



softX[®] Fascia Training

Fascia (connective tissue) protect our organs, provide our body with support and play a role in movement as well as strength developmen. Therefore an efficient fascia network not only increases your performance but accelerates your regeneration and is moreover the best protection against pain and injuries. You can perfectly train your unique and flexible fascia network with softX[®] fascia products.



Mobilisation

softX[®] Fascia Roll 95/145

Repetitions: 5 - 10
 Exercise Speed: Slow
 Breathing: Controlled and even

Starting position



End position



Roll out - straight

Glide forwards over the roll and hold the position

Mobilisation: Backbone
Lengthening: Shoulders

Starting position



End position



Roll out - lateral

Turn the upper body inwards with the help of the roll

Mobilisation: Back
Lengthening: Shoulders

Massage

softX[®] Fascia Roll 95/145

Sets: 1 - 2
 Repetitions: Warm up: 5 - 10
 Exercise Speed: Warm up: brisk
 Cool down: 10 - 15
 Cool down: slow

Starting position



End position



Calf - single leg

Move the stretched leg forwards and backwards with knee movements

Massage: Calf
Strengthening: Torso/Shoulders

Starting position



End position



Calf - both legs

Move your legs forwards and backwards

Massage: Calf
Strengthening: Torso/Shoulders



Rear thigh - both legs

Move your legs forwards and backwards

Massage: Thigh
Strengthening: Torso/Shoulders



Front thigh - both legs

Move the entire body forwards and backwards holding on your forearms

Massage: Thigh
Strengthening: Torso



Shin - both legs

Pull your knees in and stretch them away from you

Massage: Shin
Strengthening: Torso/Shoulders



Lateral thigh - single leg

Pull your knees in and stretch them away from you

Massage: Thigh
Strengthening: Torso



Buttocks

Move your buttocks forwards and backwards

Massage: Buttocks
Strengthening: Shoulders



Back

Glide on the roll by stretching and bending your legs

Massage: Back
Strengthening: Stomach

Massage - Standing

softX® Fascia Roll 95/145

Perform this exercise on secure walls only.
Ideal opportunity for an exercise break in everyday life.

Starting position



End position



Back - lower part

Perform knee bends using pressure against the roll

Massage: Back
Strengthening: Legs

Starting position



End position



Back - lateral
Bend and stretch your legs

Massage: Back
Strengthening: Legs

Strengthening

softX® Fascia Roll 95/145

Sets: 1 - 3
Repetitions: 5 - 20 or Holding duration: 15 - 60 sec.
Exercise Speed: Slow Rest duration: 15 - 60 sec.

Starting position

End position



Clasp knife

Stretch your legs, alternating them, and raise your upper body at the same time

Strengthening: Stomach
Mobilisation: Knee

Starting position

End position



Torso Side

Vigorously extend the upper leg while laterally supporting yourself

Strengthening: Torso side/Stomach



Push-up - kneeling

Bend and stretch your arms

Strengthening: Upper Body/Torso



Bridge Pose

Lift and briefly hold your hips

Strengthening: Rear Body/Torso

Trigger Point

softX® Fascia Ball 65/90

Trigger points are mostly tensed-up, hardened and often neglected musculature spots.

Starting position

End position



Backbone

Place the ball in different positions next to the spinal column and at the same time, perform upper body movements: Raise/lower/rotate your arm

Starting position

End position



Neck/Nape

Place one or two balls in the neck and nape region and move the head slowly in different directions

Trigger Point

softX® Fascia Roll 50

Linger on the trigger points according to the sensation.
Afterwards, first perform small, then large and slow movements.

Starting position

End position



Forearm - Sitting down

Move your forearm on the roller while sitting down

Alternatively: Against a wall while standing

Starting position

End position



Foot fascia

Glide your foot sole on the roll

Alternatively: While standing