



SKLZ >>

DIAMOND
2016

THIS IS WHERE READY IS BUILT



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

SKILL TRAINING

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PERFORMANCE TRAINING

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Evan Longoria
Third Base, Tampa Bay

THE EXTRA BAT SPEED THAT LEADS TO EXTRA BASES

Using an under load/overload training philosophy, this revolutionary system is a 6-week program that's proven to increase swing velocity. This best-in-class system is also the only bat speed program designed for use during live batting practice. On average, hitters add 10+MPH to their swings using this program.

Ammo Bat System Features:

- On average, hitters add 10+MPH to their swings (60' of hitting distance) using this system.
- System includes three bats — unloaded, head loaded, hand loaded — and instructional videos.
- Six-week, step-by-step system with results proven at the nation's top baseball programs.
- Choose your program based on your age and size preference.



AMMO BAT SYSTEM - PRO

ALUMINUM [-3]	32/29	33/30	34/31
UNLOADED [-9]	32/23	33/24	34/25
HAND LOADED [+3]	32/35	33/36	34/37
HEAD LOADED [+3]	32/35	33/36	34/37

Pro/32	AMMO-3-3229	MSRP \$399.99
Pro/33	AMMO-3-3330	MSRP \$399.99
Pro/34	AMMO-3-3431	MSRP \$399.99



AMMO BAT SYSTEM - JUNIOR

ALUMINUM [-5]	30/25	31/26	32/27
UNLOADED [-5]	30/20	31/21	32/22
HAND LOADED [+5]	30/30	31/31	32/32
HEAD LOADED [+5]	30/30	31/31	32/32

Junior/30	AMMO-5-3025	MSRP \$374.99
Junior/31	AMMO-5-3126	MSRP \$374.99
Junior/32	AMMO-5-3237	MSRP \$374.99

