

ELEVATION LADDER TRAINING GUIDE

- AGILITY
- STRENGTH
- SPEED
- BALANCE

Thank you for choosing SKLZ Elevation Ladder. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your training, don't hesitate to send us an email (customerservice@sklz.com) or give us a call (1-877-225-7275).

BEFORE YOU BEGIN:

- » Read all the setup and usage instructions carefully.
- » Make sure you have all of the Elevation Ladder components. Please contact SKLZ customer service toll free at 877-225-7275 x128 if you are missing anything.
- » Recommended for athletes over 14 years old. Athletes under the age of 18 should use the Elevation Ladder under strict adult supervision.

⚠ WARNING:

- » Be sure to consult your healthcare professional before using this or any type of exercise product.
- » Always check the equipment for worn or damaged parts before use. If any defects are found, do not use the Elevation Ladder.
- » SKLZ Elevation Ladder is a training tool designed to help accentuate your workout. Take breaks and do not overexert yourself.
- » Exercise in open area free of hazards.

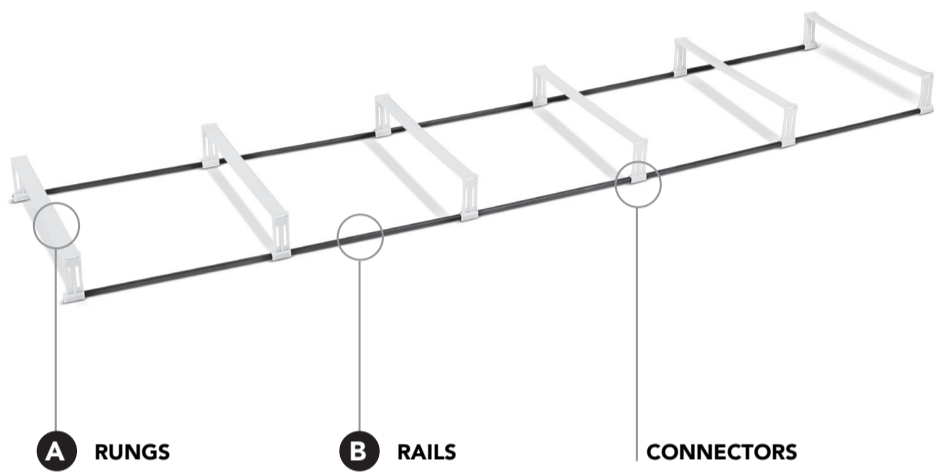
REPS AND SETS: A GENERAL GUIDELINE

As a general guideline, reps and sets are a way to track progress with any training program. Programs will vary depending on the athlete's specific needs, goals, experience etc. Prepare the athlete prior to training by completing movement prep exercises. The athlete should perform select exercises 2-3 days per week with a minimum of 48 hours between training sessions for best results. 30-60 second rest between sets is a general guideline. However this will change based on how quickly the athlete can recover.

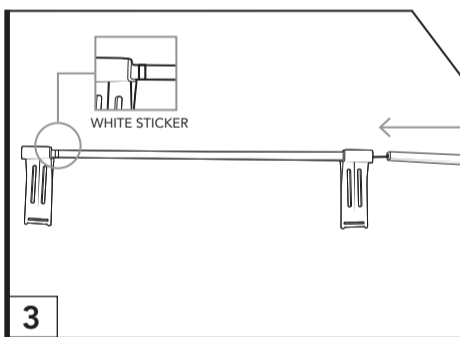
PROPER FORM

When trying movements for the first time, the athlete should practice at a slightly slower speed focusing on technique and form. The athlete should control the body and use deliberate and precise movements. Once the athlete has the movement pattern mastered then he/she can progress to a quicker and more aggressive pace, ultimately performing all movements without breaking form. Elevation Ladder should only be used as a method of conditioning after the athlete has become proficient at the movements and properly warmed up. The athlete should not push through or ignore aches and pains as he/she performs any movement.

SETUP & COMPONENTS



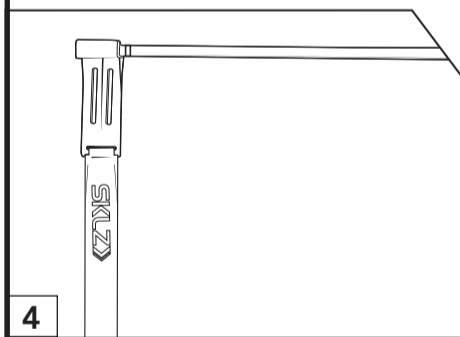
- A RUNG** (6)
- B RAIL** (2)



