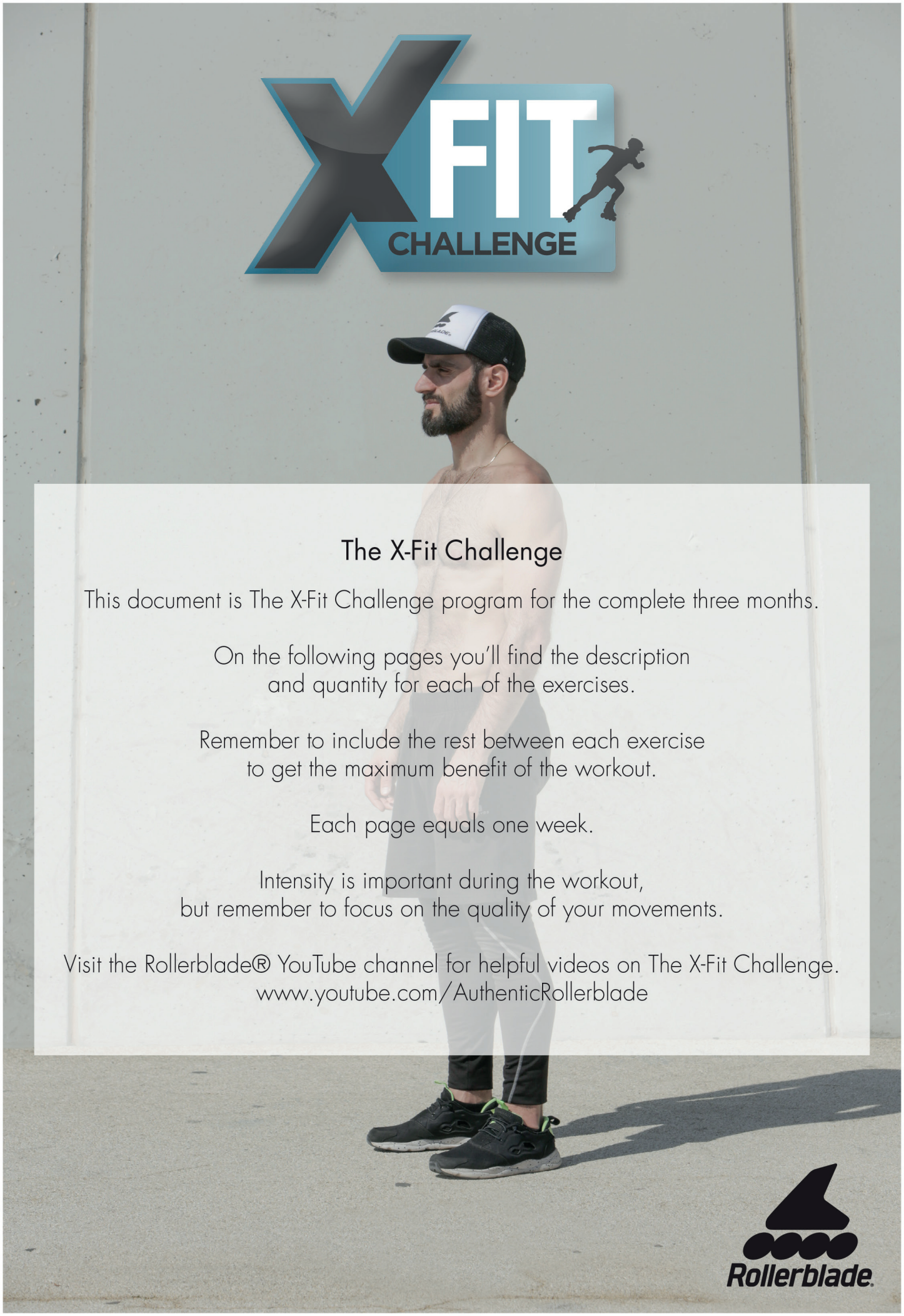


The X-Fit Challenge

This document is The X-Fit Challenge program for the complete three months.

On the following pages you'll find the description
and quantity for each of the exercises.

Remember to include the rest between each exercise
to get the maximum benefit of the workout.

Each page equals one week.

Intensity is important during the workout,
but remember to focus on the quality of your movements.

