

PREPARE TO BE F

SKILL TRAINING

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PERFORMANCE TRAINING

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Ready is all or nothing. We either are, or we aren't. In the history of human endeavor, no man has ever achieved anything with almost. It's why we burn so many hours. It's why our muscles throb, it's why our eyes ache, and it's why we live with blinders on — in constant pursuit of preparedness. And we know that as much as we pride ourselves on our dedication, this alone is not enough. Plenty of people are dedicated. Our worthiest opponents are just as hardworking as we are. So if we ever hope to win, we need to work smarter. **We must be ready.**













QB TRAINER PRO

PORTABLE PASSING TRAINER

- Trains passing accuracy and touch
- Key receiving targets highlight a receiver's shoulders and chest, plus a target for fade and touch passes
- Provides feedback by rejecting off-target passes and returning accurate throws in the bottom net
- Metal weighted steel frame and locking wheels
 FTBL-QBFT-001



QUICKSTER® QB TRAINER

7' ULTRA-PORTABLE PASSING TRAINER

- Pro-style training with total portability
- Three QB targets assist in throwing accuracy
- Utilizes Tension-Tite[™] frame technology
 QKS-QB01



SOLO TRAINER

PASS AND PUNT FOOTBALL TRAINER

- The perfect backyard trainer for young QBs and punters
- Works for both left- and right-handed passers and punters
- Holds footballs of any size and returns them safely

FBTH-001

RECEIVING



RECEIVER TRAINING GLOVES

PALM-LESS FOOTBALL GLOVES

- Practice gloves that develop proper catching techniques by focusing on the fingers
- Helps build confidence and coordination when receiving passes
- Provides feedback similar to in-game gloves when passes are caught correctly

Small - FTBL-RCVR-SM

Medium - FTBL-RCVR-MD

Large - FTBL-RCVR-LG

Extra Large - FTBL-RCVR-XL

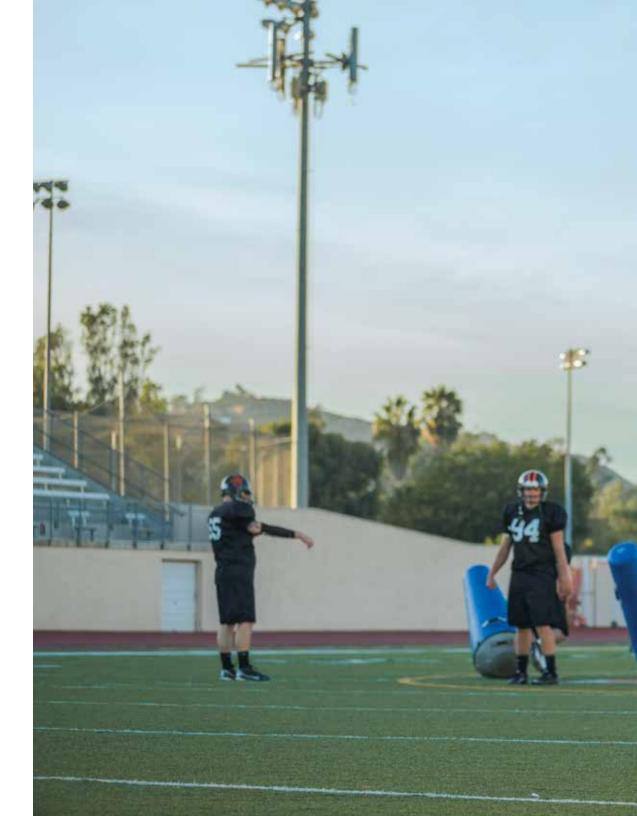


GREAT CATCH

FOOTBALL RECEIVING TRAINING AID

- Creates more reliable hands with fewer drops and bobbles
- Learn to catch with the fingertips instead of palms
- Builds confidence, consistency and improves receiving technique

GRTCT-100-06







KICKING / PUNTING





SIDELINE NET PRO

PUNTING AND KICKING NET

- Built with a weighted steel frame for maximum stability and seasons of use
- Ideal kicking and punting net for sidelines
- Features a detachable front panel that can be adjusted for punts and place kicking