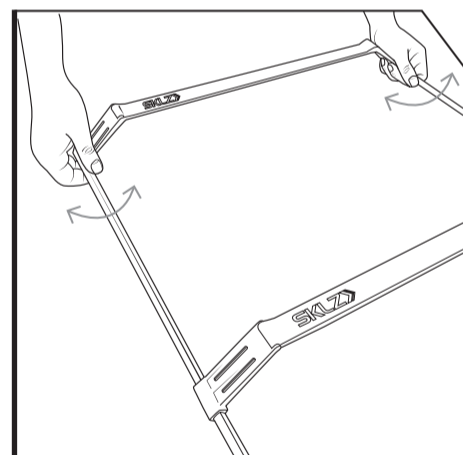
LADDER SETUP

- 1 - Remove all of Elevation Ladder components from the box.
- 2 - Unfold one of the side Rails (B) and insert black Rails into yellow Connectors.

Note: The yellow Connectors should be facing the same direction.



- 3 - Starting with the Rail with two yellow Connectors indicated by the white line, align the Rails so that each yellow Connector has a corresponding Connector on each side.
- 4 - With SKLZ logo facing up, snap one end of a ladder Rung (A) onto a yellow Connector. Snap the other end of the ladder Rung onto the corresponding Connector on the opposite side. Repeat for all ladder Rungs.

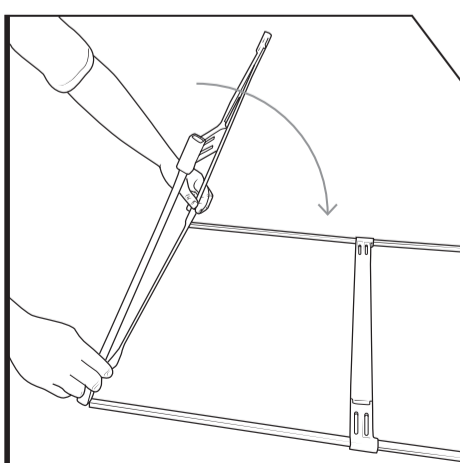


HURDLE SETUP

- 1 - To place in the upright position, hold each side of the ladder and fold in until the Rungs are upright.
- 2 - To place in the flat position, hold each side of the ladder and fold out until the Rungs are flat.

CAUTION

Elevation Ladder is not intended to be taken apart after each use. If the rungs are not removed carefully, the user may damage the product. If the user opts to remove the rungs at their own risk, please take special caution in lifting them away from each side of the ladder to prevent breakage.



STORING

- 1 - Remove the Rails from each Connector.
- 2 - Fold and place in storage bag.



1 LINEAR SHUFFLE - 2 IN

STEPS

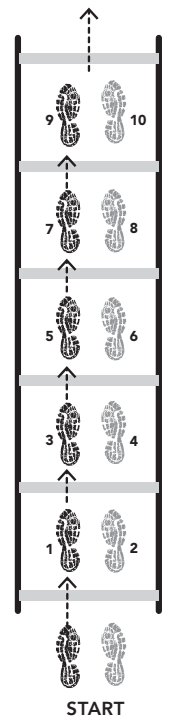
- 1 – Stand in an athletic base position, with your knees slightly bent and hips back, looking down the length of the Elevation Ladder.
- 2 – Take a step into the first rung of the ladder with one foot, immediately followed by your trailing foot.
- 3 – Continue moving forward as quickly as possible each rung, leading with the same foot and placing both feet in each rung.
- 4 – Continue through the length of the ladder.
- 5 – Repeat the movement starting with the other foot to complete the set.

COACHING TIP

Move through the length of the ladder quickly and lightly by picking up your knees and keeping your toes pulled up toward your shins.

FEEL IT

Working your **agility** and **speed**.



2 LATERAL SHUFFLE - 2 IN

STEPS

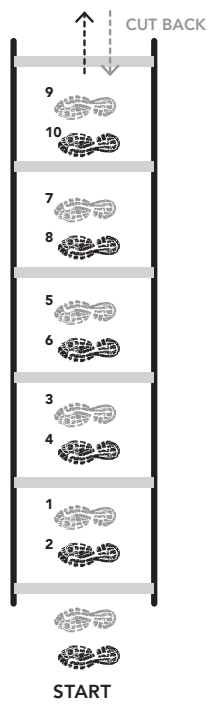
- 1 – Stand with your side to the Elevation Ladder at one end. Balance on your outside foot with your hips back and down in a quarter-squat position.
- 2 – Step into the first rung of the ladder with your inside foot, immediately followed by your outside foot.
- 3 – Without letting your feet touch, repeat this pattern to shuffle laterally down the length of the ladder.
- 4 – Once through the length of the ladder, **cut back** and repeat the movement in the opposite direction.
- 5 – Continue to complete the set.

