



fascia ball



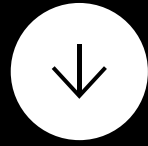


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Fascia Ball introduction

Only in recent years did people start to truly recognize how essential the connective tissue in our bodies—known as “fascia”—really is. Initially, specialized methods for treating fascia-related problems were largely reserved for professional athletes. Nowadays, an increasing number of athletes depend on specific tools to support and care for their body tissues. By deciding to invest in your own fascia tool, you have joined them.

01 Product presentation & safety

The most recognized tool is the foam roller, typically used to work on larger muscle groups. However, there's a more focused option designed to reach areas a roller can't: the Fascia Ball. This compact rubber ball is a valuable addition that fits effortlessly into any Free Athlete's gym bag.

Whether you already practice self-massage or are just beginning, this e-book will guide you in unlocking the full advantages of this effective recovery tool. We'll start by covering the fundamentals of self-massage and explaining why it's essential for every athlete. Then, we'll share practical advice on how to properly use a Fascia Ball for maximum results.

DISCLAIMER

Please note that the equipment should only be used for the purpose described in the E-book. Freeletics assumes no liability for any other or improper use of the equipment. The exercises and recommendations provided in the E-book should not be used for medical therapy and do not constitute medical advice or a doctor's advice. In case of injuries or health conditions, please seek proper medical advice.



How to clean and maintain the Fascia Ball

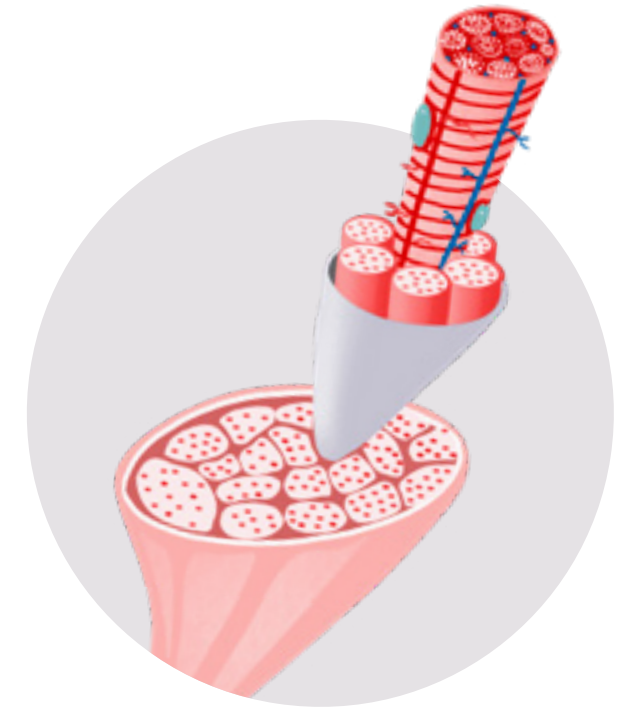
Your Fascia Ball is made entirely from 100% rubber. Avoid leaving it in direct sunlight and keep it in a cool, dry place to prevent damage. If it gets dusty or dirty, clean it carefully with a damp cloth. If you use it with oil, wipe it off right after your session, as dried oil can be harder to remove.



The science behind self-massage

What is fascia?

The term “fascia” describes a kind of connective tissue that spreads across your body like an endless network. It connects muscles, bones, and organs, forming a smooth layer that minimizes friction between tissues. Why is this important? Because you need to care for your fascial system. It can get restricted from stress, long periods of sitting, or intense training. When this happens, it may feel tight, sore, or uncomfortable. The good news is that self-massage—rolling and applying pressure—can relieve this tension, enhance mobility, and better prepare you for workouts!



How does self-massage work?

The Fascia Ball cannot directly change your fascia itself—doing so would need much more pressure than a person can safely apply without special equipment. Still, using a Fascia Ball boosts circulation in your tissues. It also stimulates the parasympathetic nervous system, which governs rest and recovery. Consider it a signal to your body indicating where to release tension. Consequently, it can help relax muscles, increase tissue flexibility, and lessen soreness after workouts.

The first few sessions using the Fascia Ball may feel uncomfortable. Be sure to massage your body gently and promote recovery. Over time, you'll find the discomfort gradually fades. Eventually, self-massage will feel completely painless and soothing.