FTBL-QFKN-001



QUICKSTER® 4-IN-1 FB TRAINER

MULTISKILL FOOTBALL TRAINING NET

- The same kicking net framework as the pros
- Practice with Hi-Viz target for throwing and snapping drills
- All-weather catch net keeps balls clean throughout practice

QKS-FBTN01



UNIVERSAL KICKING TEE

HEAVY-DUTY 4-IN-1 TEE

- Multiple height configurations allow kicker to gradually transition toward kicking off the ground
- Great for high school and collegiate use
- Durable molded rubber withstands the harshest environments

4KT-100-04

TRAINING ESSENTIALS



STRONGHOLD™ FOOTBALL

FOOTBALL-SPECIFIC RESISTANCE TRAINER

- Key in increasing ball security and reducing fumbles
- Train football movements with resistance from the ball
- Builds ball-handling confidence in players during hurdle and cone drills

Official Size - FTBL-SHFB-OFF
Youth Size - FTBL-SHFB-YTH
AVAILABLE SUMMER 2016



COACHES' BOARD

DRY-ERASE COACHING TOOL

- Easy write-on/wipe-off surface allows for quick changes to the game plan
- Double sided for full-field view on one side and closeup view on the other
- Durable construction to withstand sideline action

CHBD-100-04



D-MAN

HANDS-UP DEFENSIVE MANNEQUIN

- Ideal for solo practice or team settings
- Portable, lightweight, sets up and breaks down easily
- Adjustable telescoping pole (6.5' to 8') gives various height options

DMBK-000-02



1ST AND 10

10-MAN FLAG FOOTBALL SET

- Low-profile, snap-button flags that swing freely but stay secure
- Multiple attachment points so flags stay directly on the hips
- Comfortable belt adjusts to securely fit waist sizes 26" to 38"

FFDX-001



DELUXE FLAG FOOTBALL SET

10-MAN SET WITH CONES

- 10 flag belts, two velcro-attached flags per belt (one size fits most)
- Strong, weatherproof nylon-webbed belts with D-ring clips
- Includes four goal line cones

FF02-500-04



EQUIPMENT BAG

HEAVY-DUTY ROLLING BAG

- Carry your entire practice session in one bag
- 3 internal pockets
- 35" long, 18" wide and 15" deep SKLZ-EQUIPBAG



C6 BACKPACK

ODOR-ELIMINATING TRAINING BACKPACK

- Includes 3, C6 filters to keep bag and contents smelling clean
- Strong, durable fabrics prevent tears
- Padded shoulder straps and handle for comfort
- Personalization available

SKLZ-BKPK30L-001



C6 DUFFLE BAG

ODOR-ELIMINATING TRAINING BAG

- C6 Technology keeps duffle bag and clothes smelling clean
- Strong, durable fabrics prevent tears
- Padded shoulder strap and handles allow for bag to be carried by hand or over the shoulder

SKLZ-DUFFLE-001



TRAINING BACKPACK

SPORT TRAINING ESSENTIALS BAG

- C6 technology eliminates unwanted odors
- Holds all necessary gear for your training and school
- C6 vented compartment, plus a fleece lined pocket for valuables

SKLZ-BBALPK-001



TRAINING BAG

SPORT TRAINING ESSENTIALS BAG

- Room for shoes, equipment and holds basketball.
- Expanding, ventilated pocktets for storing sweat-soaked gear
- Built to last multiple seasons

SKLZ-SBALPK-001

TEAM CUSTOMIZATION AVAILABLE







MINI BANDS

MULTI-RESISTANCE TRAINING BAND SET

- Effective and versatile training tool that can be used anywhere
- Use for upper and lower body resistance training
- Ideal for lateral movement and stabilization exercises APD-MBD01-02

Also available in bulk

Yellow (10 pk) APD-MBYLW-000 Red (10pk) APD-MBRED-000 Black (10pk) APD-MBBLCK-000