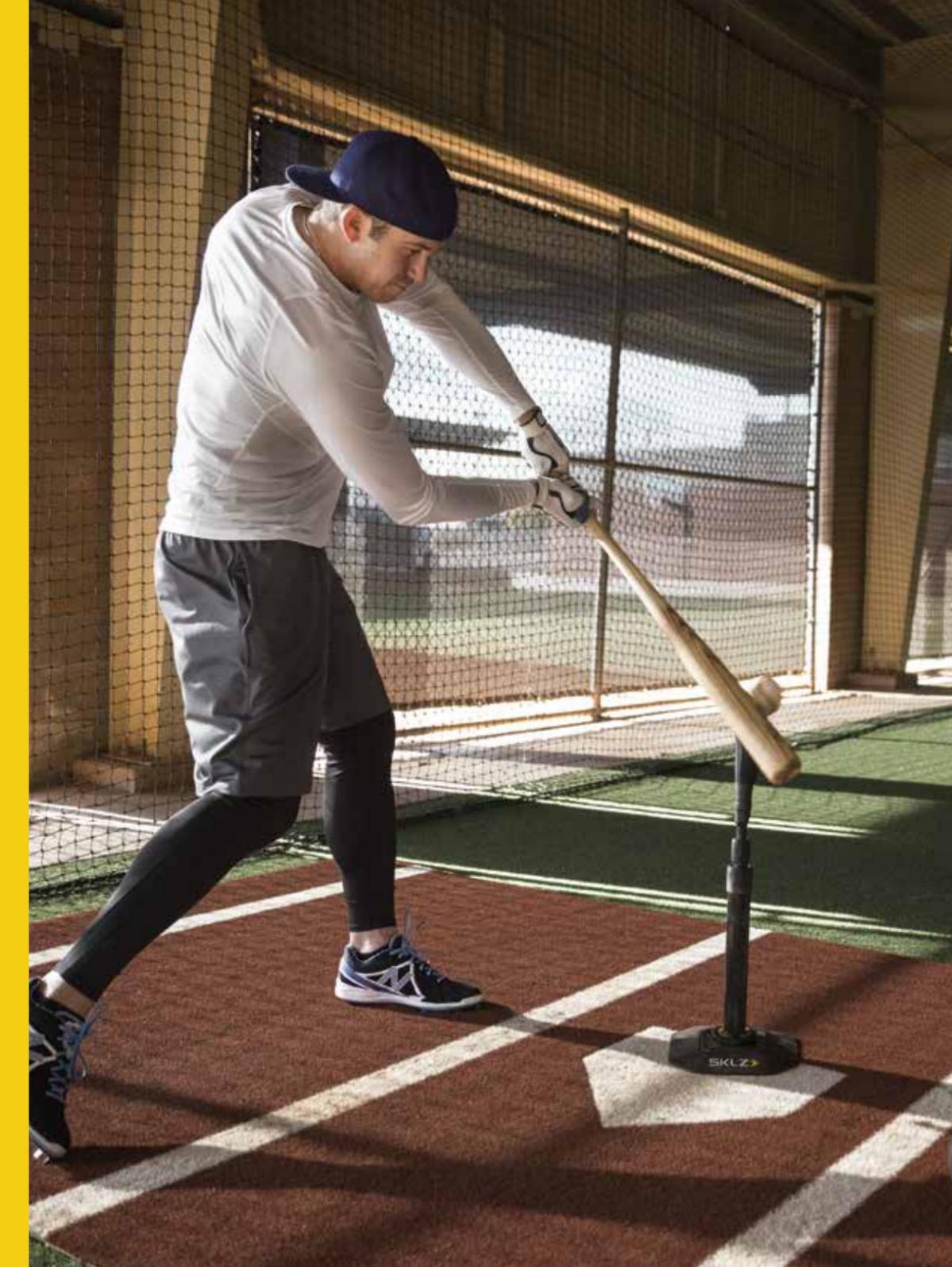


AMMO BAT SYSTEM - YOUTH

ALUMINUM [-8]	29/21	30/22	31/23
UNLOADED [-8]	29/17	30/17.5	31/18.5
HAND LOADED [+4]	29/25	30/26.5	31/32
HEAD LOADED [+4]	29/25	30/26.5	31/32

Youth/29	AMMO-8-2921	MSRP \$349.99
Youth/30	AMMO-8-3022	MSRP \$349.99
Youth/31	AMMO-8-3123	MSRP \$349.99





TEES



PRO TEE

PROFESSIONAL GRADE BATTING TEE

- Rock-solid footing from its removable **8 lb base**
- Built to last due to heavy-duty, advanced design and construction
- Exceptional portability with its snap-locking steel shaft for instant assembly, and disassembly

PTBB-001

MSRP \$99.99



TRAVEL TEE DLX

QUICK SETUP, ULTRA-DURABLE BATTING TEE

- Dual-wrapped tee top provides "give" and stability
- Collapses down completely and fits easily into bat bags
- Quickly folds out for easy setup
- Replaceable tee top

BTTRV-DLX-02

MSRP \$44.99



CHANNEL TEE

CONTACT TRAINING TEE

- Tee has built in "channel" that allows the tee shaft to be positioned over multiple areas of home plate
- Removable tee shaft for increased portability
- Hitting program for young hitters

CHNL-001

MSRP \$39.99



5-POSITION BRUSH TEE

TRUE FLIGHT BATTING TEE

- Get cleanly through the ball without shock to the bat or hands
- Brush top provides realistic ball flight, feel and feedback
- Practice five hitting positions: outside, middle and away

BT01-500-02

MSRP \$39.99



YOUTH TEE

ADJUSTABLE HEIGHT BATTING TRAINER

- Perfect tee for beginners
- Durable batting tee with rubber home plate
- Three-piece adjustable pole height from 18" to 26"

BTYTH-100-04

MSRP \$19.99



5-POSITION TEE

TRADITIONAL BATTING TEE

- Improves fundamentals and body positioning
- Practice five hitting positions: outside, middle and away
- Adjustable tee height from 20" to 34"

BT5P-100-02

MSRP \$39.99



YOUTH POP-BACK TEE

ADJUSTABLE HEIGHT BATTING TEE

- Starter tee with fully telescoping tee arm for height adjustment
- Improves swing mechanics and body positioning
- 14" flexible base immediately returns the tee arm to the starting position after any contact
- Sets up instantly, rolls up for compact carrying and storage