How to use your Fascia Ball

General advice

To get the most out of your Fascia Ball when using it for self-massage, take note of the following important details:

- 1.** Avoid applying intense pressure to sensitive areas of your body. Some discomfort may be needed, but excessive pain can trigger a protective muscle response or further irritate the tissue.
- 2.** Use the Fascia Ball by gently massaging your tissue in small circles around any irritated spots. Apply only an amount of pressure that is not too painful.
- 3.** To control the amount of pressure you apply, make sure to support your body weight on the rest of your body (i.e., your hands, elbows, knees, or hips).
- 4.** Make sure you are well hydrated. This will help your tissue glide better and allow you to get the most out of your Fascia Ball.



When to use it

You can use your Fascia Ball both before and after training or within separate self-massage sessions.

ALL THREE HAVE DIFFERENT ADVANTAGES:

1. Before training: When you massage yourself before training, you improve the blood flow to the muscles and tissue you apply it to. This can increase your range of motion or make your movements more fluid by reducing tension in muscles that are tight, i.e., if you find it hard to move your arms overhead, roll out your lats. Aim for around 30-60 seconds per muscle of rolling before you move on to your workout.

2. After training: By using your Fascia Ball after training can support and enhance your recovery process. Following an intense or demanding workout, muscles often tighten up or feel sore. Working with the Fascia Ball can also assist your body in flushing metabolic waste from the muscles. For instance, if you notice a particularly tight spot while foam rolling your quads or calves after squats or sprint sessions, switch to the Fascia Ball to focus directly on that area and ease the tension. Spend around 10-15 minutes cooling down and unwinding post-workout, and remember to take slow, deep breaths through your nose to further promote relaxation.

3. Within a separate session: Avoid applying intense pressure to sensitive areas of your body. Some discomfort may be needed, but excessive pain can trigger a protective muscle response or further irritate the tissue.

How to use it

Whenever you use your Fascia Ball, make sure to apply only appropriate pressure, especially on sensitive areas of your body. This means that you should not have high levels of pain when you use it. However, slight discomfort is to be expected especially when you use it on very tight areas of your muscles. As a rule of thumb, you should be able to tolerate the discomfort without having to stop the rolling session. If the discomfort is too high, then decrease the pressure being applied to the area. Any discomfort should slowly diminish throughout the rolling session.



While your Fascia Ball and a foam roller both serve for self-massage, they have different purposes: A foam roller targets larger muscle groups with broad surfaces, like the upper back or front thighs. The pressure spreads over a wider area, reducing intensity on any single spot. By contrast, the Fascia Ball is designed for precision. It lets you apply focused pressure to smaller areas, such as the soles of your feet or specific trigger points between the shoulder blades.

As you can see, the foam roller and Fascia Ball are two sides of the same coin and work very well together. Depending on how the treated area feels, one tool might target the area better than the other. You should listen to your body and do what works best for you by trying the various techniques, depending on which area of your body you are rolling out and how sensitive that area is.

03 How to use your Fascia Ball

HERE ARE SOME TECHNIQUES TO PERFORM SELF-MASSAGE WITH THE FASCIA BALL:

1. Constant pressure and relaxation, i.e. leaning against your Fascia Ball on a wall or standing on it. Use longer durations between 30-120 seconds.

Centered circular motions:

2. for trigger points on larger areas like your back. Here, use between 20-40 repetitions.