MASSAGE BAR

SOFT-TISSUE MASSAGE TOOL

- Massage muscles following any activity
- Accelerate active recovery
- Handles inspired by mountain biking for even pressure and comfort APD-MSGBR-04



MASSAGE ROLLER

ADJUSTABLE MASSAGE ROLLER

- Adjustable balls for versatile trigger point release
- Helps increase muscle flexibility and strength
- Designed for head-to-toe massaging and stretching APD-ACRL01-04



MOBILITY BAR

STRENGTH, STABILITY AND MOBILITY TRAINER

- Increase shoulder range-of-motion and flexibility
- Helps improve shoulder strength and reduce the chance of injury
- Ideal warm-up and recovery tool for overhead athletes MCMB-001



ROLLER BALL

HANDHELD TRIGGER POINT RELEASE

- Friction-free glide ball for trigger point release
- Comfortable, rubberized grip fits all hand sizes
- The must-have massage tool that fits in your bag
- Comes in 12-pack PDQ

ROLB-001-12



COLD ROLLER BALL

HANDHELD ICE THERAPY

- Combines targeted massage with ice therapy to reduce inflammation
- Insulating gel maintains ball's temperature longer
- Smooth stainless steel ball glides comfortably over skin APD-CLDRLR-02

SECTION HI



TRIGGER STRAP

HANDS-FREE TRIGGER POINT RELEASE TOOL

- Innovative, hands-free trigger point release tool
- Long strap for manual leverage on all body parts
- Specially molded, non-slip knob for more targeted, efficient release

PERF-TRG-001

ACCUSTICK®

TENSION RELIEF MASSAGE TOOL

- Recover faster with massage and trigger point release
- Target all muscle groups with curves, corners and points
- Lightweight and portable to use anywhere you train or play ACST-001



DUAL POINT MASSAGER

ERGONOMIC SPINE AND TISSUE MASSAGER

- Cradles the spine and applies pressure for increased circulation
- Helps accelerate recovery from sport training
- Ergonomic, spine-friendly design PERF-DUMSG-004



TRAVEL BARREL ROLLER

ULTRA-DURABLE PORTABLE MASSAGE ROLLER

- Firm yet comfortable density for athletes with basic tissue regeneration needs
- Perfect for massaging soft tissue, stretching, and increasing joint and muscle flexibility
- Designed to withstand repeated use without breaking down PERF-TRVBRF-001



BARREL ROLLER

ULTRA-DURABLE MASSAGE ROLLER

- Use before and after activities to stretch, strengthen and increase muscle flexibility
- Firm density for athletes with average muscle mass and basic tissue regeneration needs
- Advanced hollow-core, extra-durable construction

PERF-BRF-001



HYDRO ROLLER

FOAM ROLLER + WATER BOTTLE

- High-density foam for more efficient massage and point release
- Holds 28 oz. of fluid to keep your muscles hydrated and flexible
- Stainless steel bottle that won't dent or crush
- Convenient design cuts waste and the amount of items in your gear bag

PERF-HYDRO-006



QUICK LADDER PRO

TANGLE-FREE AGILITY AND FOOTWORK TRAINER

- Tangle-free fold means no time spent untangling and more time training
- Low-profile edges minimize chance of catching cleats
- Ends and sides are extensible for attaching more ladders

LADD-001

ELEVATION LADDER

2-IN-1 SPEED HURDLES AND LADDER

- Switch between a flat ladder and 4" hurdles in seconds
- 7-foot, 6-rung long ladder
- Each ladder rung measures 26" wide and 15" long APD-ELAD-02



QUICK LADDER

15' FLAT-RUNG AGILITY LADDER

- Improves acceleration, lateral speed and change of direction
- Improves quickness through accelerated foot strike and lift frequency
- Develops the core skills necessary to enhance balance, rhythm and body control SAQ-SL01-02