Visit the Rollerblade® YouTube channel for helpful videos on The X-Fit Challenge.
www.youtube.com/AuthenticRollerblade

Rollerblade

MONTH 1 - WEEK 1

AT HOME Twice a week - Easy Start - Control your moves

WARMUP 15min easy run

LUNGES
20 reps (each side is a rep)

REST 10s

ONE LEG RAISES
20 reps (each side is a rep)

SQUATS
20 reps

REST 10s

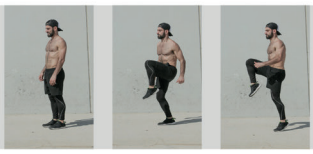
CRUNCHES
20 reps

REST 60s

BURPEES
10 reps

REST 10s

PLANK
30s



HIGH KNEES
20 reps (each side is a rep)

REST 10s

CHAIR
30s

CALF RAISES
20 reps (each side is a rep)

REST 10s

SUPERMAN
30s

STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

2K RUN 75 % of your maximum

REST 60s

SPRINT 10s 100 % of you maximum

X 10

REST 20s by walking or standing

REST 60s

1K RUN 50 % of your maximum

STRETCHING

OUTSIDE SKATING Once a week

WARMUP 10min easy skating

4K SKATING 75 % of your maximum

REST 60s

SPRINT 10s 100 % of you maximum

X 10

REST 20s let it roll

REST 60s

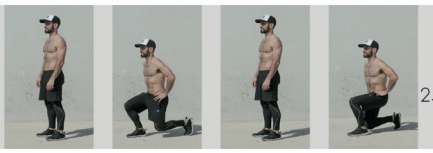
2K SKATING 50 % of your maximum

STRETCHING

MONTH 1 - WEEK 2

AT HOME Twice a week - Easy Start - Control your moves - Add 5 reps

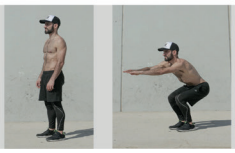
WARMUP 15min easy run



LUNGES
25 reps (each side is a rep)

REST 15s

ONE LEG RAISES
25 reps (each side is a rep)



SQUATS
25 reps

REST 15s

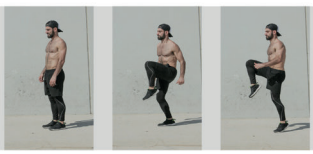
CRUNCHES
25 reps

REST 60s

BURPEES
15 reps

REST 15s

PLANK
35s



HIGH KNEES
25 reps (each side is a rep)

REST 15s

CHAIR
35s

CALF RAISES
25 reps (each side is a rep)

REST 15s

SUPERMAN
35s

STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

2K RUN 75 % of your maximum

REST 60s

SPRINT 10s 100 % of you maximum

X 10

REST 20s by walking or standing

REST 60s

1K RUN 50 % of your maximum

STRETCHING

OUTSIDE SKATING Once a week

WARMUP 10min easy skating

4K SKATING 75 % of your maximum

REST 60s

SPRINT 10s 100 % of you maximum

X 10

REST 20s let it roll

REST 60s

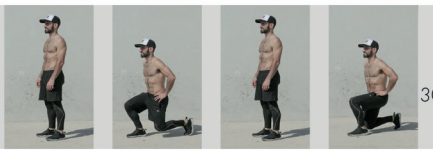
2K SKATING 50 % of your maximum

STRETCHING

MONTH 1 - WEEK 3

AT HOME Twice a week - Easy Start - Control your moves - Add 5 reps

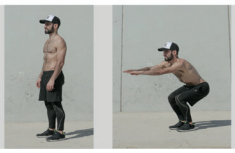
WARMUP 15min easy run



LUNGES
30 reps (each side is a rep)

REST 20s

ONE LEG RAISES
30 reps (each side is a rep)



SQUATS
30 reps

REST 20s

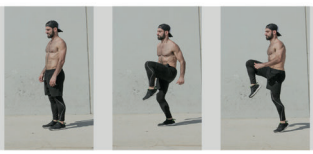
CRUNCHES
30 reps

REST 60s

BURPEES
20 reps

REST 20s

PLANK
40s



HIGH KNEES
30 reps (each side is a rep)

REST 20s

CHAIR
40s

CALF RAISES
30 reps (each side is a rep)