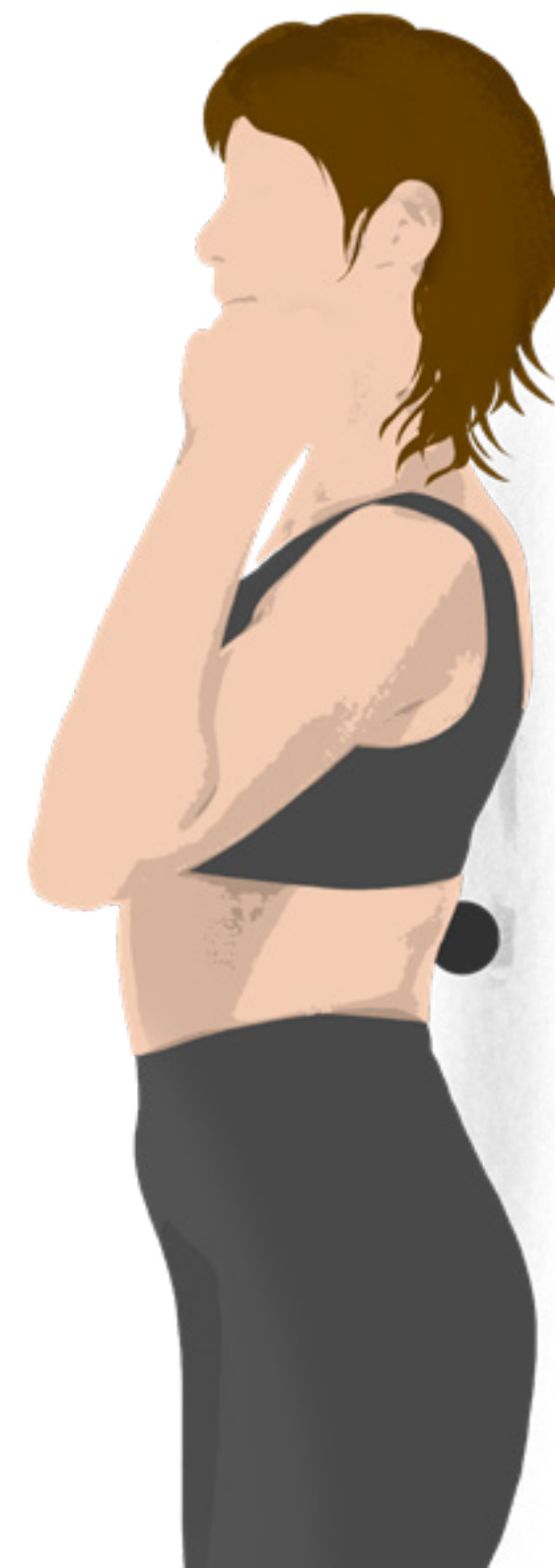
Back and forth motions: for

3. rather narrow areas on your body like the soles of your feet or next to your shin. Do this for around 20-30 repetitions.



YOU CAN CONTROL THE INTENSITY OF THE SELF-MASSAGE BY APPLYING DIFFERENT, INCREASING LEVELS OF PRESSURE:

1. Gently guiding your Fascia Ball with your hands.
2. Using your Fascia Ball against a wall and leaning against it.
3. Using your Fascia Ball on the floor and lying, sitting, or standing on it.



04



Example exercises



LOWER BODY

Foot (Plantar Fascia)

Stand on one leg and place your Fascia Ball under the opposite foot. Slowly roll the sole back and forth over the ball, noticing areas that feel tight or slightly sensitive. Focus on those spots using the technique that works best for you. Apply enough pressure to feel it clearly, but avoid sharp pain. Once comfortable, you can gently add some bodyweight on the ball. Afterwards, roll your foot again and observe any changes in sensation.

Function of the Foot Muscles: Like a pyramid's base, they stabilize the arch of your foot, active whenever you stand. They also control toe movement as needed.

Unsurprisingly, people who spend long hours on their feet often develop tight foot muscles.



SOME EXERCISES THAT ENGAGE THE FOOT MUSCLES:

Any standing exercise, for example Running, Sprinting, Squatting, or Lunging. Also, any exercise where the feet stabilize the body like Planks and Pushup variations.

04 Example exercises

LOWER BODY

Calves

Foot (Plantar Fascia)

Stand on one leg and place your Fascia Ball under the opposite foot. Slowly roll the sole back and forth over the ball, noticing areas that feel tight or slightly sensitive. Focus on those spots using the technique that works best for you. Apply enough pressure to feel it clearly, but avoid sharp pain. Once comfortable, you can gently add some bodyweight on the ball. Afterwards, roll your foot again and observe any changes in sensation.

Function of the Foot Muscles: Like a pyramid's base, they stabilize the arch of your foot, active whenever you stand. They also control toe movement as needed. Unsurprisingly, people who spend long hours on their feet often develop tight foot muscles.

FUNCTION OF THE CALVES:

Your calves are responsible for pushing your foot down into the ground by pulling on your heel.

SOME EXERCISES THAT ENGAGE THE CALVES:

Any exercise where you push off the floor, for example Jumping Rope, Sprinting, Lunging, or Squatting. Also, most targeted during Calf Raises.