ACCELERATION TRAINER

DYNAMIC OVERLOAD AND RELEASE SYSTEM

- Add the speed that adds up to victories
- Build new speed, power from the start, during acceleration and at the top-end
- Use the dynamic load and release method proven in research
- Train for speed in every direction PERF-ACCTR-001

AVAILABLE SUMMER 2017

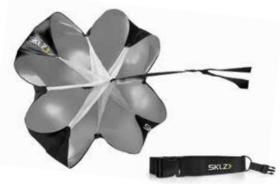


SPEEDSAC™

VARIABLE-WEIGHT SPRINT TRAINER

- Improves 40-yard dash times, overall speed and explosiveness
- Boost acceleration and stride length
- Strengthens lower-body muscle groups
- Adjust weight options for variable resistance
- Simple construction makes it portable and versatile to use anywhere

SAQ-SS01-02



SPEED CHUTE

RESISTANCE SPRINT TRAINER

- Maximizes acceleration and top running speed through resistance and overspeed training
- 360° rotation belt with free-motion ring allows for movement in any direction
- Quick-release belt buckle allows training with acceleration bursts

SAQ-SC01-02



SPEED HURDLE PRO

MULTI-HEIGHT QUICK-ADJUSTMENT HURDLE

- Elevates speed and agility training with flexible, multi-height hurdles
- One-button, quick-adjusting heights for varying training drills
- Choose from 6, 9 or 12-inch settings to add or decrease intensity
- Set of 6
 SPH2-001



6X HURDLES

FOOTWORK AND AGILITY TRAINING HURDLE

- Highly durable, multi-directional speed, agility and plyometric hurdles
- Bounce-back construction
- Superior, one-piece twist design
- Set of 6 H6IN-001



AGILITY CONES

20 CONES IN 4 COLORS

- Multiple high-visibility colors for marking training areas
- Durable, will not break when stepped on
- Set of 20, 2" tall cones SAQ-HSC01-02



REACTION BALL

MULTI-SPORT AGILITY TRAINER

- Six-sided high-bounce rubber design causes the ball to leap and hop randomly
- Sharpens depth perception and reactions
- Use solo or in a team setting on hard surfaces or walls RB01-100-04



AGILITY TRAINER PRO

CUSTOMIZABLE FOOTWORK AND AGILITY TRAINER

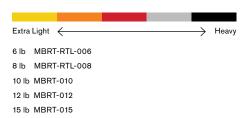
- Train footwork and agility patterns in game-like situations
- Designed for curvilinear and customizable training patterns
- · Cut your reaction time while adding speed in all directions
- Set of 10 with a carry handle PERF-AGTR-001

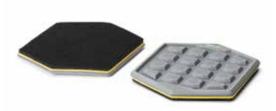


MED BALL

WEIGHTED TRAINING BALL

- Trains upper body, rotational power and core strength
- Non-slip pattern offers secure grip
- Improves hitting, swinging or throwing





COURT SLIDEZ

NON-MARKING CORE STABILITY DISCS

- Use your body weight for low-impact, high-results training
- Safe to use on any smooth surface—hardwood, tile, courts and more
- A full-body workout in two convenient discs that fit easily into bag

PERF-CRTSL-001



MED BALL RACK

6-TIER MEDICINE BALL RACK

- Durable rack holds up to 6 medicine balls
- Constructed of high-quality, black tubular steel
- Stable and easy to assemble
- Measures 62.28" x 14.96" x 12.2" and weighs 22 lb
 MBRT-RACK-01



SLIDEZ

FUNCTIONAL CORE STABILITY DISCS

- Use-anywhere training aid that builds core strength and increases flexibility
- Low-friction, durable material slides smoothly on virtually any surface
- Large surface area with ergonomic tread provides a comfortable, non-slip grip for hands and feet SLDS-001



SUPER SANDBAG

HEAVY-DUTY TRAINING BAG

- Develops power and explosiveness
- Great for building strength throughout body
- Four weight bags included must be filled with a high-density material, like sand