REST 20s

SUPERMAN
40s

STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

2K RUN 75 % of your maximum

REST 60s

SPRINT 10s 100 % of you maximum

X 20

REST 20s by walking or standing

REST 60s

1K RUN 50 % of your maximum

STRETCHING

OUTSIDE SKATING Once a week

WARMUP 10min easy skating

4K SKATING 75 % of your maximum

REST 60s

SPRINT 10s 100 % of you maximum

X 20

REST 20s let it roll

REST 60s

2K SKATING 50 % of your maximum

STRETCHING

MONTH 1 - WEEK 4

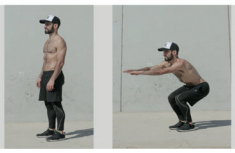
AT HOME Twice a week - Easy Start - Control your moves - Add 10 reps

WARMUP 15min easy run

LUNGES
40 reps (each side is a rep)

REST 40s

LEG RAISES
40 reps (each side is a rep)



SQUATS
40 reps

REST 40s

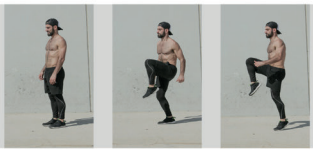
CRUNCHES
40 reps

REST 60s

BURPEES
30 reps

REST 40s

PLANK
50s



HIGH KNEES
40 reps (each side is a rep)

REST 40s

CHAIR
50s

CALF RAISES
40 reps (each side is a rep)

REST 40s

SUPERMAN
50s

STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

2K RUN 75 % of your maximum

REST 60s

SPRINT 10s 100 % of you maximum

X 20

REST 20s by walking or standing

REST 60s

1K RUN 50 % of your maximum

STRETCHING

OUTSIDE SKATING Once a week

WARMUP 10min easy skating

4K SKATING 75 % of your maximum

REST 60s

SPRINT 10s 100 % of you maximum

X 20

REST 20s let it roll

REST 60s

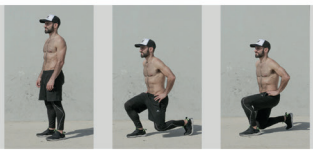
2K SKATING 50 % of your maximum

STRETCHING

MONTH 2 - WEEK 5

AT HOME Twice a week - Easy Start - Control your moves

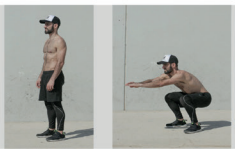
WARMUP 15min easy run



SPLIT LUNGES
20 reps (each side is a rep)

REST 10s

LEGS RAISES
20 reps (each side is a rep)



DEEP SQUATS
20 reps

REST 10s

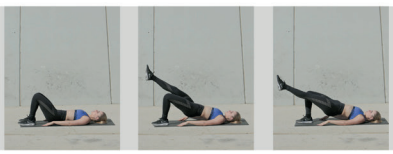
SITUPS
20 reps

REST 60s

BURPEES JUMPS
10 reps

REST 10s

PLANK
40s



SINGLE LEG HIP RAISE
20 reps (each side is a rep)

REST 10s

CHAIR
40s

CALF RAISES
20 reps (each side is a rep)

REST 10s

SUPERMAN
40s

STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

3K RUN 75 % of your maximum

REST 60s

SPRINT 15s 100 % of you maximum

X 10

REST 30s by walking or standing

REST 60s

2K RUN 50 % of your maximum

STRETCHING

OUTSIDE SKATING Once a week

WARMUP 10min easy skating

6K SKATING 75 % of your maximum

REST 60s

SPRINT 15s 100 % of you maximum

X 10

REST 30s let it roll

REST 60s

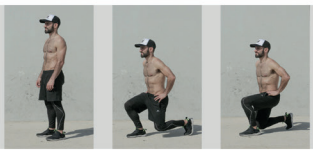
3 K SKATING 50 % of your maximum

STRETCHING

MONTH 2 - WEEK 6

AT HOME Twice a week - Easy Start - Control your moves - Add 5 reps

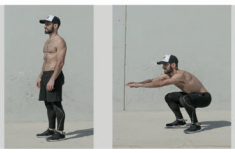
WARMUP 15min easy run



SPLIT LUNGES
25 reps (each side is a rep)

REST 15s

LEGS RAISES
25 reps (each side is a rep)