04 Example exercises

LOWER BODY

Shin muscles

Sit down comfortably and let your legs lie down on the ground in a relaxed manner. Use your hands to gently massage the tissue next to your shin bone by moving the Fascia Ball up and down. Try not to use too much pressure, as this area is often sensitive.



FUNCTION OF THE SHIN MUSCLES:

Your shin muscles pull your foot and toes up towards your knee.

SOME EXERCISES THAT ENGAGE THE SHIN MUSCLES:

Any movement where you lift your leg, for example Walking, Running, Sprinting, Lunging, or Jumping.

LOWER BODY

Hamstrings

Sit comfortably with your legs extended and position the Fascia Ball beneath the back of your leg. Slowly roll it up and down, paying attention to any areas that feel tight or tender. When you locate such spots, focus on gently massaging them. using the technique that feels best.

Please note that you should not roll across the backside of your knee, as there are some sensitive tissues (blood vessels, nerves) there. Try to find appropriate pressure by putting body weight onto the Fascia Ball. Should you need more pressure, put your hands on the floor and raise your hips off the ground. When you are finished, gently move the Fascia Ball up and down your hamstrings again and try to sense any changes.



FUNCTION OF THE HAMSTRINGS:

Your hamstrings are bending the knee and extending the hip. They actually consist of multiple muscles that run from your hip down to your calf. Often, they are very tight due to their role during many movements, especially during the deceleration during sprints.

SOME EXERCISES THAT ENGAGE THE HAMSTRINGS:

Running, Sprinting, Deadlifts.

04 Example exercises

LOWER BODY

Glutes

Sit down comfortably, extending one leg and bending the other.

Place the Fascia Ball under the glute of your extended leg. Gently move it up and down and try to feel for any tight or sensitive spots. Should you find some, start massaging them with one of the above techniques. Try to find appropriate pressure by shifting your body weight onto the Fascia Ball. When you are finished, gently move the Fascia Ball up and down your glute again and try to sense any changes.

FUNCTION OF THE GLUTES:

Your glutes are important muscles surrounding your hip and upper leg. They stabilize your pelvis and can extend, rotate, or open your hips. During self-massage, you want to target the back and side of your glutes with different positions.

SOME EXERCISES THAT ENGAGE THE GLUTES:

Any exercise where you push into the ground, for example, Jumps, Sprints, Lunges, Burpees, or Plank Leg Lifts.



Mid Glutes

To target your mid glutes, you can use your Fascia Ball either standing or lying on your side, depending on how much pressure you want to apply.

In the standing position, place the Fascia Ball between your mid glute and a wall. Gently move against the ball in a circular motion and try to feel for any tight or sensitive spots. Should you find some, start massaging them by applying more pressure and focusing your motion near them. Try to find appropriate pressure by putting more or less weight onto the Fascia Ball. In a side-lying position, put your Fascia Ball between yourself and the ground. Extend your bottom leg and make contact with the Fascia Ball on your

Bend your other leg and place it on the floor, using your bottom elbow to support your weight. Begin by gently moving your body in a circular motion over the Fascia Ball, feeling for tight or sensitive spots as you did with your foot. If you find any, massage them by applying more pressure and focusing your movements there. For extra pressure, shift more body weight onto the Fascia Ball by pressing into the floor with your free leg. When finished, gently roll the ball around your mid glute again and notice any changes in sensation.



FUNCTION OF THE GLUTES:

Your glutes are important muscles surrounding your hip and upper leg. They stabilize your pelvis and can extend, rotate, or open your hips. During self-massage, you want to target the back and side of your glutes with different positions.

SOME EXERCISES THAT ENGAGE YOUR MID GLUTES:

Any exercise where you push into the ground, for example, Jumps, Sprints, Lunges, Burpees, or Plank Leg Lifts. Also, any exercise where you lift your leg to the side.

04 Example exercises

UPPER BODY

Lateral delt

HOW TO:

To work on your lateral delt, use your Fascia Ball while standing against a wall. Position the ball between your lateral delt and the wall. Move gently in circular motions, paying attention to any tight or tender areas. When you find them, focus on massaging those spots by increasing pressure and concentrating your movements there. Adjust the intensity by shifting more or less of your body weight onto the Fascia Ball



FUNCTION OF THE LATERAL DELT:

Your lateral, or side delts run between the top of your shoulder and the top third of your upper arm bone and are responsible for lifting the arm up to the side. They also stabilize your shoulder during overhead movements like a handstand.