APD-SB75-02

SECTION HEADING



RECOIL 360°

DYNAMIC RESISTANCE/ASSISTANCE TRAINER

- Maximizes power, speed and vertical jump
- Engineered with a "free-floating" ring for 360 degrees of movement
- Designed for solo use or for training with a partner SAQ-VPRB01-02



LATERAL RESISTOR PRO

STRENGTH AND SPEED TRAINER

- Develops first-step quickness and lateral speed
- Strengthens key muscles for fluid movement and proper body positioning
- Patented Slide-Lock™ system for quick, safe switching of resistance cables
 APD-LRXG01



COREWHEELS™

DYNAMIC CORE STRENGTH TRAINER

- Enhances traditional plank and push-up exercises
- Develops pillar strength (shoulders, torso and hips) through a variety of exercises
- Wheels on each axle move together for safety and comfort APD-CW01-02



HOPZ™

VERTICAL JUMP TRAINER

- Builds explosive leg power and strengthens jumping muscles
- Move resistance cables on belt to target specific muscles
- Change resistance cable quickly with patented Slide-Lock™ on belt and ankle straps
 APD-HOPZXG01

STRENGTH / POWER









PRO BANDS

MULTI-EXERCISE RESISTANCE BAND

- Builds upper and lower body strength safely and effectively
- Improves flexibility and recovery with restorative exercises
- Develops lateral speed and forward acceleration



Light APD-PBDLT-04 Medium APD-PBDMED-04 Heavy APD-PBHVY-04 Extra Heavy APD-PBXHVY-04



WEIGHTED VEST PRO

ADJUSTABLE-WEIGHT TRAINING VEST

- Get more results from your training by adding valuable resistance that won't compromise technique
- Vest straps easily adjust to fit larger athletes
- Converts to a sandbag for endless weight and resistance exercises
- Weight adjusts up to 20 lbs.

PERF-WV20-01

AVAILABLE SUMMER 2017



KETTLE BELL

STRENGTH AND CONDITIONING WEIGHT

- Adds unparalleled variety to your strength and conditioning training
- Handles designed for a comfortable and secure grip
- Black matte finish that holds chalk

6KG PERF-KTL6-006

8KG PERF-KTL8-008

12KG PERF-KTL12-012

16KG PERF-KTL16-016

20KG PERF-KTL20-020

24KG PERF-KTL24-024



WEIGHTED VEST

VARIABLE WEIGHT TRAINER

- Breathable vest adjusts from 1 lb to 10 lb in half pound increments
- Belt adjusts to fit athletes of most sizes
- Soft weights allow the vest to bend and flex with your movements

SAQ-WV10-02

ESSENTIALS



STABILITY BALL

CORE AND BALANCE TRAINER

- Promotes core strength, improve balance and posture
- Built with a non-slip surface and heavy-duty materials
- Offers unlimited workouts from a single training device
 55 cm STAB-55-001

65 cm STAB-65-001 75 cm STAB-75-001



STABILITY BALL PRO

CORE AND BALANCE TRAINER

- 1000 + lbs burst rating
- Constructed from high-quality, durable material
- Includes two way manual pump
 65 cm PRO-SBP65-04



BALANCE PAD

BALANCE, STRENGTH AND STABILITY TRAINER

- Destabilizing properties enhance balance and core strength training
- Perfect for seated or standing training and rehabilitative exercises
- Textured, slip-resistant surface PERF-BLC-001



PRO MAT

WARM-UP AND RECOVERY MAT

- Made from specially coated, easy-to-clean foam
- Large 24" x 68" design with 1/2" foam
- Features grommets hanging and storage AFP-CMAT-BK



SELF-GUIDED



TRAINER MED BALL

8 LB SELF-GUIDED MEDICINE BALL

- Illustrates exercises with clear visuals printed directly on it
- Shows muscles being targeted to add strength and build muscle
- Includes recommended sets and reps
 PERF-MEDB-001



TRAINER BALL

SELF-GUIDED STABILITY BALL

- 16 essential exercises printed on the ball to engage core stabilizers, maximize flexibility and improve muscle regeneration
- Portable and convenient for training anywhere
- Designed by professional trainers
 APD-TB-SPT-04



