

That's How I Roll

Quad skates workout adds fun spin to fitness

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Want to get in shape, but bored with working out day after day at a gym? Luckily, you can find tons

maneuvered my way down the driveway of my condo toward the street, gripping my neighbor's broken-down green truck as I tentatively stepped down.

The exact slope of the driveway



of fitness options outside the walls of a health club; here's one I just discovered.

Quad skates

In the '80s, much to the delight of little girls everywhere, Baby Skates made her entrance into the world. This motorized plastic doll teetered clumsily back and forth on her skates, magically inching forward and occasionally tottering over. Now, imagine a 5'10" woman, who once played with that doll, doing exactly the same thing.

Today was my first foray into "Skatesville." I laced up my brand-new quad skates with their ginormous 100 mm wheels and

had never occurred me until now. Baby Skates would have me beat at this juncture; at least she was able to use her body weight to move forward. For me, it was all about gravity.

Gravity had a vicious grip on me and was pulling me toward the pavement. But I kept moving, and after losing the truck to hang onto, I had no choice but to bond with the skates.

Getting in the groove

Twenty minutes later, I'd somewhat figured out how to utilize

the rubber stopper located at the front of my white skates. Within 30 minutes, I was drawing stares from the 5- to 10-year-old crowd, who watched as I flew through the neighborhood. I began to realize that skating requires quite a bit of kinetic energy from my gluteus minimus and maximus—you know, the backside. I realized that "core work" on skates is quite different from static gym exercise.

Forty minutes later, I mounted the last slope home. I had never realized before that a small Mount Everest sat just steps outside my front door, or that my condo rested in a valley between two hills.

I was cruising at speeds illegal in some residential areas—and a little horrified at how fast I was traveling.

With my arms flailing, I tried to recall a skiing maneuver—the "snowplow"—in an effort to reduce my speed while staying in one piece. Luckily, I was still standing when—a football field later, it seemed—I arrived at the foot of my Mount Everest.

When I sat down to remove the skates that evening, I thanked my lucky stars that I had

made it back in one piece—and looked forward to more fun the next day.

So can you get fit outside of the gym? Must you really jog in place for an hour while going nowhere? No way! Grab some quad skates, get out and start skating! Chances are you may even meet a few neighbors you never knew you had.

Always wear protective gear when skating, such as helmets and pads.

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