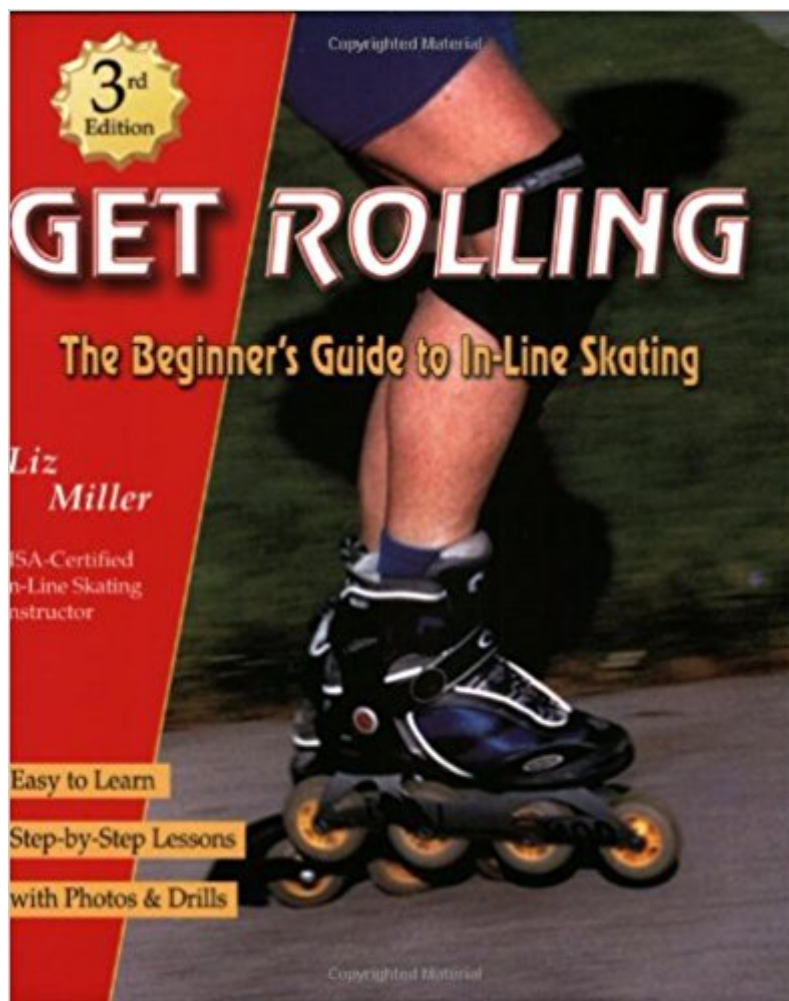


The book was found

Get Rolling, The Beginner's Guide To In-line Skating, Third Edition



Synopsis

Get Rolling is your guide to the safest, easiest way to start (and stop!) rolling on in-line skates. Author Liz Miller is a nationally-known certified instructor who wrote Get Rolling for nervous novices seeking a comprehensive in-line how-to guide. With an easy, encouraging format and tons of empathy for your fears, Liz will turn you into a confident, competent skater with dozens of step-by-step lessons, plenty of photos, and her own lively drawings. Then you, too, can benefit from the most fun form of low-impact exercise around! You will learn: How to avoid injury and conquer the debilitating fear of falling Beginning to advanced techniques for stopping, turning and striding Where to find the true bargains for skates and protective gear Building blocks for in-line hockey, racing, ski cross training, and more Where to skate, what to wear, and how to stay fit with "roll-aerobics" Acclaimed worldwide, Get Rolling is the only in-line skating book you'll need to go safely stride-by-stride from beginner to expert skating!

Book Information

Paperback: 148 pages

Publisher: Get Rolling Books; 3rd edition (March 3, 2003)

Language: English

ISBN-10: 0963219634

ISBN-13: 978-0963219633

Package Dimensions: 8.8 x 7.3 x 0.4 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 13 customer reviews

Best Sellers Rank: #1,528,463 in Books (See Top 100 in Books) #39 in Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading #256 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics

Customer Reviews

"Get Rolling goes into instructional detail that works. I read and skate until I get it." -- Jim Fink, now a member of Seattle Skate Patrol
"Get Rolling is a masterpiece!" -- Robert O. Naegele, Jr. Former Charman of the Board, Rollerblade, Inc.
"Clear, simple illustrations and other user-friendly touches make this instructional and safety manual readily digestible." -- Henry Berry, Editor/Publisher The Small Press Book Review

This is the book I so desperately needed the year I took up in-line skating! I finally had to write it

myself so I could share the fun and fitness of skating with other nervous novices.

I really tried to like this book. But just from explanations, it seems hard to grasp the concepts. I learned more from youtube videos than reading this book. The book is actually ok, it just lacks the videos. Would probably been a 4-5 star review if it came with dvd. Or if they had online access pass. Maybe in the 90s this book could have been the best thing out there, but we are in 2014. With a lot of free and good content, i regret buying this book.

