck.
Apply gentle pressure by letting your head sink into the roller.

BEGINNER VERSION

Slowly tilt your head from side to side.

ADVANCED VERSION

Lift your shoulders slightly off the floor.
Gently turn your head from side to side.



UPPER BACK

2

Ideal for:
Alleviating tension in the upper back, often caused by prolonged sitting or computer work.

Targets:
The muscles between the shoulder blades





Upper Back Release

Lie on your back.
Place the roller underneath your mid-back, just below the shoulder blades.
Bend your knees and cross your arms in front of your chest.
Lift your hips slightly off the floor.
Slowly roll from your mid-back up to your neck and vice versa.

Tip for execution: Crossing your arms in front of your chest helps to better expose the muscles between the shoulder blades, making the massage more effective.



Ideal for:
Releasing posture-related tightness in the rear shoulders and upper back.

Targets:
The rear shoulder (posterior deltoid) and upper back muscles

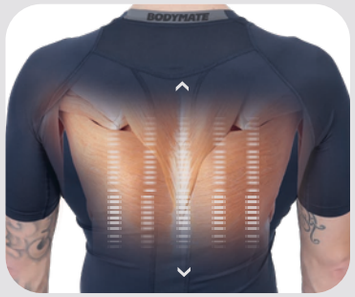
Rear Shoulder Stretch

Get into an all-fours position.
Extend your arms and place your palms on the roller, keeping them facing down throughout the exercise.
Gently push your hips back and lower your chest towards the floor.
Let your head hang loosely between your arms and hold the position for a few deep breaths.



Ideal for:
Releasing the latissimus to improve shoulder mobility and range of motion.

Targets:
The latissimus (lat) and shoulder muscles





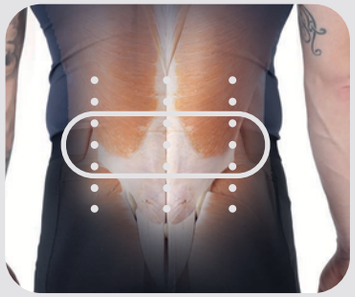
Lat Stretch

Get into an all-fours position. Extend your arms and place your palms on the roller, keeping them facing each other throughout the exercise.
Gently push your hips back and lower your chest towards the floor.
Let your head hang loosely between your arms and hold the position for a few deep breaths.

Tip for execution: To intensify the stretch on your side (where the lat muscle is located), try shifting your hips slightly from one side to the other. Pushing your hips to the left will increase the stretch on the right side, and vice versa.

LOWER BACK

3



Ideal for:
Addressing muscular discomfort and tightness directly in the lower back.

Targets:
The lower back muscles.



Lower Back Release

Lie on your back and place the roller under your lower back.
Bend your knees and cross your arms in front of your chest.
Lift your hips slightly off the floor and slowly roll from your lower back up to the middle of your back, and back to the starting point.

Tip for execution: Move slowly and with control. To protect your spine, actively contract your abdominal muscles during the exercise. This stabilises the lumbar area and prevents excessive arching of the back.

GLUTES

4

Ideal for:
Releasing deep gluteal tightness that can contribute to lower back discomfort.

Targets:
The gluteal muscles.



Glute Release

Sit on the roller with one glute, for example, the right one.
Place your hands on the floor behind you for support.
Now lift your right leg and rest your right ankle on your left thigh.
Slowly roll laterally over your glute and vice versa.

Tip for execution: If you find a particularly tight spot, pause on that spot for 15–20 seconds. Apply constant pressure or make very small circular movements for a deeper release.



FRONT THIGHS



Ideal for:
Releasing quadriceps and hip flexor tightness that can contribute to lower back tension and affect posture.

Targets:
The quadriceps and hip flexor muscles

Front Thigh Release

Starting Position:
Get into a forearm plank. Position the fascia roller above your knees.

BEGINNER VERSION

Move your body back and forth over the roller using your shoulders and arms.
Slowly roll up to your hip and back towards the knee.