DIAM-POPT-004

MSRP \$19.99

HITTING



QUICKSWING™ PX4

4-WAY GRAVITY-DROP AND REBOUNDER SYSTEM

- Auto-feeds 12 baseballs, 8 softballs or 14 small training balls at 6, 8 or 10 second cadence
- Develops fast hands, sharp reaction times and solid mechanics
- Four configurations: auto-feed gravity drop, rebounder for imitation tee hitting, rebounder angled for soft toss and rebounder angled for turn around double play

QSPX4-000

MSRP **\$99.99**



HIT-A-WAY® PTS

PORTABLE TRAINING STATION

- All the benefits of the Hit-A-Way built into a portable system
- Solidly built for continuous training (35 lb)
- Integrated Hit-A-Way

HW01-PTS

MSRP **\$149.99**



HURRICANE™ CATEGORY 4

HIGH-REP SOLO SWING TRAINING MACHINE

- Helps players build power
- Can be used for static tee practice or as a dynamic moving target
- Adjustable height for virtually any player or ball position

JS10-000

MSRP **\$199.99**



CATAPULT™

SOFT TOSS PITCHING AND FIELDING TRAINER

- Builds visual acuity and hitting accuracy
- Automatically tosses regulation baseballs and practice balls every 8 seconds.
- Adjustable height and distance

STM01-000-02

MSRP **\$79.99**



HIT-A-WAY® BASEBALL

HIGH-REPETITION SOLO BATTING TRAINER

- Develops better swing and stance mechanics
- Improves timing and confidence
- Get up to 500 swings per hour without ever chasing a ball

SJS01-10TH-04

MSRP **\$29.99**



HIT-A-WAY® SOFTBALL

WORLD'S #1 SOFTBALL SWING TRAINER

- Develops better swing and stance mechanics
- Improves timing and confidence
- Get up to 500 swings per hour without ever chasing a ball

SJS02-10TH-04

MSRP **\$29.99**



TARGET SWING TRAINER

BASEBALL SWING TRAINER

- Perfect for warm-up and practicing ball contact
- Ideal one-on-one coaching tool
- Comfort grip handle makes it easy to use for coach

JS09-100-02

MSRP **\$39.99**



TARGET SWING TRAINER - SOFTBALL

TWO-PERSON SOFTBALL SWING TRAINER

- Perfect for warm-up and practicing ball contact
- Ideal one-on-one coaching tool
- Comfort grip handle makes it easy to use for coach

SJS09-200-02

MSRP **\$49.99**

NETS



QUICKSTER™ VAULT NET

8X8 LARGE MOUTH NET

- More hitting, less retrieving with 64 square feet of coverage – the largest net in baseball
- Kickbacks are eliminated with 'vault' to catch and keep every ball
- Get seasons worth of training from long-lasting, reinforced netting

QBM8-001

MSRP **\$149.99**



QUICKSTER™ SPORT NET

ULTRA-PORTABLE QUICK SETUP NET

- Sets up and breaks down in under 90 seconds
- Ultra-durable design for high-intensity training
- Includes removable pitching target and carry bag
- Available in 5' x 5' and 7' x 7'

5QKS-000 5' x 5'

MSRP **\$99.99**

7QKS-000 7' x 7'

MSRP **\$129.99**



QUICKSTER™ REP NET

MULTI-SPORT COLLECTION NET

- Sets up and breaks down in under 90 seconds
- Ultra-durable design for high-intensity training
- Measures 7' x 7' and includes carry bag

REP01-NET-02

MSRP **\$159.99**



QUICKSTER™ BASEBALL COMBO SYSTEM

2-IN-1 PRACTICE NET AND RETURN

- Easy to set up and switch nets
- Ultra-durable design for high-intensity training
- Measures 7' x 7' and includes carry bag

7QKSCB-000

MSRP **\$169.99**



7' PRACTICE NET

QUICK SETUP MULTI-SPORT NET

- Sets up and breaks down in under 90 seconds
- Utilizes Tension-Tite™ Frame Technology
- Includes removable pitching target and carry bag