COACHING TIP

Move through the ladder driving off your trailing leg, picking up your knees and keeping your toes pulled up toward your shins.

FEEL IT

Working your entire body.



3 LATERAL SHUFFLE - 2 IN 2 OUT

STEPS

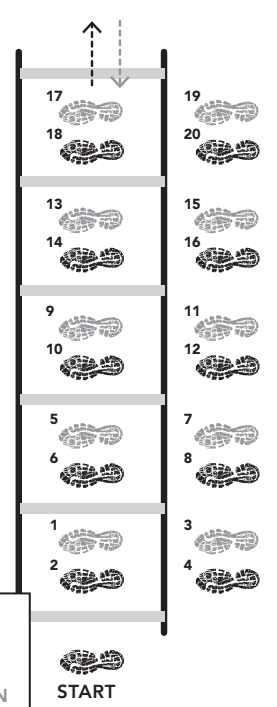
- 1 – Stand with your side to the Elevation Ladder at one end. Balance on your outside foot with your hips back and down in a quarter-squat position.
- 2 – Take a step with your inside foot followed by your outside foot into the first rung of the ladder.
- 3 – Then quickly step backward with your lead foot and trailing foot.
- 4 – Immediately step forward with your lead foot followed by your trailing foot into the next rung of the ladder.
- 5 – Continue this alternating pattern to move down the length of the ladder.
- 6 – Once through the length of the ladder, continue the movement in the opposite direction.
- 7 – Continue to complete the set.

COACHING TIP

Move through the ladder driving off your trailing leg, picking up your knees and keeping your toes pulled toward your shins.

FEEL IT

Working your entire body.



4 2 OUT 1 IN LATERAL BASE - 1 FOOT

STEPS

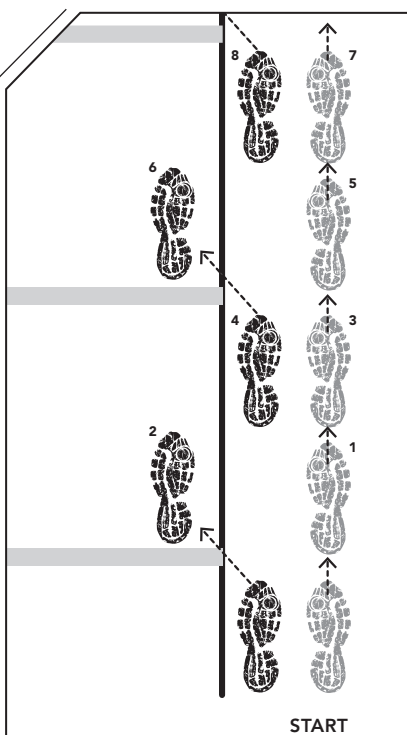
- 1 – Stand in an athletic base position with your knees slightly bent and hips back, looking down the length of the Elevation Ladder while you are slightly to the side of it.
- 2 – Keeping your chest facing forward, shuffle down the length of the ladder by rapidly moving your inside foot in and out of each rung of the ladder as you step in a straight line with your outside foot.
- 3 – Once through the length of the ladder, return to the starting position and repeat the movement with the opposite foot.
- 4 – Continue to complete the set.

COACHING TIP

Move through the ladder in your athletic base position, keeping your toes pulled up toward your shins.

FEEL IT

Working your hips, knees and ankles and challenging your coordination.





1 LATERAL HURDLE HOP - STABILIZE

STEPS

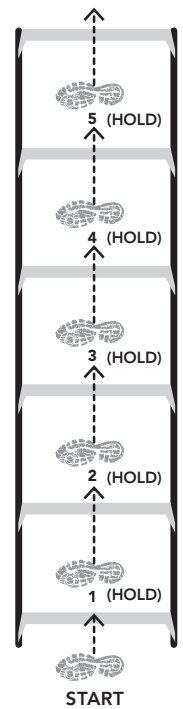
- 1 – Stand with your side to the Elevation Ladder, balancing on your lead foot. Bend your elbows 90 degrees and maintain this angle throughout the movement.
- 2 – Bring your elbows back as you dip your hips back and down. Propel yourself upward with your arms and hips as you hop laterally over the first hurdle.
- 3 – Absorb the impact with your hips to land softly, **stabilize for 1 to 2 seconds** and then reset to your original position.
- 4 – Continue on the same leg for the prescribed number of repetitions, initiating each hop by sitting back and down with your hips.
- 5 – Switch legs and repeat the movement in the opposite direction.

COACHING TIP

Fully extend your hip on each hop and do not allow your knee to collapse to the inside on takeoff or landing.

FEEL IT

Working your hips and legs for **power** and **balance**.