MODERATE VERSION

Place one leg slightly to the side of the roller for support. Now, slowly roll over the front of your thigh up to your hip and back towards the knee.



ADVANCED VERSION

Place one leg over the other to build pressure on the lower leg. Now, slowly roll over the front of your thigh up to your hip and back towards the knee.

Tip for execution: Keep your core (abdominals and back) contracted to stabilise the lumbar area. Rotate your body slightly inwards or outwards to massage the different areas of the quadriceps.



OUTER THIGHS

6



Ideal for:
Addressing typical overuse symptoms in the outer thigh (IT band).

Targets:
The outer thigh muscles (IT band)

Outer Thigh Release

Get into a side plank.
Lie with your outer thigh on the roller, above your knee.
Bend your top leg and place your foot on the floor in front of you.
Now, roll along your outer thigh up to your hip and back towards the knee.

Tip for execution: The outer thigh is very sensitive. Avoid rolling directly on the hip bone or the knee joint. Concentrate the massage on the upper, more muscular part near the hip.

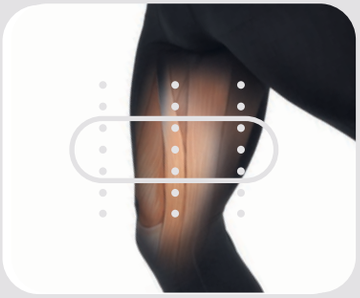


INNER THIGHS

7

Ideal for:
Releasing tightness in the inner thigh (adductors) that can affect hip mobility.

Targets:
The inner thigh muscles (adductors)



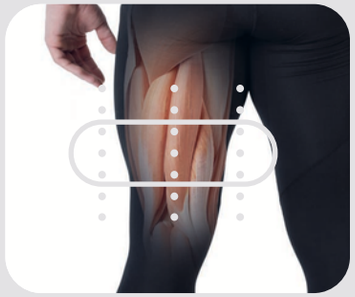


Inner Thigh Release

Get into a forearm plank.
Bend one leg 90 degrees to the side and position the roller under its inner side, above the knee.
Stay in the forearm plank and roll from the knee towards the groin and back towards the knee.

Tip for execution: To protect the tendon insertions, stop the movement just before you reach the knee and the groin area.

