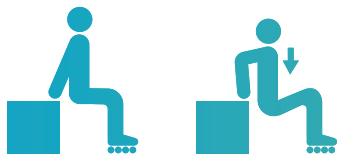


BEGINNER



DIPS

To prevent your skates from rolling, engage your leg muscles.



SIDE-PLANK-LIFT

Skates increase resistance to your leg muscles.



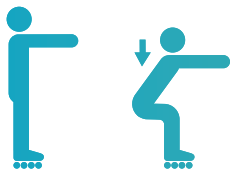
PUSH-UPS

To prevent skates from rolling, tighten your legs and core muscles.



PLANK

To prevent skates from rolling and to hold position, tighten your legs and core muscles.



SQUATS

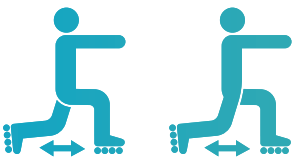
To prevent skates from rolling, tighten your quad muscles. Heighten your awareness of your body's position.



DONKEY KICK

Skates increase resistance to your leg muscles.

ADVANCED



LUNGES

To prevent your skates from rolling, tighten your leg muscles.



MOUNTAIN CLIMBERS

Skates faster execution; greater leg and core engagement.



HIGH PUSH-UPS

To prevent skates from rolling, tighten your leg and core muscles.



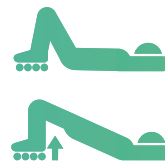
CRUNCHES

Skates increase resistance.



PIKE UP

To prevent skates from rolling you must engage your leg muscles.



GLUTE BRIDGE

Leg and core muscles more engaged to avoid rolling/maintain balance.

EXPERT



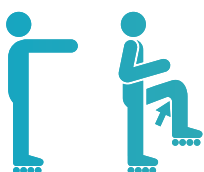
WALL-SIT

Using skates improves your intramuscular coordination.



SINGLE LEG SQUATS

Skates engage intramuscular coordination; strength and balance interaction.



HIGH KNEES

Skates engage core and leg strength and stability.



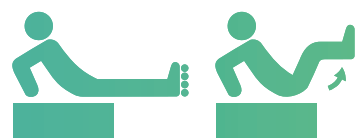
STANDING SCALE

Skates increase resistance to legs and core; improved balance training.



DEEP SQUAT + HEEL OFF

Requires high balance skills. Engages core and quads.



BENCH LEG RAISE

Skates increase resistance to legs and core.