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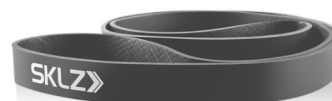
TRAINING GUIDE

POWERED BY
EXOS

SKLZ products are designed in collaboration with EXOS, the leader in proactive health and performance programs for professional athletes, the military and those serious about fitness.

These training drills are provided to you by EXOS and demonstrate step-by-step instruction to help you reach new levels of performance using SKLZ products.

Add this gear to your training.



Pro Bands



Speed Rope



Mobility Bar

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STARTS
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TRAINING TIPS

REPS AND SETS: A GENERAL GUIDELINE

Reps and sets are a way to track progress with your training. This is a general guide. Programs will vary depending on your specific needs, goals, off-season or in-season, experience, etc.

AS A GENERAL GUIDELINE TO START:

- 12-15 repetitions for 1-2 sets
- 30-60 seconds for each area of soft tissue rolling
- Spend more time rolling on any sore spots you find



THORACIC SPINE

STEPS:

1. Lie down with knees bent and Dual Point Massager under the mid-back. Use your hands to support your head and do three crunches.
2. Roll the Dual Point Massager one to two inches up your spine and do three crunches.
3. Keep rolling the Dual Point Massager up your spine at one to two inch intervals three crunches until you reach the top of your shoulder blades.

COACHING TIP:

Take your time with each repetition.

FEEL IT:

Releasing tension in your mid- to upper-back.



TFL

STEPS:

1. Lie face down with Dual Point Massager under one hip. Use your forearms to support your body weight.
2. Roll along the front of the hip and slightly outside the upper thigh (below the pelvis).
3. Pause on tight spot while you slowly bend and straighten your knee to dissolve pressure.
4. Spend one minute on each side.

COACHING TIP:

Place as much weight on the Dual Point Massager as you can tolerate.

FEEL IT:

Releasing tension in your upper thigh.



THORACIC ROTATION WITH HEEL SIT

STEPS:

1. Quadrupedal position with one hand behind your head.
2. Sit back on your heels while you keep arms in position.
3. Inhale and lift your bent elbow toward the ceiling. Exhale and hold for two seconds. Return to start.
4. Spend one minute on each side.

COACHING TIP:

Keep your torso long and tight as you rotate chest and shoulders.

FEEL IT:

Stretching your torso.



PIRIFORMIS

STEPS:

1. Sit with Dual Point Massager under one glute. Cross the opposite leg over your knee.
2. Roll around the glutes. Pause on tight spots and take deep breaths to dissolve discomfort.
3. Spend one minute on each side.

COACHING TIP:

Maintain pressure on the Dual Point Massager throughout the set.

FEEL IT:

Releasing tension in your hips.