BACK OF THE THIGH

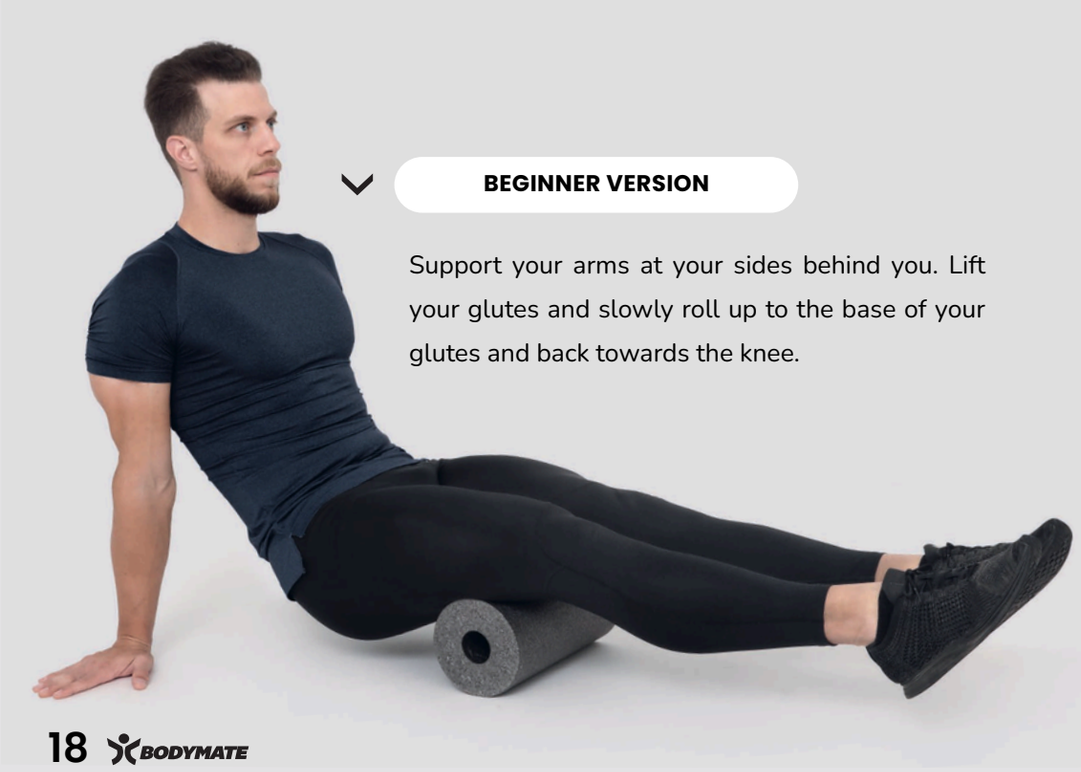


Ideal for:
Relieving hamstring tightness, which can contribute to easing strain on the knee and back.

Targets:
The hamstring muscles (back of the thigh)

Back of Thigh Release

Starting Position:
Get into a seated position and extend your legs. For both variations, position the fascia roller under the back of your thigh, above the back of your knees.



BEGINNER VERSION

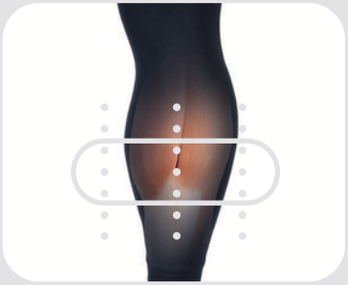
Support your arms at your sides behind you. Lift your glutes and slowly roll up to the base of your glutes and back towards the knee.



ADVANCED VERSION

Extend the leg you want to massage.
Place the other leg bent with the entire foot on the floor.
Support your arms at your sides behind you.
Lift your glutes and now slowly roll up to the base of your glutes and back towards the knee.

Tip for execution: To massage the entire area, rotate your leg slightly inwards and outwards during the movement. This allows you to reach all of the hamstring muscles.



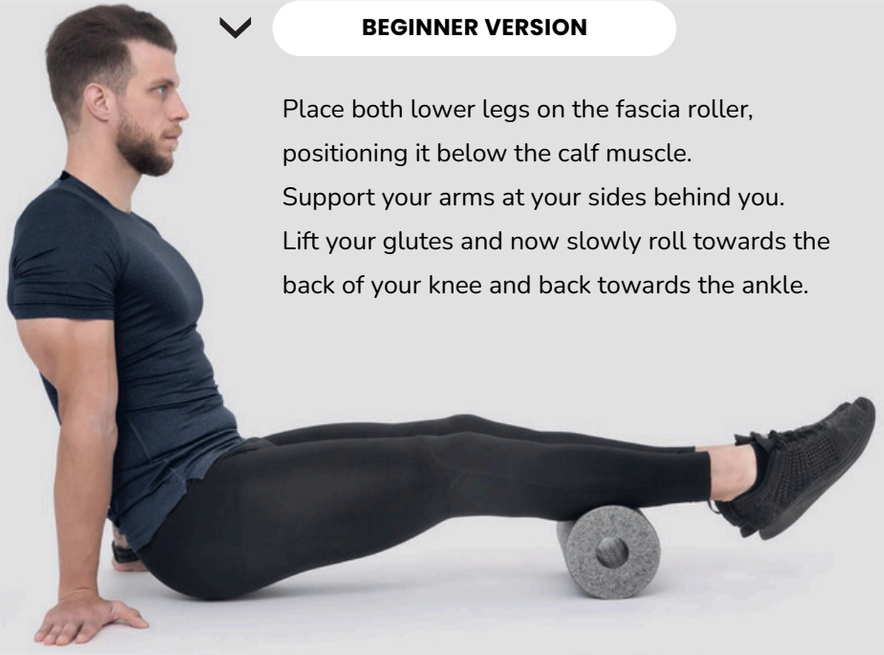
Ideal for:
Improving ankle mobility and loosening tightness often found in runners.