QS03-100

MSRP **\$59.99**



TRAINING AIDS



IMPACT BASEBALLS

HEAVY-DUTY LIMITED-FLIGHT BASEBALLS

- Provides hitters instant feedback on contact
- Extremely durable and built to last thousands of hits
- Proprietary pop-back technology that collapses on contact without cracking
- Includes 12 balls, standard baseball size (9 inches)

WFBSBL-001

MSRP \$19.99



IMPACT SOFTBALLS

HEAVY-DUTY LIMITED-FLIGHT SOFTBALLS

- Provides hitters instant feedback on contact
- Extremely durable and built to last thousands of hits
- Proprietary pop-back technology that collapses on contact without cracking
- Includes 8 balls, standard softball size (11 inches)

WFSFTBL-001

MSRP \$19.99



MINI IMPACT BASEBALLS

INDESTRUCTIBLE PRACTICE BALL

- Mini size improves hand-eye coordination
- Pop-back material collapses on impact, but won't dent
- Limited flight design means you can swing away wherever you train
- Includes 12 balls

MIMPBB-001

MSRP \$9.99



CONTACT BALL

15OZ CONTACT TRAINING BALL

- Instantly shows when hitters make solid contact
- Develops proper follow-through and a stronger swing
- Built to last with solid, durable materials

BBCB-001

MSRP \$9.99



POWER-THRU

HEAVY BALL HITTING TRAINER

- Encourages players to drive through the ball
- Promotes proper hip rotation and follow-through
- Improves wrist and forearm strength for more power

PWRBL-100-04

MSRP \$19.99



REACTION BALL® BASEBALL AND SOFTBALL

AGILITY TRAINER

- Sharpen depth perception and have fun training
- Great training tool for all sports
- Six-sided, high-bounce rubber creates unpredictable bounces

RB01-100-04 Baseball
FPRB01-000-04 Softball

MSRP \$9.99
MSRP \$12.99



SAFETY BALLS

AUTHENTIC STYLE SOFT TRAINING BASEBALL

- Use to develop proper fielding and batting skills
- Build confidence by reducing fear of impact
- Includes 2 balls

FT-SAFBL-06

MSRP \$6.99



SMALL TRAINING BALLS

AUTHENTIC SMALL-CIRCUMFERENCE BALL

- Smaller target encourages batters to keep their eyes on the ball
- 8" circumference, 2.5 oz. baseball with durable synthetic leather cover
- Includes 6 balls (3 colors, 2 each)

WB04-000-04

MSRP \$24.99



PITCH TRAINER (RIGHT-HANDED)

TEACHING TOOL FOR SAFE AND EFFECTIVE PITCHING

- Raised seams enhance positioning and awareness of the dominant fingers
- Regulation size and weight baseball
- Includes illustrated guides for proper finger placement

PPSTBSBL-100

MSRP \$19.99



THROW TRAINER

TEACHING TOOL FOR SAFE AND EFFECTIVE THROWING

- Raised seams for ideal finger placement
- Rotation guide provides instant feedback
- Regulation size and weight baseball

TTBSBL-100

MSRP \$14.99

TRAINING AIDS



SWEET SPOT BAT

SWING TRAINER

- Provides instant feedback and "sting" when hit too far off center of bat
- Heavy-duty bat construction (2 1/4" all-bamboo barrel and handle with reinforced fiberglass rod)
- Available in 2 sizes: 31" and 33"

31" SWTSPT-001-31
33" SWTSPT-001-33

MSRP **\$69.99**



BASEBALL POWER COMBO

BULLET BAND AND HANDLE SET

- Bullet Band increases shoulder and arm strength to throw harder and pitch faster
- Power Handle generates explosive bat power, improves core rotational velocity, and strengthens forearms and wrists
- Easily change between the bat handle attachment and the official sized baseball attachment

BTHND-000-04

MSRP **\$39.99**



FIELD SHIELD

FULL-FACE PROTECTION SHIELD

- Full visibility for top performance and maximum protection
- Ultra-lightweight and extremely strong
- Available in S/M and L/XL