SOME EXERCISES THAT

ENGAGE THE LATERAL DELT:

Side Plank Crunches, Handstand Hold, Strict Handstand Pushups.

04 Example exercises

UPPER BODY

Mid -back

To target your mid-back, you can use your Fascia Ball standing against a wall.

Place the Fascia Ball between your mid-back and a wall. **Make sure to avoid placing the Fascia Ball directly on your spine, as there are some sensitive structures located there.**

Gently move against the ball in a circular motion and try to feel for any tight or sensitive spots. Should you find some, start massaging them by applying more pressure and focusing your motion near them. Try to find appropriate pressure by putting more or less weight onto the Fascia Ball.

FUNCTION OF YOUR MID-BACK MUSCLES:

In the middle of the back, you'll find both the bottom parts of your lats as well as your traps. They are responsible for pulling down your shoulder blades and extending your spine and shoulders backward.



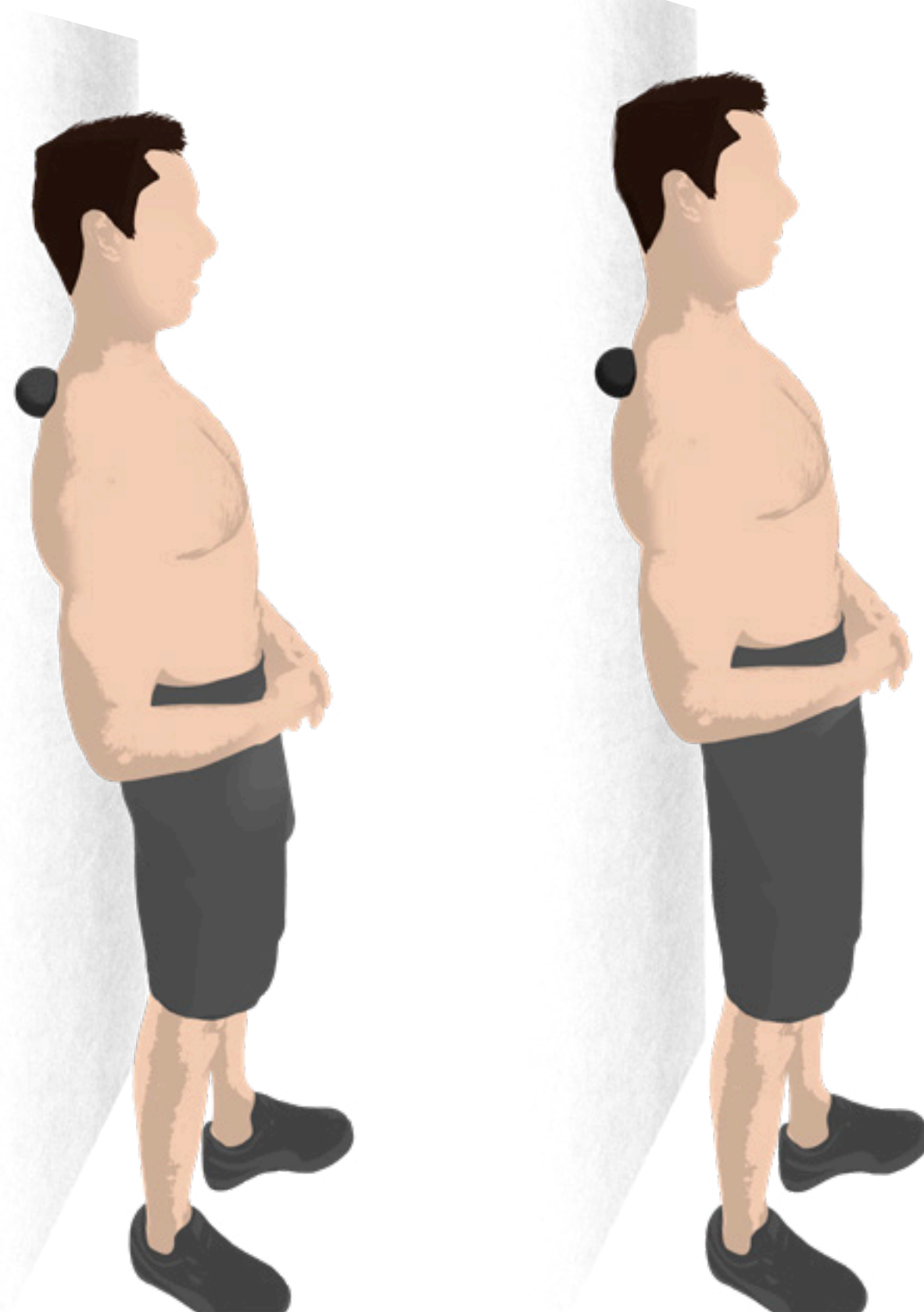
SOME EXERCISES THAT ENGAGE YOUR MID BACK:

