



SKLZ



PREPARE TO BE READY

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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.**

#BEREADY

PERFORMANCE COLOR GUIDE



PROGRESSIVE RESISTANCE COLOR GUIDE

- An easy to understand, consistent color guide helps you choose your resistance level.
- Maximize your training time by quickly choosing the right resistance level.
- Increase your strength by increasing your workload.





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



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



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



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

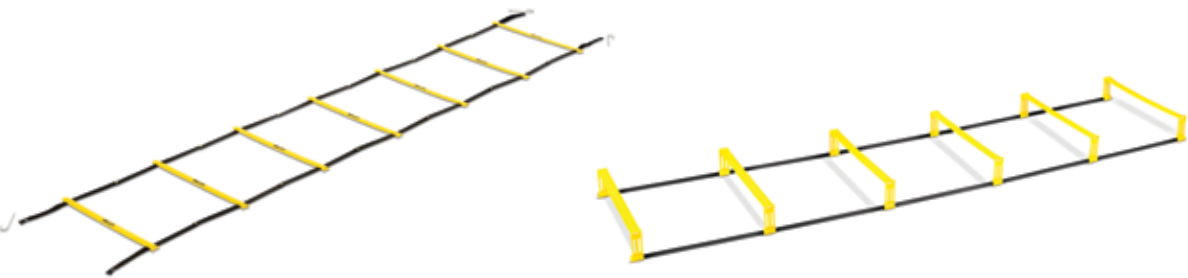
PERF-BRF-001



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



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



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



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



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 TRAINER PRO

CUSTOMIZABLE FOOTWORK AND AGILITY TRAINER

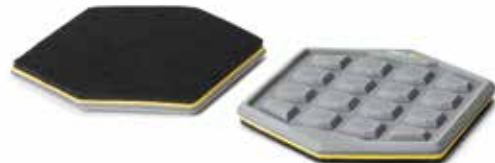
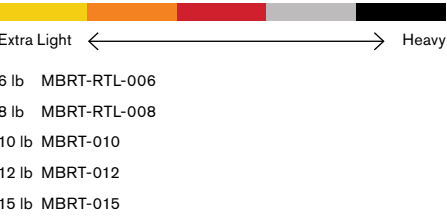
- Train footwork and agility patterns in game-like situations
- Designed for curvilinear and customizable training patterns
- Cut your reaction time while adding speed in all directions
- Set of 10 with a carry handle

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



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



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



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



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



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



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



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



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	TC70HVV-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



CHOP BAR

ROTATIONAL POWER TRAINER

- Builds new levels of core strength and rotational power
- Trains sport-specific swing movements
- 360° rotation allows for full range movement

SWVB-CHP-04



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
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 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
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





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



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 cleats, shin guards, goalie gloves, an official size 5 ball and more
- Expanding, ventilated pockets for storing sweat-soaked gear
- Built to last multiple seasons
- Bag measures approximately 18" x 15" x 3"

SKLZ-SBALPK-001





COMMITTED TO THE COACH

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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