Targets:
The calf muscles

Calf Release

Starting Position:
Get into a seated position and extend both legs.

BEGINNER VERSION



Place both lower legs on the fascia roller, positioning it below the calf muscle.
Support your arms at your sides behind you.
Lift your glutes and now slowly roll towards the back of your knee and back towards the ankle.

MODERATE VERSION



Extend one leg.
Place the other leg bent with the entire foot on the floor next to you.
Support your arms at your sides behind you.
Lift your glutes and now slowly roll towards the back of your knee and back towards the ankle.

ADVANCED VERSION

Extend the leg you want to massage.
Cross the other leg over it to create more pressure.
Support your arms at your sides behind you.
Lift your glutes and now slowly roll towards the back of your knee and back towards the ankle.

Tip for execution: For a complete massage, rotate the leg inwards and outwards. When you find a particularly tight spot, pause and move the tip of your foot up and down for a deeper release.



SHIN MUSCLE



Ideal for:
Typical symptoms of overuse in the shin area

Targets:
The shin muscles (tibialis anterior)

Shin Muscle Release

Starting Position:
Get into an all-fours position, making sure your hands are directly under your shoulders and your knees are under your hips.



BEGINNER VERSION

Lift the leg you want to massage off the floor.
Position the fascia roller below the knee on the front of the leg, to the side of the shin bone (tibia).
Now slowly roll towards the ankle and back towards the knee.



ADVANCED VERSION

Position the fascia roller below both knees on the front of your shins, next to the shin bones.
Now slowly roll down towards the ankle and back towards the knee.

Tip for execution:
Make sure to roll on the fleshy muscle to the side of the tibia (shin bone), avoiding direct pressure on the shin bone itself.

THE PERFECT COMPLEMENT

For areas the roller can't reach: neck, soles of the feet, calves and back.

FASCIA BALL

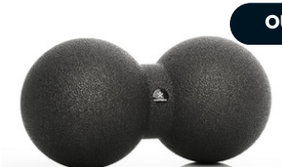


For targeted self-massage of the shoulders, neck, glutes and soles of the feet. Available in Ø 8 and 12 cm.

Pairs with: Neck (p. 8), Glutes (p. 13)

DUO BALL

OUR PICK



Two balls with a groove in the middle: rolls along both sides of the spine and also works well on the neck and calves.

Pairs with: Upper back (p. 9), Calf (p. 20)

TRIGGER POINT SET



Cone-shaped massager with wall mount for precise deep-tissue work on the shoulders, upper back and thighs. Ideal for releasing stubborn knots.

Pairs with: Shoulder (p. 10), Outer thigh (p. 16)

MINI SET



Mini roller, fascia ball and duo ball in a colour-matched set. Compact for feet, forearms and neck – even on the go.

Pairs with: Neck (p. 8), Calf (p. 20)

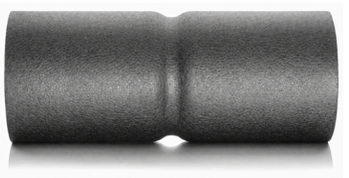
CALF STRETCHER



3-in-1 set of three combinable wedges. Stretches calves and feet while standing – at four angles from 9° to 36°.

Pairs with: Calf (p. 20)

CARE FASCIA ROLLER



With a groove for the spine: the pressure targets the muscles on either side – for a gentle back massage.

Pairs with: Back (pp. 9 and 12)

FUNCTIONAL TRAINING

MOBILITY

SKIN-FRIENDLY

EASY CARE

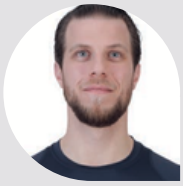
EASY TO CARRY

DURABLE

VERSATILE

THANK YOU.

We hope these exercises were helpful and that you enjoyed them.



If you have any questions or need assistance, please feel free to contact our customer service team. We are happy to help.

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Loosen up.



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