S/M FM04-000-04
L/XL FM01-000-04

MSRP **\$39.99**



BASEBALL MAGNACOACH

MAGNETIC, DRY-ERASE COACHING TOOL

- Weather-resistant
- Includes durable fence clip, dry erase marker with eraser and 24 magnets
- Board Dimensions: 8.5" x 13"

MAG01-COA-04

MSRP **\$19.99**



TRAINING BASES

BASE RUNNING TRAINING TOOL

- Easy-to-see visual cues keep players headed in the right direction
- Reinforces making a tight turn using the proper foot
- Heavy-duty construction means they last for years

TDBS-001

MSRP **\$39.99**



GROUND BALL TRAINER

SOLO FIELDING TRAINER

- Tension cord provides realistic ball return to player
- Hook and loop strap easily attaches to glove
- Designed for left hand and right handed players
- Practice in Multiple Environments – on the diamond or backyard

GBTRNR-100

MSRP **\$19.99**



SOFTHANDS®

FIELDING TRAINER

- Use to practice "soft receiving" technique
- Lightweight foam material fits either hand
- Appropriate for all levels of play

SH01-000-04

MSRP **\$9.99**



COACH'S RESOURCE CENTER

EXOS, the leader in human performance, designed this step-by-step guide to give coaches drills and programs to improve their team's performance capabilities. This durable binder includes scores of drills based on EXOS proven methodology used to train world-class athletes and is now available exclusively through SKLZ OTP.

Divided into 5 sections, you'll learn why each section is important, how to coach each movement and simple steps to design a comprehensive performance training program to keep your athletes safe and get them strong for sport.

Sections include: warm-up, speed and agility, strength and power, fitness and conditioning and recovery Simple instructions to adjust program for preseason, in-season and off-season.

Efficient design makes it easy to understand. Less time planning, more time training.