TRAINER ROLLER

SELF-GUIDED FOAM ROLLER

- 12 essential exercises printed on the roller to relieve soreness, improve circulation and increase muscle elasticity
- High-density foam construction efficiently massages muscle and connective tissue
- Designed by professional trainers
 APD-TR-SPT-04



TRAINER MAT

SELF-GUIDED EXERCISE MAT

- 24 essential exercises printed on the mat to build muscle strength and elasticity; key elements for developing speed, agility and quickness
- Integrate into training routine for efficient recovery and to reduce injury risk
- Designed by professional trainers
 APD-G2M-PEF-04

FUNCTIONAL TRAINING SYSTEM



TRAINING CABLE WITH FLEX HANDLES

STRENGTH TRAINER

- Builds strength, stability and power
- Compatible and interchangeable with all Slide-Lock[™] components
- Essential for your home gym

Extra Light 10-20 lb with handles TC10XLT-BNDL
Light 30-40 lb with handles TC30LT-BNDL
Medium 50-60 lb with handles TC50MD-BNDL
Heavy 70-80 lb with handles TC70HVY-BNDL
Extra Heavy 90-100 lb with handles TC90XHY-BNDL



UNIVERSAL ANCHOR

INDOOR/OUTDOOR ANCHOR POINT

- Turns most doors or poles into an anchor point for training
- 360° rotation allows for all types of movement
- Compatible and easily interchangeable with Slide-Lock™ components

SWVD-ANCR-04



DOOR ANCHOR

DURABLE TRAINING CABLE ANCHOR

- Holds up to three 100-pound cables
- Flexible cable cradle increases longevity of cables by reducing friction and wear
- Use with any three-hinged door to increase the amount of exercise possibilities

PRO-DA01-10





DUAL HANDLES

FUNCTIONAL TRAINING HANDLES

- Connected handles enhance upper body training
- 360° rotation allows for all types of movement
- Compatible and easily interchangeable with Slide-Lock™ components

SWVH-HNDL-04

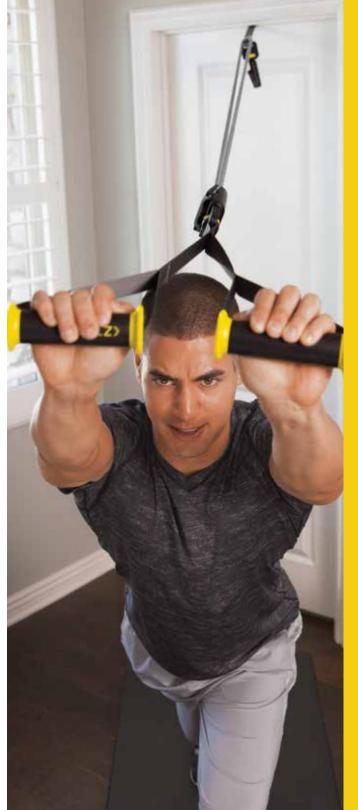


UNIVERSAL CUFF

FUNCTIONAL TRAINING CUFF

- Upper and lower body attachment to build strength and stability
- 360° rotation allows for full range of motion
- Compatible and easily interchangeable with Slide-Lock™ components

SWVC-CUFF-04





FITNESS / CONDITIONING



TRAINING ROPE PRO

STRENGTH AND ENDURANCE TRAINER

- Builds strength, power, endurance, balance and muscle control
- 40' long for optimal performance
- Sheathed for ultra durability PROTR-40-000



SPEED ROPE

SPEED AND CONDITIONING TRAINER

- Speed rope with dual ball bearings and steel rod for faster rotation
- Coated low-kink cord
- Slim, comfortable handle with 90-degree cord angle SROL-001



JUMP ROPE

CONDITIONING TRAINER

- Great tool for improving coordination, footwork and quickness
- Exceptional value, durable jump rope
- Ergonomic, padded grips
 JROP-001