DEEP SQUATS
25 reps

REST 15s

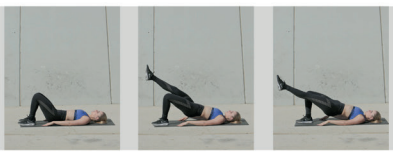
SITPUPS
25 reps

REST 60s

BURPEES JUMPS
15 reps

REST 15s

PLANK
45s



SINGLE LEG HIP RAISES
25 reps (each side is a rep)

REST 15s

CHAIR
45s

CALF RAISES
25 reps (each side is a rep)

REST 15s

SUPERMAN
45s

STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

3K RUN 75 % of your maximum

REST 60s

SPRINT 15s 100 % of you maximum

X 10

REST 30s by walking or standing

REST 60s

2K RUN 50 % of your maximum

STRETCHING

OUTSIDE SKATING Once a week

WARMUP 10min easy skating

6K SKATING 75 % of your maximum

REST 60s

SPRINT 15s 100 % of you maximum

X 10

REST 30s let it roll

REST 60s

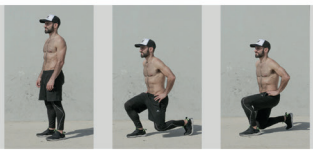
3K SKATING 50 % of your maximum

STRETCHING

MONTH 2 - WEEK 7

AT HOME Twice a week - Easy Start - Control your moves - Add 5 reps

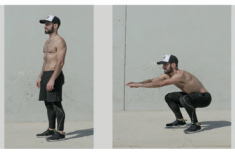
WARMUP 15min easy run



SPLIT LUNGES
30 reps (each side is a rep)

REST 20s

LEGS RAISES
30 reps (each side is a rep)



DEEP SQUATS
30 reps

REST 20s

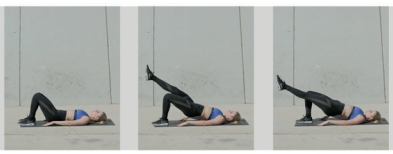
SITUPS
30 reps

REST 60s

BURPEES JUMPS
20 reps

REST 20s

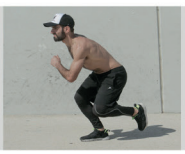
PLANK
50s



SINGLE LEG HIP RAISES
30 reps (each side is a rep)

REST 20s

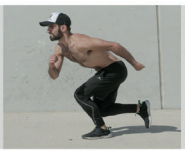
CHAIR ONE LEG RIGHT
30s



CALF RAISES
30 reps (each side is a rep)

REST 20s

CHAIR ONE LEG LEFT
30s



STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

3K RUN 75 % of your maximum

REST 60s

SPRINT 15s 100 % of you maximum

X 20

REST 30s by walking or standing

REST 60s

2K RUN 50 % of your maximum

STRETCHING

OUTSIDE SKATING Once a week

WARMUP 10min easy skating

6K SKATING 75 % of your maximum

REST 60s

SPRINT 15s 100 % of you maximum

X 20

REST 30s let it roll

REST 60s

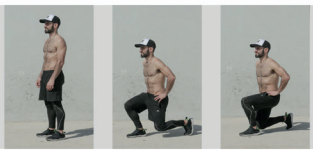
3K SKATING 50 % of your maximum

STRETCHING

MONTH 2 - WEEK 8

AT HOME Twice a week - Easy Start - Control your moves - Add 10 reps

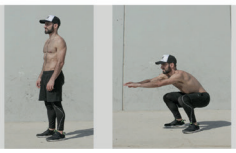
WARMUP 15min easy run



SPLIT LUNGES
40 reps (each side is a rep)

REST 40s

LEG RAISES
40 reps (each side is a rep)



DEEP SQUATS
40 reps

REST 40s

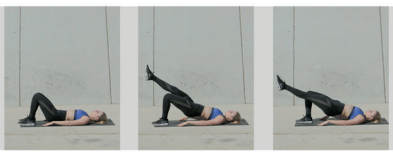
SITUPS
40 reps

REST 60s

BURPEES JUMPS
30 reps

REST 40s

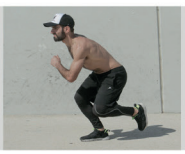
PLANK
50s



SINGLE LEG HIP RAISES
40 reps (each side is a rep)