Any pulling motions, for example, Bent Rows, Pullup variations, Supermen, Face Pulls with a band, Band Bent Rows.

UPPER BODY

Trapezius (upper)

To work on your upper trapezius, use your Fascia Ball while standing against a wall. Position the ball between your upper traps and the wall. Move slowly in circular motions, noticing any tight or tender areas. When you locate these spots, massage them by applying more pressure and concentrating your movements there. Adjust the intensity by shifting more or less of your body weight onto the Fascia Ball.



FUNCTION OF THE UPPER TRAPEZIUS:

Your upper trapezius stretches between your neck and shoulders. It's responsible for lifting your shoulder blades or shrugging your shoulders. This muscle is often very tight, as many people unconsciously raise their shoulders while sitting, particularly when feeling stressed.

SOME EXERCISES THAT ENGAGE THE UPPER TRAPEZIUS:

Handstand Hold, Strict Handstand Pushups, Face Pulls with band, Pikes.

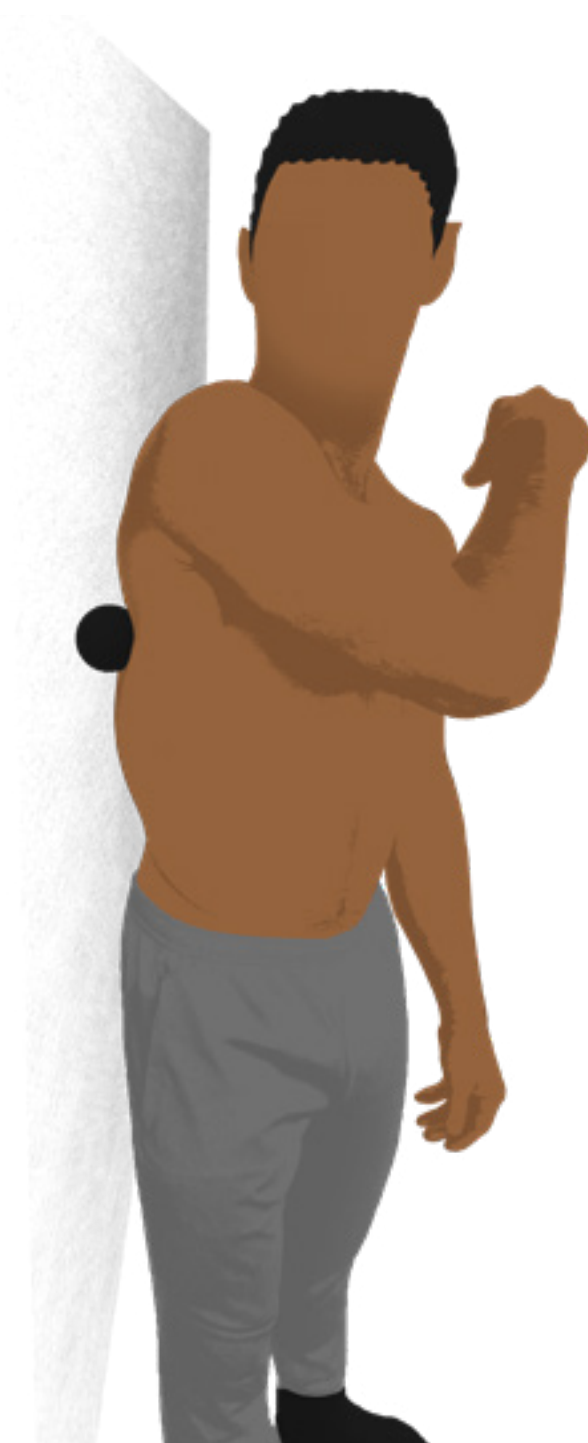
04 Example exercises

UPPER BODY

Lats and rear delt

To target your lat and rear delt, use your Fascia Ball while standing against a wall.