FITNESS RACK



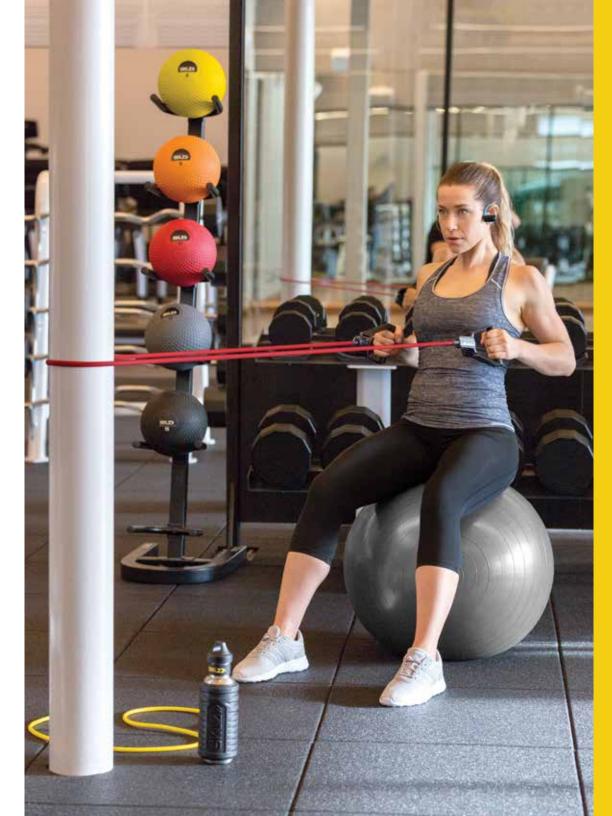
FITNESS RACK

- Space-saving design with five pegs and two shelves
- Adjusts to fit multiple fitness bundle assortments
- Includes hanging mat rack
- Dimensions: 60.2"W x 26"D x 74"H (width includes rungs)

Fit Rack (rack only) PERF-FTRK-01 Regular Bundle* Trainer Series Bundle*

*contact your sales representative to learn more about the bundles

AVAILABLE APRIL 2017



PRO TRAINING SYSTEM



PRO TRAINING AGILITY POLES

TELESCOPING AGILITY TRAINER

- Unique design works on grass, turf and courts with Pro Training Utility Weights
- Multiple training options with reversible spike
- Telescope to three different heights for different phases of training
- Set of 8

TAPO-001



PRO TRAINING AGILITY BANDS

FLEXIBLE AGILITY TRAINER

- Perfect for plyometric, speed and agility training and hip mobility drills
- Safe design helps prevent injuries when players fall or trip on them
- Can be used in skills exercises or as a gate or obstacle
- Set of 4

PTAB-BAND-001



PRO TRAINING AGILITY CONES

2", 6", 9" CONES

- Engineered with extremely durable, pop-back material
- Square-base design for better balance
- Built to work on turf, courts, grass and any other surface

2" Cone - Set of 20 TIAC-001

6" Cone - Set of 4 SIAC-001

9" Cone - Set of 8 NIAC-001



PRO TRAINING UTILITY WEIGHT

AGILITY POLE, ARC AND SOCCER GOAL WEIGHT

- Holds up the Pro Training Agility Poles and Arcs for use on any surface
- Adds stability to Quickster* Soccer Trainer and Pro Training Goals for better balance on all surfaces
- Four pounds each of durable rubber
- Set of 2

ACWT-001



PRO TRAINING AGILITY CONE COLLECTOR

COACHES' TOOL FOR PORTABILITY AND ORGANIZATION

- Quickly and easily picks up Pro Training Agility Cones— 2", 6" and 9"
- Helps organize, store and transport cones
- Holds an entire set of Pro Training Agility Cones
- No retail packaging

COCO-001





COACH MORE. SPEND LESS.

We want you to spend more time on the fields and courts preparing your athletes for game day—and less time at your desk crunching the numbers on your equipment budget. Join Committed to the Coach and save on the gear you need to prepare your team to win.

WYŁĄCZNY DYSTRYBUTOR W POLSCE



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