REST 40s

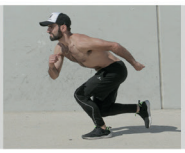
CHAIR ONE LEG RIGHT
40s



CALF RAISES
40 reps (each side is a rep)

REST 40s

CHAIR ONE LEG LEFT
40s



STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

3K RUN 75 % of your maximum

REST 60s

SPRINT 15s 100 % of you maximum

X 20

REST 30s by walking or standing

REST 60s

2K RUN 50 % of your maximum

STRETCHING

OUTSIDE SKATING Once a week

WARMUP 10min easy skating

6K SKATING 75 % of your maximum

REST 60s

SPRINT 15s 100 % of you maximum

X 20

REST 30s let it roll

REST 60s

3K SKATING 50 % of your maximum

STRETCHING

MONTH 3 - WEEK 9

AT HOME Twice a week - Easy Start - Control your moves

WARMUP 15min easy run

LUNGES JUMPS
20 reps (each side is a rep)

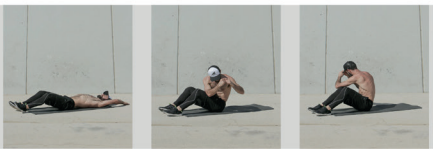
REST 10s

LEGS RAISES
20 reps (each side is a rep)

SUMO SQUATS
20 reps

REST 10s

SITUPS SIDE
20 reps
(each side is a rep)

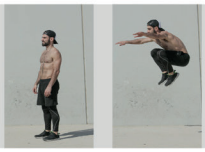


REST 60s

BURPEES JUMPS
10 reps

REST 10s

PLANK
50s



JUMPS
20 reps (each side is a rep)

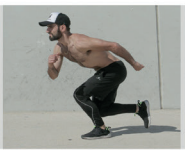
REST 10s

CHAIR ONE LEG RIGHT
20s

ONE CALF RAISES
20 reps (each side is a rep)

REST 10s

CHAIR ONE LEG LEFT
20s



STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

4K RUN 75 % of your maximum

REST 60s

SPRINT 20s 100 % of you maximum

X 10

REST 40s by walking or standing

REST 60s

3K RUN 50 % of your maximum

STRETCHING

OUTSIDE SKATING Once a week

WARMUP 10min easy skating

8K SKATING 75 % of your maximum

REST 60s

SPRINT 20s 100 % of you maximum

X 10

REST 40s let it roll

REST 60s

4K SKATING 50 % of your maximum

STRETCHING

MONTH 3 - WEEK 10

AT HOME Twice a week - Easy Start - Control your moves - Add 5 reps

WARMUP 15min easy run

LUNGES JUMPS
25 reps (each side is a rep)

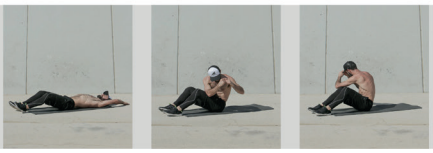
REST 15s

LEGS RAISES
25 reps (each side is a rep)

SUMO SQUATS
25 reps

REST 15s

SITPUPS
25 reps
(each side is a rep)

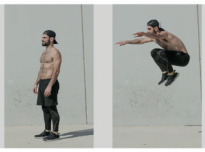


REST 60s

BURPEES JUMPS
15 reps

REST 15s

PLANK
55s



JUMPS
25 reps (each side is a rep)

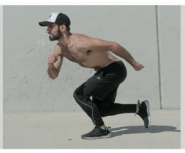
REST 15s

CHAIR ONE LEG RIGHT
25s

ONE CALF RAISES
30 reps (each side is a rep)

REST 15s

CHAIR ONE LEG LEFT
25s



STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

4K RUN 75 % of your maximum

REST 60s

SPRINT 20s 100 % of you maximum

X 10

REST 40s by walking or standing

REST 60s

3K RUN 50 % of your maximum

STRETCHING

OUTSIDE SKATING Once a week

WARMUP 10min easy skating

8K SKATING 75 % of your maximum

REST 60s

SPRINT 20s 100 % of you maximum

X 10

REST 40s let it roll

REST 60s

4K SKATING 50 % of your maximum

STRETCHING

MONTH 3 - WEEK 11

AT HOME Twice a week - Easy Start - Control your moves - Add 5 reps

WARMUP 15min easy run

LUNGES JUMPS
30 reps (each side is a rep)

