

# ROLLEROBICS

Routine 1: TOTAL body attack | Time: 50 minutes | Energy burn: 600 Kcal.

Target: Cardio and body shaping. | N° of repetitions: as many as you can during the given time.

WARM UP

Skating easy 5 min. + med. 3 min. + hard 1 min. + easy 1 min.  
10 min. | 100 Kcal.

Skate  
10  
Min.



15 min. • 200 Kcal.  
**BUTT BLASTER**

<p>Skate 30 Sec.</p>	<p>Power Position 30 Sec.</p> <p>*Shoulder knees &amp; toes aligned</p>	<p>Skate 30 Sec.</p>	<p>Power Position 30 Sec.</p> <p>*Shoulder knees &amp; toes aligned</p>	<p>Skate 60 Sec.</p>	<p>Vortex Edge Start 30 Sec.</p>
<p>Skate 2 Min.</p>	<p>Forward Hawk 60 Sec.</p>	<p>Skate 2 Min.</p>	<p>Single Powerskate Squat 30 Sec.</p>	<p>Skate 30 Sec.</p>	<p>Single Powerskate Squat 30 Sec.</p>
<p>Skate 2 Min.</p>	<p>Crossover burner 30 Sec.</p> <p>*Make sure both feet touches the ground</p>	<p>Skate 30 Sec.</p>	<p>Crossover burner 30 Sec.</p> <p>*Make sure both feet touches the ground</p>	<p>Skate 60 Sec.</p>	<p>Skating easy 5 Min. 50 Kcal.</p>

15 min. • 200 Kcal.  
**ABS SHREDDER**

<p>Skate 45 Sec.</p>	<p>Roller Plank 15 Sec.</p>	<p>Skate 45 Sec.</p>	<p>Roller Plank 15 Sec.</p>	<p>Skate 60 Sec.</p>	<p>Walking Plank 60 Sec.</p>
<p>Skate 2 Min.</p>	<p>Reverse Roller Plank 60 Sec.</p> <p>*Make sure your body is straight</p>	<p>Skate 2 Min.</p>	<p>Single Roller Plank 30 Sec.</p>	<p>Skate 30 Sec.</p>	<p>Single Roller Plank 30 Sec.</p>
<p>Skate 2 Min.</p>	<p>Edge Roller Plank 30 Sec.</p>	<p>Skate 30 Sec.</p>	<p>Edge Roller Plank 30 Sec.</p>	<p>Skate 60 Sec.</p>	<p>*About Plank Position</p> <ol style="list-style-type: none"> <li>1 Look to the ground</li> <li>2 Hands and feet separated shoulder wide.</li> <li>3 Pelvis tucked.</li> <li>4 Core engaged.</li> <li>5 Strong active legs.</li> <li>6 Shoulders stacked.</li> </ol>

COOL DOWN

Skating easy 5 min.  
5 min. | 50 Kcal.

Skate  
5  
Min.



>>>>> Visit: [www.youtube.com/rollerobics](http://www.youtube.com/rollerobics) for tutorials and free ROLLEROBIC videos.