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> [Blackroll](#) /

> [BLACKROLL DUOBALL 08 Massage Ball Instruction Manual](#)

Blackroll 30-2870

BLACKROLL DUOBALL 08 Massage Ball Instruction Manual

Model: 30-2870 | Brand: Blackroll

1. PRODUCT OVERVIEW

The BLACKROLL DUOBALL 08 is a specialized massage tool designed for targeted and effective deep tissue massage. Its unique double-ball shape is ideal for addressing muscles around the spine, upper arms, deltoids, pectorals, and calf muscles. It can be used by laying on the floor or against a wall, making it versatile for various body areas, particularly the back. The design ensures that the space between the two balls is gentle on the spinous processes, allowing for precise application.

This product is manufactured using an energy-saving production process and is free of propellants and chemicals, making it environmentally friendly. It is also easy-to-clean, water resistant, and odorless, ensuring hygiene and durability.



The BLACKROLL DUOBALL 08, a double lacrosse ball massager, shown with its packaging.

2. KEY FEATURES

- **Unique Trigger Point Massager Tool:** Allows for targeted and effective massage of the spine, upper arms, deltoid, pectoralis, and calf muscles. Perfect for hard-to-reach stabilizing muscles around the spine and vertebrae. Can also be used as a foot massager for plantar fasciitis.
- **Ideal Neck Stretcher:** Designed with a gentle distance between the double balls for the spinous processes, helping to extend and stretch neck and upper back hotspots caused by tightened fascia and hardened muscles. Consistent use may help decrease headaches and migraines from neck tension.
- **Improve Your Posture:** Aids in relieving pressure, alleviating stress and tension, and improving posture, circulation, and muscle recovery time.
- **Compact and Lightweight:** Measures 6.3" x 3.2" (16 cm x 8 cm), making it portable for gym bags and travel.
- **Crafted in Germany:** Premium quality, earth-friendly, developed using energy-saving production, and made of 100% recyclable materials. Water resistant and easy-to-clean.

3. SETUP AND USAGE

The BLACKROLL DUOBALL 08 is designed for self-massage and can be used on various parts of the body. Its compact size allows for precise application. Always ensure you are on a stable surface when using the product.



The BLACKROLL DUOBALL 08 measures 16 cm (6.2 inches) in length and 8 cm (3.1 inches) in diameter for each ball.

3.1. Usage for Neck and Back

For neck and back massage, place the DUOBALL on the floor and carefully lie down so that your spine fits into the groove between the two balls. This allows the balls to target the muscles alongside your spine without putting direct pressure on the vertebrae. Gently roll back and forth or hold pressure on specific trigger points.



A woman demonstrating the use of the BLACKROLL DUOBALL 08 for neck massage while lying on a mat.



A man using the BLACKROLL DUOBALL 08 to massage his upper back against a wall, targeting muscles along the spine.

3.2. Usage for Shoulders and Arms

The DUOBALL can also be used against a wall to target shoulder and arm muscles. Place one of the balls against the wall and lean into it with the desired muscle group, such as the deltoids or pectorals. Adjust your body position to control the pressure and target specific areas.



A man using the BLACKROLL DUOBALL 08 to massage his shoulder area against a wall.

3.3. General Application Tips

- Start with gentle pressure and gradually increase as your muscles adapt.
- Breathe deeply and relax during use to maximize effectiveness.
- Focus on areas of tension or soreness, holding pressure for 30-60 seconds on trigger points.
- Use regularly for best results in muscle recovery and flexibility.



Individuals demonstrating various applications of BLACKROLL products, including the DUOBALL, for different muscle groups.

3.4. Product Usage Video

Watch the official product video for visual demonstrations on how to effectively use the BLACKROLL DUOBALL 08 for various muscle groups and applications.

Your browser does not support the video tag.

Official video demonstrating the use of the BLACKROLL Duoball Twin Massager for various self-massage techniques.

4. MAINTENANCE AND CARE

The BLACKROLL DUOBALL 08 is designed for easy maintenance. It is water resistant and odorless, ensuring hygiene and longevity.

- **Cleaning:** To clean the DUOBALL, simply wipe it down with a damp cloth after each use. Mild soap can be used if necessary.
- **Drying:** Allow the product to air dry completely before storing.
- **Storage:** Store in a cool, dry place away from direct sunlight and extreme temperatures to preserve its material integrity.

5. SPECIFICATIONS

Brand	Blackroll
Model Number	30-2870
Product Dimensions	6.3 x 3.15 x 3.15 inches (16 x 8 x 8 cm)
Item Weight	1.2 ounces (34 Grams)

Material	Thermoplastic Elastomer
Color	Black
Manufacturer	BLACKROLL
Date First Available	April 15, 2015

6. TROUBLESHOOTING

If you experience discomfort or pain during use, immediately stop and adjust your position or the pressure applied. Ensure the product is clean and free of debris before each use. If the product shows signs of wear or damage, discontinue use to prevent injury.

For persistent issues or concerns not addressed here, please refer to the support information below.

7. WARRANTY AND SUPPORT

For product support, inquiries, or warranty information, please contact the manufacturer directly.

- **Manufacturer Contact:** 914-345-9300
- **Return Policy:** This product typically has a 30-day return policy for refund or replacement. Please check with your retailer for specific return conditions.