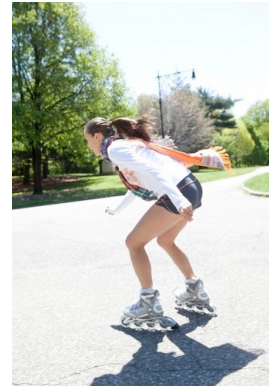




Rollerblade® Leg and Glute Buster Workout

About Rollerblade®

Rollerblade is the original, authentic brand of inline skates with a singular focus on skating. Rollerblade invented a brand-new active lifestyle experience by bringing the invigorating movement on wheels to the great outdoors. Millions enjoy Rollerblade products as a complement to their workouts, for mobility or as a simple, fun escape. Rollerblade offers an extensive line of skate options to match a variety of experiences. From edgy, highly technical street skates to light, comfortable fitness skates to durable, molded urban skates. Rollerblade promises an authentic product for a true ride.



About Allison Baver



Allison Baver stands proudly among the world's preeminent female short track speedskaters of the 21st century. She earned an Olympic bronze medal competing in the 2010 Winter Games in Vancouver, British Columbia, Canada. Allison is the first inline skater to crossover to short track ice speedskating. Today, more than half of all U.S. speedskaters use inline skating as part of their training regime. Inline skating is an ideal workout for professional and "everyday" athletes as the full body benefits are huge and, mostly importantly, there is minimal impact to the joints.

Benefits of the Rollerblade® Leg and Glute Buster Workout

The Rollerblade Leg and Glute Buster workout was developed by Allison to explore the same muscle groups utilized during inline skating. The workout simultaneously works various muscle groups from core to legs to glutes. Add inline skates and you get the same muscle stabilizing workout with a burst of cardio for an all-encompassing workout.

The workout strengthens the same muscles as outdoor inline skating including:

- ✓ Core
- ✓ Hips
- ✓ Thighs
- ✓ Glutes

Take the workout outside on inline skates and add the following:

- ✓ Higher muscular activity levels for hips, thighs and shins than running or cycling
- ✓ Produces less than half the shock of impact to joints than running
- ✓ Utilizes leg muscles for a longer period of time than running
- ✓ Burns the same amount of calories as running

Recommended skate for this active workout is the Activa90.



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Rollerblade® Leg and Glute Buster Workout

1. **Calf Raise** (Focus on calves, shins, but quads, hamstrings, and glutes are all engaged)
Position: 45-degree knee bend
Movement: Maintain position, rising up on toes, and down
Duration: 30 second reps
*Variations: Angle knees in or out to target inner/outer calf
2. **Skate Position** (Legs, glutes, lower/upper back, shoulders, ab/adductors, hip flexors)
Position: 45-degree knee bend
Movement: Extend leg to side, keeping toes forward and knees bent Alternate legs, and pump arms, as though you are skating
Duration: 20 reps
3. **Leg Lifts** (focus is on ab/adductors and hips, but legs and glutes are engaged)
Position: 45-degree knee bend
Movement: Extend leg out to side, lift & drop (make sure not to put weight on this leg). Repeat with opposite leg
Duration: 20 reps
*Variation: Extend leg to back, lift & drop
4. **One Legged Squats** (Hip flexors, glutes are focus, and legs/core are engaged)
Position: 45-degree knee bend
Movement: Extend leg to front, bend and straighten supporting leg and repeat with opposite leg
Duration: 20 reps
5. **Lunges** (Legs, glutes, back/core stabilizations, hip flexors)
Position: 45-degree knee bend
Movement: Lunge side to side
Lunge front, alternating legs
Lunge back, alternating leg
Switch splits
Duration: 20 reps
*Add difficulty: Lunge back, transition into hop with knee up, alternate
6. **Lower Back** (Low back, hips, quad/hamstrings, glutes)
Position: 45-degree knee bend, with hands on hips
Movement: Lower body to position parallel to ground, then straighten and repeat.
Duration: 20 reps

***Interval Workout: (On skates, 30min total)

10 minute fast pace warm-up with 3 easy 10 second bursts of speed towards end
35 seconds REST x 25 seconds FAST= 1min → do this 20 times
10 minute EASY skate for a cool down

Recommendations: Give yourself a 5mile stretch, and practice this twice a week