REST 20s

LEGS RAISES
30 reps (each side is a rep)

ONE LEG SQUATS
20 reps
(each side is a rep)

REST 20s

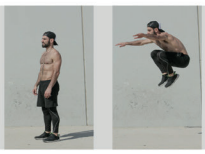
SITUPS SIDE
30 reps
(each side is a rep)

REST 60s

BURPEES JUMPS
20 reps

REST 20s

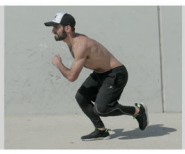
PLANK
60s



JUMPS
30 reps (each side is a rep)

REST 20s

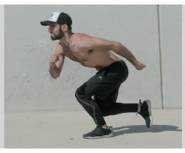
CHAIR ONE LEG RIGHT
30s



ONE CALF RAISES
40 reps (each side is a rep)

REST 20s

CHAIR ONE LEG LEFT
30s



STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

4K RUN 75 % of your maximum

REST 60s

SPRINT 20s 100 % of you maximum

X 20

REST 40s by walking or standing

REST 60s

3K RUN 50 % of your maximum

STRETCHING

OUTSIDE SKATING Once a week

WARMUP 10min easy skating

8K SKATING 75 % of your maximum

REST 60s

SPRINT 20s 100 % of you maximum

X 20

REST 40s let it roll

REST 60s

4K SKATING 50 % of your maximum

STRETCHING

MONTH 3 - WEEK 12

AT HOME Twice a week - Easy Start - Control your moves - Add 10 reps

WARMUP 15min easy run

LUNGES JUMPS
40 reps (each side is a rep)

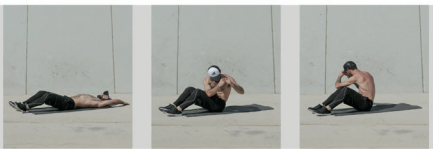
REST 40s

LEG RAISES
50 reps (each side is a rep)

ONE LEG SQUATS
40 reps
(each side is a rep)

REST 40s

SITUPS SIDE
40 reps
(each side is a rep)



REST 60s

BURPEES JUMPS
30 reps

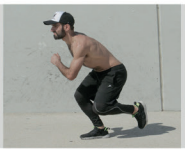
REST 40s

PLANK
60s

JUMPS
40 reps (each side is a rep)

REST 40s

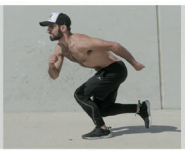
CHAIR ONE LEG RIGHT
40s



ONE CALF RAISES
50 reps (each side is a rep)

REST 40s

CHAIR ONE LEG LEFT
40s



STRETCHING

OUTSIDE RUNNING Once a week

WARMUP 10min easy run

4K RUN 75 % of your maximum

REST 60s

SPRINT 20s 100 % of you maximum

X 20

REST 40s by walking or standing

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STRETCHING

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REST 40s let it roll

REST 60s

4K SKATING 50 % of your maximum

STRETCHING

X-FIT CHALLENGE

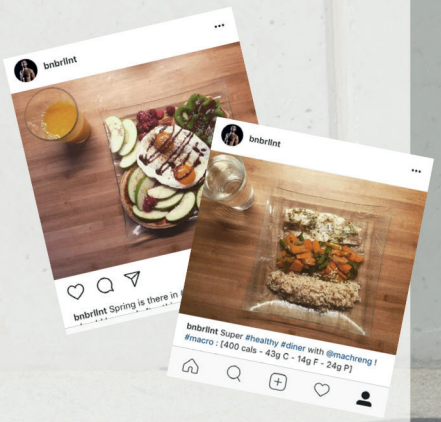
Ben Brillante: Creator of The X-Fit Challenge

Ben has been part of the Rollerblade® family for a long time.

Last year Ben decided to make his own program. In three months he managed to lose 12kg while also improving his strength, speed, and stamina on his skates.

With The X-Fit Challenge program, Ben wants to help you attain the best version of yourself.

"In addition to the workout, there is the food aspect. Nobody can have good results with a bad diet. You will need carbs and proteins in order to develop muscles and avoid fat." - Ben Brillante



Follow Ben on Instagram **@ben.brllnt** to find out more about his training and diet.

Share your results with us
by hashtagging you images **#xfitchallenge**

Rollerblade