MSRP **\$99.99**

**TEAM
CUSTOMIZATION
AVAILABLE**



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

MSRP \$199.99

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

MSRP \$79.99

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

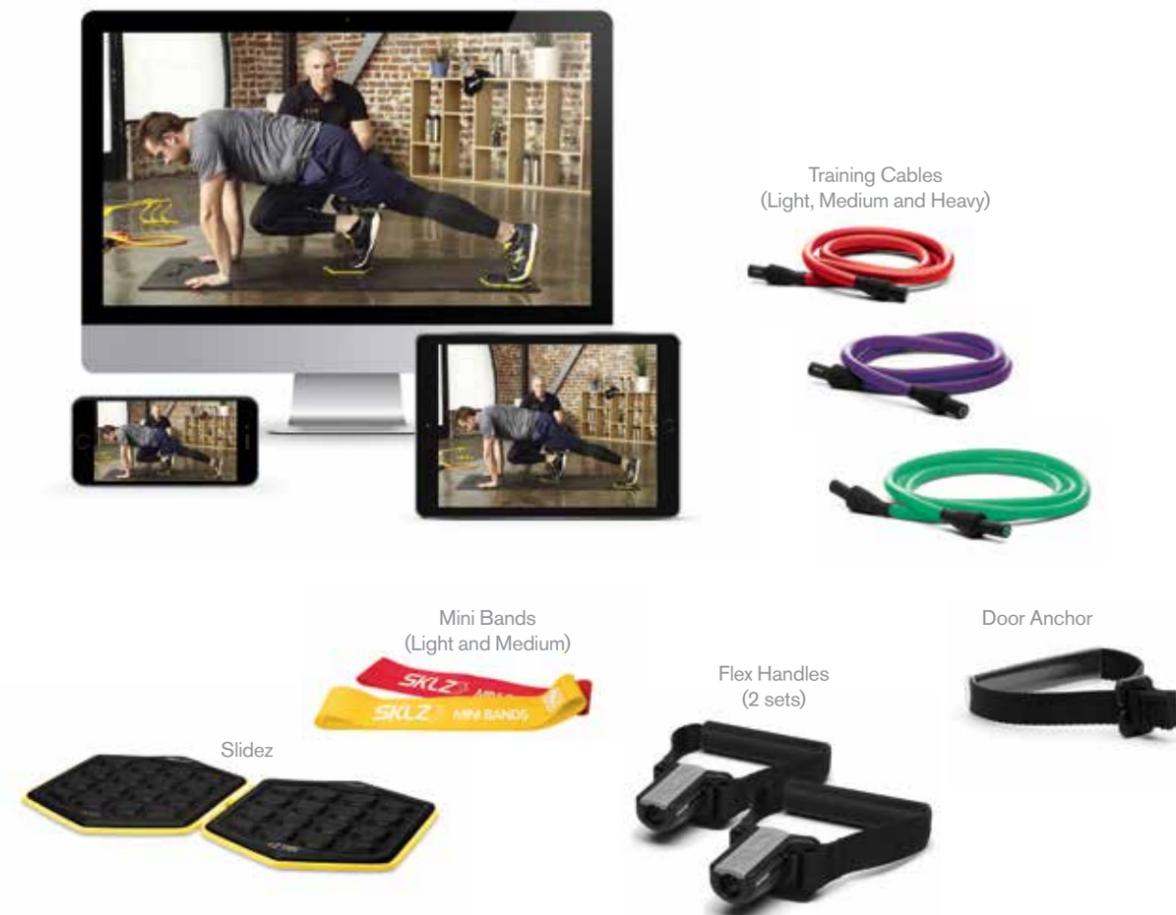
MSRP \$64.99





PERFORMANCE TRAINING

BASEBALL STRONG VIDEO TRAINING PROGRAM



BASEBALL STRONG

9-WEEK VIDEO TRAINING PROGRAM

Includes streaming access to the 9-week training program, recover sessions and bonus content including videos to Get Started, do your Performance Test and sneak behind the scenes with professional athletes and coaches.

You will have access to Baseball Strong for 2 years after you create your account and receive all the products you need including Mini Bands, Training Cables (plus Flex Handles and Door Anchor) and Slidez.

GET-BAS-STR

MSRP **\$179.99**



WARM-UP / RECOVER



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

MSRP \$19.99

Also available in bulk

Yellow (10 pk) APD-MBYLW-000 **MSRP \$17.99**

Red (10pk) APD-MBRED-000 **MSRP \$19.99**

Black (10pk) APD-MBBLCK-000 **MSRP \$21.99**



MASSAGE BAR

SOFT-TISSUE MASSAGE TOOL

- Mountain bike-inspired grip for more comfort and ease of use
- Provides myofascial release therapy to get rid of knots and help sore muscles recover faster
- Unique ball bearing rollers for smoother skin contact, reduced pinching and pulling

APD-MSGBR-04

MSRP \$29.99



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

MSRP \$39.99



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

ROLB-001-12

MSRP \$14.99



MOBILITY BAR

STRENGTH, STABILITY AND MOBILITY TRAINER

- Increases 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

MSRP \$99.99



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

MSRP \$19.99



ACCU BALL

TRIGGER POINT RELEASE MASSAGE BALL

- Dual density (think golf and lacrosse ball) for massage and trigger point release
- Roll against your body weight or use in hand to target trigger points
- Convertible dual yellow "knob" works like a massage therapist's knuckles or elbows

APD-KNCBL-04

MSRP \$19.99



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

MSRP \$39.99



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

APD-ACP01-02

MSRP \$14.99



ACCUSTRAP

TRIGGER POINT RELEASE MASSAGE BALL AND STRAP

- Increase circulation and accelerate recovery by releasing knots
- Dual density (think golf and lacrosse ball) for massage and trigger point release
- Easy to use against a wall to release hard-to-reach areas

APD-MSGBL-04

MSRP \$29.99

STRENGTH / POWER



MED BALL

WEIGHTED TRAINING BALL

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



6 lb MBRT-006	MSRP \$44.99
8 lb MBRT-008	MSRP \$49.99
10 lb MBRT-010	MSRP \$54.99
12 lb MBRT-012	MSRP \$59.99
15 lb MBRT-015	MSRP \$69.99



