



# ABOUT Key Log Rolling

## WHAT IS KEY LOG ROLLING?

Historically, log rolling was a skill required by men in the late 1800s, as they moved logs down rivers to sawmills. Since then, it's evolved as an aquatic sport primarily among a small, elite group of athletes.

A few years ago, we realized that our sport was carrying too much weight — literally! The wood logs were too heavy to move or ship. So we teamed up with innovative engineers and found the solution: the Key Log™, a synthetic, portable log that will turn the *favorite sport of the American lumberjack* into a fun activity for people around the world.

## KEY LOG FEATURES AND BENEFITS

- The Key Log is a 64-pound log (vs. 400-pound wood log) making it portable and transportable via a car roof rack.
- With its patent pending baffled system, the Key Log is designed to be filled with water, causing it to float and spin just like a wood log.
- The Key Log is built of high-density polyethylene, the same material as canoes and kayaks, so it can sit in the water without getting waterlogged.

- It doesn't peel, splinter, crack, rot or mold, so no maintenance is required.
- With our built-in traction surface, you can use off-the-shelf sports shoes, rather than heavy spiked shoes.
- No assembly required — the only moving parts are your feet!

## WHY KEY LOG ROLL?

Key Log Rolling™ is a recreational skill that provides a fun challenge and a great core and low-impact cardio workout. It can be enjoyed by one or two people, or by a large group. For people who enjoy competition, Key Log Rolling is a thrilling way to spar one-on-one.

## HOW YOU CAN KEY LOG ROLL

With the Key Log, learning to log-roll is now *easier* than falling off a log! Like any sport, a little instruction goes a long way. If you're just starting out, we have the tips and techniques you need to learn the basics — just read Log Rolling 101 on our website. Or, to schedule a training with one of our instructors, visit [KeyLogRolling.com](http://KeyLogRolling.com).