Liz Miller's instructional book, though wordy, offers an excellent "abc" approach to getting started. For first-time inline skaters, the book provides a thorough explanation of how to get safely up and moving--and stopping. Many of the basic skills are presented in a straightforward, rather easy-to-understand manner, but of course only their consistent application along with diligent practice will produce results. A more detailed explanation of how to control speed and stop on inclines and slopes would be helpful. She clearly presents the rubber foot brake as the best way to control downhill speed, using the standard posture given in other instructional books and videos, but the keeping a vertical "straight back" with flexed knees presents a good amount of instability for beginners, which invites a calamitous backwards fall. Here more about using a slalom approach, carving half circles, etc., with the body bent forward over the center of gravity, would offer more safety while one's ability and confidence grows. In all, it's to be recommended as one of the better books currently available for beginners.

This book has a nice way of introducing the first time skater to inline skating, as well as giving the intermediate skater some valuable tips for the next level. I like that the book has been updated to the third edition. This is promising as it was not a one time write, and the author continues to add improvements to the book. If you are looking for a book that breaks down the movements in an easy to understand format, this book is helpful.

Absolutely well done: well organized and well presented. Lots of valuable drills are explained to help build confidence. It's obvious the author is drawing from her teaching expertise because her writing reveals her understanding of the perspective of the novice. I have very few concerns after going back and forth between reading and practicing. I print out a list of her drills, stuff them in my pocket, skate over to a school parking lot and start practicing. The book is easy to research and use either as a tutorial or as a reference - it's all there.

Very informative useful book. The author writes in a very user friendly format and I have learned a lot from it.. Highly recommended for learning to rollerblade.

The most complete guide on, comprehensive step-by-step, In-Line skating lessons. It takes you from beginner to advanced intermediate in the safest way. The fear of falling is gone; you learn how to fall and get up properly. The Yoga poses are very helpful for balance, strength and increased range of motion. Chapter 7 teaches you how to stay fit with "roll-aerobics". Key terms, skate maintenance, safety, etc. are all covered. If a DVD on the skating techniques accompanied the guide on "GET ROLLING" it would obliterate every in-line skating manual.

This book has very well written instructions to learn in-line skating from the beginning. It has been very useful for me to get some background before heading to a formal skating course. It is nice that the book also contains advice on equipment and related magazines. I think it should have further figures because many drills are difficult to understand by only a written description.

I bought this book a few days ago and I still didn't cover it all, but as far as I read it's a very instructive book. It's very well explained with a concise a clear language and I'm sure it's helping me to improve my skating skills in the last weeks. I really recommend it to every beginner in-line skater.

[Download to continue reading...](#)

Get Rolling, the Beginner's Guide to In-line Skating, Third Edition In-Line Skater's Start-Up: A Beginner's Guide to In-Line Skating and Roller Hockey (Start-Up Sports series) Selections from Rolling Stone Magazine's 500 Greatest Songs of All Time: Guitar Classics Volume 2: Classic Rock to Modern Rock (Easy Guitar TAB) (Rolling Stones Classic Guitar) Rolling Stone Easy Piano Sheet Music Classics, Vol 1: 39 Selections from the 500 Greatest Songs of All Time (Rolling Stone(R) Easy Piano Sheet Music Classics) Rolling Stone Sheet Music Classics, Volume 1: 1950s-1960s: Piano/Vocal/Chords Sheet Music Songbook Collection (Rolling Stone Magazine) Rolling Stone Easy Piano Sheet Music Classics, Vol 2: 34 Selections from the 500 Greatest Songs of All Time (Rolling Stone(R) Easy Piano Sheet Music Classics) Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1) Third Eye: Third Eye Activation Mastery, Easy And Simple Guide To Activating Your Third Eye Within 24 Hours (Third Eye Awakening, Pineal Gland Activation, Opening the Third Eye) In-Line Skating! Get Aggressive (Extreme Sports

Collection) Beginner's Guide to Half Marathons: A Simple Step-By-Step Solution to Get You to the Finish Line in 12 Weeks! (Beginner To Finisher Book 4) Advanced In-Line Skating Fitness In-Line Skating (Fitness Spectrum) In-Line Skating Basics How to Ice Skate: Beginner's Guide to Ice Skating The Girls' Guide to Rocking: How to Start a Band, Book Gigs, and Get Rolling to Rock Stardom Get Rolling with Phonics (Thomas & Friends) (Step into Reading) FOREX TRADING: Ultimate Beginner Guide: 3 books in 1: A Beginner Guide + A Crash Course to Get Quickly Started + The Best Techniques to Make Immediate Cash With Forex Trading Day Trading, Ultimate Beginner Guide: A Beginner Guide + A Crash Course to Get Quickly Started + The Best Techniques to Make Immediate Cash in Only One Day of Trading French-English/English-French Beginner's Dictionary: A Beginner's Guide in Words and Pictures (Barron's Beginner's Bilingual Dictionaries) Line Dance Essentials: A must have guide to Line Dancing

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)