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-VRB01-02 **MSRP \$49.99**



POWER SLED

PUSH/PULL SPEED AND STRENGTH TRAINER

- Develop speed, acceleration, strength and endurance
- Strengthens lower body for explosive leg drive
- Extra-tall vertical push bars for users of all heights

CRM-PWSLED **MSRP \$229.99**



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 **MSRP \$69.99**



SPEED SLED

POWER AND ACCELERATION TRAINER

- Maximizes stride efficiency and improves explosive strength
- Holds standard and Olympic weights
- Heavy-duty nylon tow leash and padded harness

CRM-SPSLED **MSRP \$99.99**



PLYO BOXES

MULTI-HEIGHT PLYOMETRIC PLATFORMS

- Heavy-duty, 1-inch square steel construction
- Anti-tip design for safe workouts
- Stackable for space efficiency
- Textured, non-slip rubber landing surface

CRM-PLYO-BOX **MSRP \$279.99**



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 **MSRP \$129.99**



STRENGTH / POWER



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

MSRP **\$29.99**



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

MSRP **\$29.99**



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

MSRP **\$59.99**

SELF-GUIDED



TRAINERBALL®

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

MSRP **\$34.99**



TRAINERROLLER®

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

MSRP **\$39.99**



TRAINERMAT®

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

MSRP **\$29.99**



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

MSRP **\$19.99**

Medium APD-PBDMED-04

MSRP **\$29.99**

Heavy APD-PBHVVY-04

MSRP **\$39.99**

Extra Heavy APD-PBXHVVY-04

MSRP **\$49.99**



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

MSRP **\$39.99**



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

MSRP **\$89.99**



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

MSRP **\$24.99**

65 cm STAB-65-001

MSRP **\$24.99**

75 cm STAB-75-001

MSRP **\$24.99**



STABILITY BALL PRO

HEAVY DUTY EXERCISE BALL

- Provides instability for dynamic strength training
- Target core and stabilize muscles
- Integrate balance training into all levels of sports performance or rehabilitation

65 cm PRO-SBP65-04

MSRP **\$39.99**



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

MSRP **\$79.99**

FUNCTIONAL TRAINING SYSTEM



TRAINING CABLE

STRENGTH TRAINER

- Builds strength, stability and power
- Expands capabilities of any home gym
- Compatible and interchangeable with all Slide-Lock™ components



Extra Light 10-20 lb	TC10BX-ELT	MSRP \$8.99
Light 30-40 lb	TC30BX-LGT	MSRP \$10.99
Medium 50-60 lb	TC50BX-MED	MSRP \$12.99
Heavy 70-80 lb	TC70BX-HVY	MSRP \$16.99
Extra Heavy 90-100 lb	TC90BX-XHY	MSRP \$19.99



DUAL HANDLES

FUNCTIONAL TRAINING HANDLES

- Connected handles enhance upper body training
- Flared-grip, non-rub design for added comfort
- 360° rotation allows for full range movement

SWVH-HNDL-04 **MSRP \$19.99**



FLEX QUICK CHANGE HANDLE

FLEXIBLE SINGLE-CABLE RESISTANCE TRAINER

- Patented Slide-Lock™ system for quick and safe cable changes
- Flexible strap and movable handle allows for a variety of grips
- Use with Training Cables for variable resistance

PRO-QCFH01-06 **MSRP \$11.99**



SINGLE QUICK CHANGE HANDLE

INTERCHANGEABLE SINGLE-CABLE RESISTANCE TRAINER

- Patented, Slide-Lock™ system for quick and safe cable changes
- Contoured, ergonomic handle design with rotating grips
- Use with Training Cables for variable resistance

PRO-SQCH01-06 **MSRP \$11.99**



TRIPLE QUICK CHANGE HANDLE

INTERCHANGEABLE MULTI-CABLE RESISTANCE TRAINER

- Patented Slide-Lock™ system for quick and safe cable changes
- Contoured, ergonomic handle design with rotating grips
- Use with Training Cables, up to three at one time, for variable resistance