Position the ball on either your lat (as shown) or rear delt. Move gently using whichever technique feels most comfortable, paying attention to any tight or tender areas. When you find them, massage those spots by applying more pressure and concentrating your movements there. Adjust the intensity by shifting more or less of your body weight onto the Fascia Ball.



FUNCTION OF THE LAT AND REAR DELT:

Your lats are what make the “V-shape” of your back when they’re well developed. They connect your shoulders to your lower back. Your rear delts are running at the back of your shoulder between your upper arm and the edge of your shoulder. Both are responsible for pulling your arm down and back behind your body.

SOME EXERCISES THAT ENGAGE THE LAT AND REAR DELT:

Pullups variations, Toes-To-Bar, Dragonflags, Bent Rows, Band Reverse Flies.



Chest / anterior deltoid

To target your chest and front delt, use your Fascia Ball while standing against a wall.

Place the Fascia Ball between the outer edge of your chest and a wall. Gently move against the ball in a circular motion. Try to feel for any tight or sensitive spots. Should you find some, start massaging them by applying more pressure and focusing your motion near them. Try to find appropriate pressure by putting more or less weight onto the Fascia Ball.

Avoid rolling out your armpit. This is where an important artery (arteria axillaris) is found.



FUNCTION OF THE CHEST / ANTERIOR DELTOID:

The muscles of your chest and front delt are what will fill out the front of your shirt. Your chest muscles run between the center of your chest and your upper arm near the shoulder. Your front delt runs between your upper arm and your shoulder. Both are responsible for lifting your arm up to chest height or for extending your arms in front of your body like in a Pushup or Bench Press.

SOME EXERCISES THAT ENGAGE THE CHEST MUSCLES AND FRONT DELT:

Pushup variations, Band Chest Flies, Bench Press.

