

Which Program is Right for You?

PumpUp your Jam

RDA CoreBUILDER

RDA StrideBUILDER

RDA StrideBOOSTER

New Derby Fuel

	Transform your game with derby-specific workouts. A full body, comprehensive training program to kick your fitness into high gear. >> Learn More	Create a powerful core foundation using a stability ball, helping to recover from or avoid injuries and overcome imbalances. >> Learn More	Build a better stride, effective crossovers, and improved skating endurance. Get strong. Skate Fast. Pass the Test. Make the Team! >> Learn More	Build next-level explosive power, quickness and agility with targeted, advanced training. Designed for competitive derby athletes. >> Learn More	A four-week Clean Eating program to fuel your body for roller derby! Weekly meal plans, shopping guides, cheat sheets and more... coming January 2017!
How long?	6 weeks	4 weeks	4 weeks	6 weeks	4 weeks
Best suited for:	Athletes who want an intense fitness boost to transform their game, including endurance. Ideal for blockers and jammers alike.	Anyone with back pain, recovering from injury/absence, or who wants a stronger core, better balance, more agility, and harder hits!	Newer skaters or "potential fresh meat," skaters trying to improve at the 27-in-5 test, athletes returning from injury.	Athletes who want to make the A team, consistently roster, and skate at the highest level. Athletes with some strength training experience, who want to get super powerful.	Athletes who want to learn meal planning, and how to eat like an athlete (what to eat, when, and how much!). Anyone who wants some fresh ideas for their kitchen!
Good to know:	Best for off-season or pre-season training to be ready for tryouts/ bout season. <i>Only runs at specific times with limited spaces available.</i>	CoreBuilder is no-impact, and accommodates most lower body injuries. Not suitable for shoulder injuries. No cardio / endurance training.	Each workout includes some stability, core and upper body work, but this program is focussed on leg strength and mechanics.	Requires access to weight training equipment.	Everything you need is included, from meal plans to recipes, with lots of handy reference guides and substitutions.
Time Commitment:	Train 5-6 days per week including on-skate days. Expect to work out twice per day some days when you have practice.	3 or 4 x 30 minutes per week.	3 or 4 x 45 minutes per week	3 or 4 x 45 to 60 minutes per week	Spend a couple of hours shopping and prepping, then breeze through your week ☺
Off-skate fitness level:	Designed for intermediate and above, but beginner is OK!	Appropriate for all fitness levels.	Appropriate for all fitness levels.	Intermediate to advanced fitness level required.	Appropriate for all fitness levels.
Price:	\$69 Join Now	\$69 Join Now	\$69 Join Now	\$79 Join Now	\$49 coming January 2017!
Did you know? All training programs are <u>included</u> with MVP Membership! See next page...					



Contact **Buty Quake** for group rates or any questions! [Click to email >>](#)
Roller Derby Athletics empowers every roller derby athlete to be safe, strong, and unstoppable.

Become a Member at Roller Derby Athletics!

Join the complete training community for roller derby. Choose the Membership Option that works for you:

	TRAINING PROGRAMS	ALL-STAR MEMBERSHIP	M.V.P. MEMBERSHIP
	WHAT'S INCLUDED		
How-to Video Library	✓	✓	✓
Private Facebook Community	✓	✓	✓
Priority Support	✓	✓	✓
Weekly All-Star Workouts		✓	✓
"Mental Muscle" series		✓	✓
"Derby in the Kitchen" series		✓	✓
Challenge programs included		✓	✓
Early Access to New Programs			✓
Access to All Training Programs			✓
	PRICING		
	\$49-\$79	\$15 / month	\$109 / 6 months
	One-time cost	Monthly Membership	Semi-Annual Membership
	^{\$} 0 for MVP Members!	Cancel any time	(= ^{\$} 18.16 / mo)
			\$189 / 12 months
			Annual Membership
			(= ^{\$} 15.75 / mo)
			only 75¢/month more than All-Star!

All RDA programs are backed by
A No-Hassle Money-Back Guarantee.

Learn much more about all the great features and benefits of membership >> [Click Here!](#)