PRO-TQCH01-06 **MSRP \$14.99**



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 **MSRP \$39.99**



UNIVERSAL CUFF

FUNCTIONAL TRAINING CUFF

- Upper and lower body attachment to build strength and stability
- 360° rotation allows for full range of motion
- Pair with Universal Anchor for optimal training

SWVC-CUFF-04 **MSRP \$14.99**



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 **MSRP \$14.99**



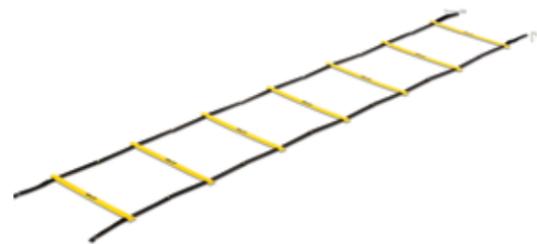
DOOR ANCHOR

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 **MSRP \$4.99**

SPEED / AGILITY



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

MSRP \$59.99



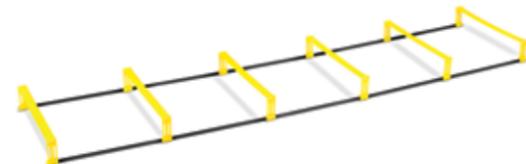
QUICK LADDER

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

MSRP \$29.99



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

MSRP \$49.99



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
- No retail packaging

2" Cone - Set of 20 TIAC-001

MSRP \$29.99

6" Cone - Set of 4 SIAC-001

MSRP \$19.99

9" Cone - Set of 8 NIAC-001

MSRP \$29.99



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
- No retail packaging

Set of 2 ACWT-001

MSRP \$49.99



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

MSRP \$69.99



6X HURDLES

FOOTWORK AND AGILITY TRAINING HURDLE

- Highly durable, multidirectional speed, agility and plyometric hurdles
- Bounce-back construction
- Superior, one-piece twist design

Set of 6 H6IN-001

MSRP \$49.99



AGILITY CONES

20 CONES IN 4 COLORS

- Multiple high-visibility colors for marking training areas
- Durable, will not break when stepped on

2" Cone - Set of 20 SAQ-HSC01-02

MSRP \$19.99



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
- No retail packaging

Set of 4 PTAB-BAND-001

MSRP \$24.99



PRO TRAINING AGILITY POLES

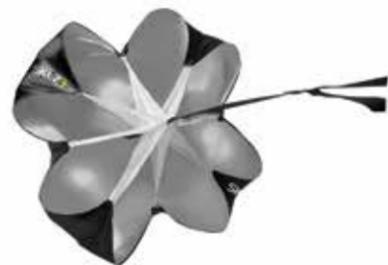
TELESCOPING AGILITY TRAINER

- 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

MSRP \$79.99

SPEED / AGILITY



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

MSRP **\$29.99**



SPEEDSAC™

VARIABLE-WEIGHT SPRINT TRAINER

- Improves 40-yard dash times, overall speed and explosiveness
- Boost acceleration and stride length
- Strengthens lower-body muscle groups

SAQ-SS01-02

MSRP **\$99.99**



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

MSRP **\$9.99**





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 **MSRP \$179.99**



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 **MSRP \$29.99**



JUMP ROPE

CONDITIONING TRAINER

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

JROP-001 **MSRP \$14.99**



WEIGHTED JUMP ROPE SET

STRENGTH AND CONDITIONING TRAINER

- Design engages posterior, core and postural muscles
- Patented swivel-8 allows rope to rotate smoothly around handle
- Ropes change easily and quickly
- Additional medium (1.5-lb) and heavy (2-lb) ropes sold separately

HROP-1-001 **MSRP \$29.99**



MEDIUM (1.5-LB) AND HEAVY (2-LB) JUMP ROPE COMPONENTS

STRENGTH AND CONDITIONING TRAINER

- Design engages posterior, core and postural muscles
- Patented swivel-8 allows rope to rotate smoothly around handle
- Ropes change easily and quickly
- Handles available in the Weighted Jump Rope Set

1.5lb HROP-15-001 **MSRP \$19.99**

2lb HROP-2-001 **MSRP \$19.99**