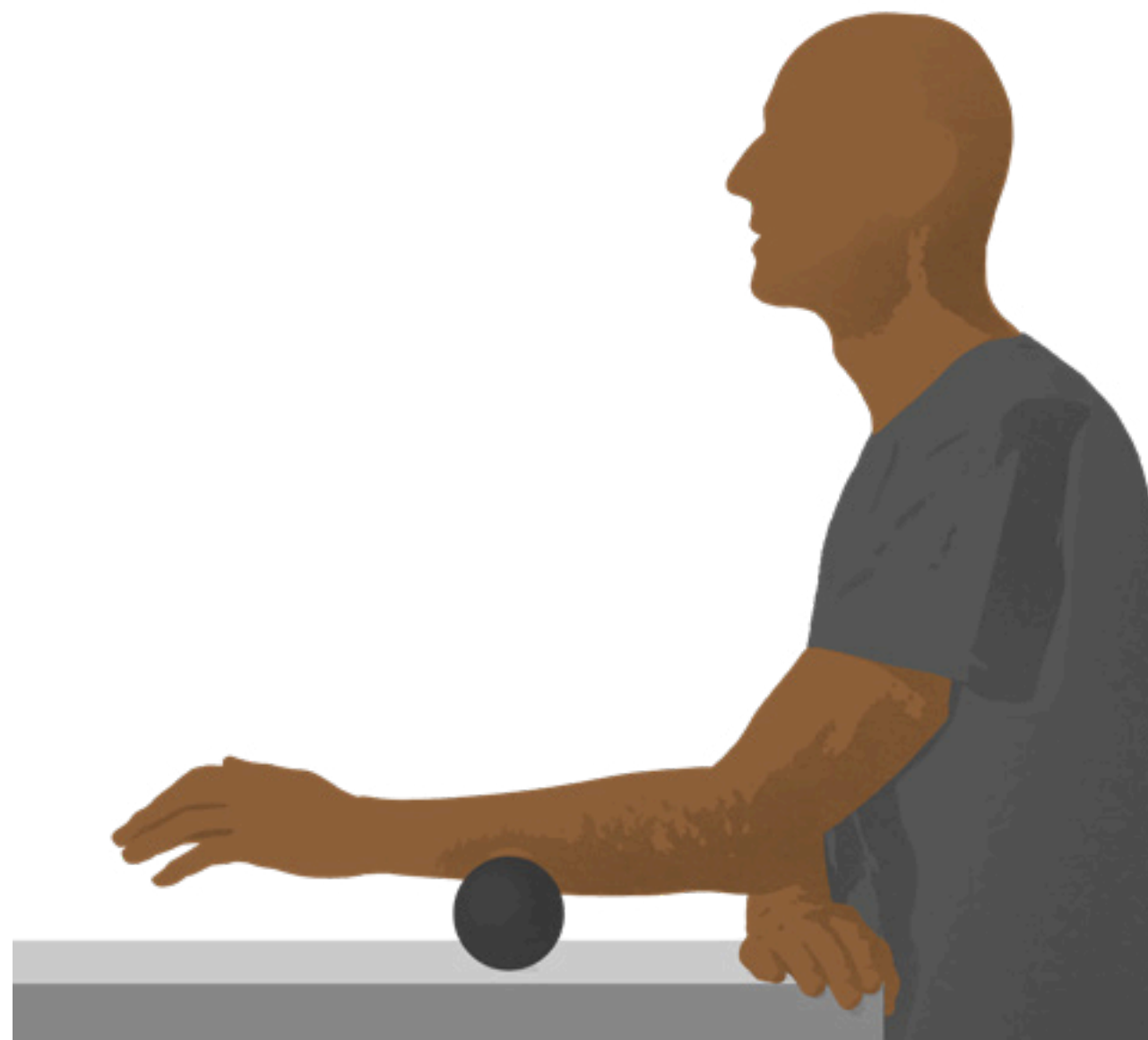
04 Example exercises

UPPER BODY

Forearms

Place your Fascia Ball on top of a surface near the height of your elbow and place the outside of your forearm on top of it. Gently move your arm across the ball in an up- and downward motion. Try to feel for any tight or sensitive spots. Should you find some, start massaging them by applying more pressure and focusing some circular motions near them. Try to find appropriate pressure by putting more weight onto the Fascia Ball.

Please avoid rolling out the middle of the bottom of your forearm. This is where some sensitive structures like tendons and veins are running down your lower arm.



FUNCTION OF THE FOREARM MUSCLES:

Your forearm musculature consists of a group of muscles that moves your fingers, wrist, and elbow. They can extend, flex, and rotate these joints and are important for the strength of your grip.

SOME EXERCISES THAT ENGAGE THE FOREARM MUSCLES:

Any exercise that involves gripping, especially Pullup variations like Chin Ups, Barbell Curls, Band Curls, Deadlifts, and Passive Hang.

Base of the skull

To target your chest and front delt, place your Fascia Ball between the outer edge of your chest and a wall while standing. Move gently in circular motions, paying attention to any tight or tender spots. When you find them, massage those areas by applying more pressure and focusing your movements there. Control the intensity by shifting more or less of your body weight onto the Fascia Ball.



SOME EXERCISES THAT ENGAGE THE MUSCLES OF THE BASE OF YOUR SKULL:

Any exercise where your head changes position or needs to be stabilized, for example, Squats, Pushup variations, Handstand variations, or Supermen.

FUNCTION OF THE MUSCLES AT THE BACK OF THE SKULL:

The muscle groups at the back of your neck are responsible for stabilizing the position of your head as well as extending or rotating it. Most of the time, however, it is used to keep your head pointing where you look at, for example, your computer screen or smartphone.

Jaw

The best way to reach your jaw muscles is by holding your Fascia Ball in your hand. Place it just behind your jawline, under your ear. Gently move it in small circular motions, keeping your jaw relaxed with a slightly open mouth. You can add subtle up-and-down jaw movement. Start with light pressure, noticing any tight or tender spots. Avoid pressing too hard, as jaw muscles are often tense from stress. Gradually increase pressure if comfortable, focusing on warming and relaxing the muscles rather than force, to prevent irritation of the sensitive tissue around the jaw.



FUNCTION OF THE JAW MUSCLES:

The muscles around your jaw are what help you chew healthy and delicious food after your workout, but these muscles also help in stabilizing the position of your head and teeth. This can often lead to tightness due to stress.

SOME EXERCISES THAT ENGAGE THE MUSCLES OF THE JAW:

Any exercise that brings you to your limit, causing you to clench your teeth. For example, any exercise which requires a lot of strength, i.e. Dragonflags, Pistol Squats, Archer Pushups, Archer Pullups, Deadlifts.

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Sheridan,
Wyoming, United
States**

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