2 LATERAL HURDLE HOP - CONTINUOUS

STEPS

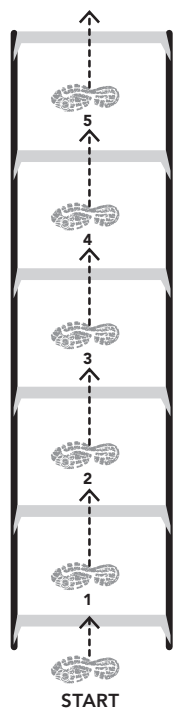
- 1 – Stand with your side to the Elevation Ladder, balancing on your lead foot. Bend your elbows 90 degrees and maintain the angle throughout the movement.
- 2 – Bring your elbows back as you dip your hips back and down. Propel yourself upward with your arms and hips as you hop laterally over the first hurdle.
- 3 – Land on the same foot, anticipating the ground to minimize contact time. Without pausing, continue to hop for the prescribed repetitions.
- 4 – Switch legs and repeat the movement on the opposite leg.

COACHING TIP

Land softly and absorb the impact through your hip without letting your knee collapse to the inside.

FEEL IT

Working your hips and legs for **power** and **agility**.



3 HURDLE DRILL - QUICK TO STABILIZE

STEPS

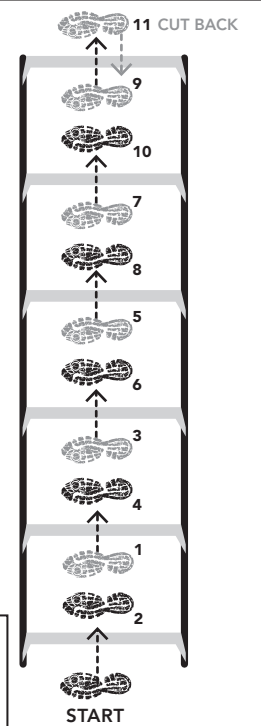
- 1 – Stand facing the side of one end of the Elevation Ladder. Balance on your outside foot with your hips back and down in a quarter-squat position.
- 2 – Step laterally up and over the hurdles, raising one leg as you plant the other and pushing off with your trailing foot.
- 3 – Once through the hurdles, **cut back** and continue the movement in the opposite direction.
- 4 – Once at the starting position, stick and hold on your outside leg for 2 seconds.
- 5 – Complete the set on one side, and then repeat the drill in the opposite direction, starting on the opposite foot.

COACHING TIP

Step over each hurdle by driving off your trailing foot, picking up your knees and keeping your toes pulled up toward your shins.

FEEL IT

Working your hips and legs for **speed** and **agility**.



4 HURDLE DRILL TO ACCELERATION

STEPS

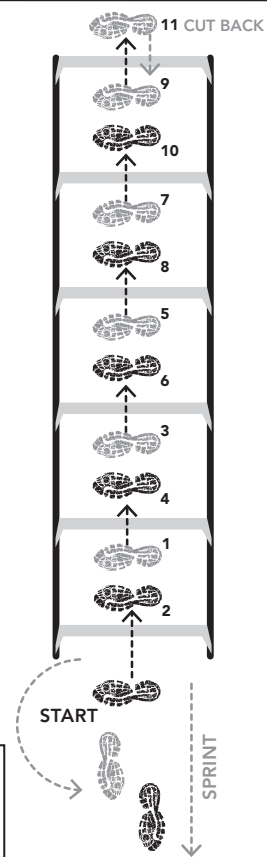
- 1 – Stand with your side to the Elevation ladder, balancing on your outside leg with your hips back and down in a quarter-squat position.
- 2 – Step laterally up and over the hurdles, raising one leg as you plant the other and pushing off with your trailing leg.
- 3 – Once through the hurdles, quickly **cut back** and continue the movement in the opposite direction.
- 4 – Once at the starting position, drive with your trailing leg and **sprint forward for 10 yards**.
- 5 – Repeat the drill, starting from the other direction with the opposite leg.
- 6 – Continue alternating to complete the set.

COACHING TIP

Step over each hurdle by driving off of your trailing leg, and accelerate by leaning forward and driving your feet down and back.

FEEL IT:

Working your hips and legs for **speed** and **agility**.



PATENT PENDING

IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit SKLZ.com to submit your concept. *Some restrictions may apply.*

LIMITED WARRANTY

REGISTER YOUR PRODUCT AT SKLZ.COM TO ENSURE WARRANTY COVERAGE, GET NEW PRODUCT INFORMATION AND SPECIAL DEALS FROM SKLZ

Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS/SKLZ require a Return Merchandise Authorization number (RMA). For returns to PPS/SKLZ and for all other Customer Service inquiries, please email customerservice@sklz.com or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

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