

## QUICK LADDER TRAINING GUIDE

Thank you for choosing SKLZ Quick 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](mailto:customerservice@sklz.com)) or give us a call (1-877-225-7275).

### ⚠️ WARNING:

- » Read all setup and usage instructions carefully.
- » Recommended for athletes over 14 years old. Athletes under the age of 18 should use the Quick Ladder under strict adult supervision.
- » Be sure to consult your healthcare professional before beginning this or any type of exercise program.
- » Always check equipment for worn or damaged parts before use. If any defects are found, do not use product.
- » The SKLZ Quick 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.

### BEFORE YOU BEGIN:

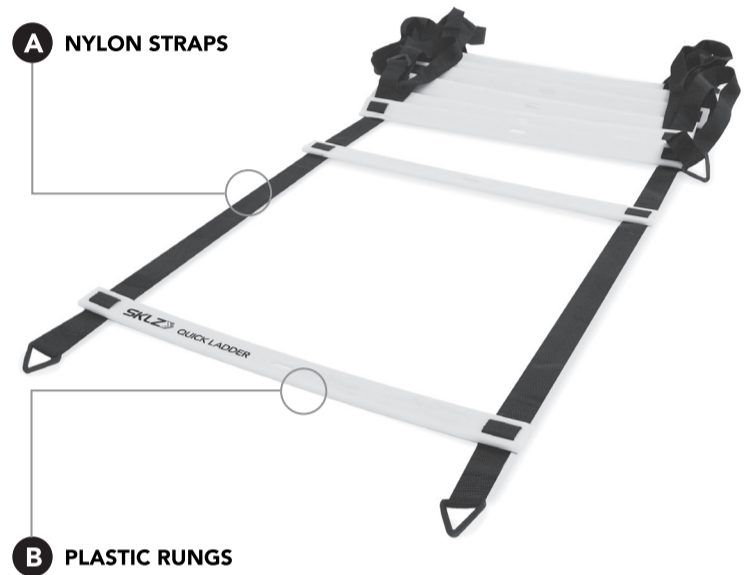
- » Make sure you have all of the Quick Ladder components.
- » Please contact SKLZ customer service toll free at 877-225-7275 x128 if you are missing anything.
- » Read all setup and usage instructions carefully.

### 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.

### PROPER FORM

When trying movements for the first time, practice at a slightly slower speed focusing on technique and form. Control your body and use deliberate and precise movements. Once you have the movement pattern mastered then you can progress to a quicker and more aggressive pace, ultimately performing all movements without breaking form. Only use the ladder as a method of conditioning after you have become proficient at the movements and have properly warmed up. Do not push through or ignore aches and pains as you perform any movement.



## FOLLOW EXERCISES

### 1 LINEAR 2 IN

#### STEPS

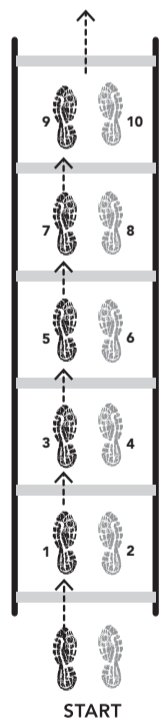
- 1 – Stand in an athletic base position with your knees slightly bent and hips back, looking down the length of the Quick Ladder.
- 2 – Take a step into the first rung of the ladder with one foot, immediately followed by your rear foot.
- 3 – Continue moving forward quickly through each rung, leading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

#### COACHING TIP

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

#### FEEL IT

Working your entire body.



### 2 LATERAL SHUFFLE WITH HOLD 2 IN 1 OUT – STABILIZE

#### STEPS

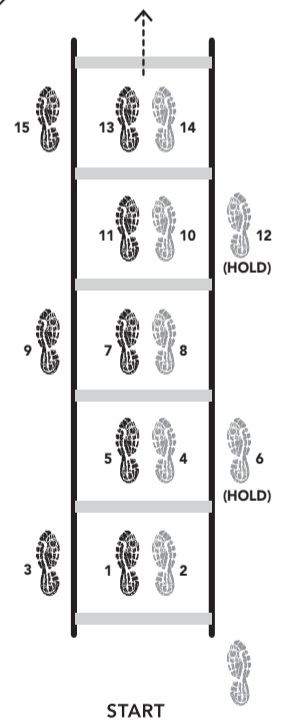
- 1 – Stand to the side of the Quick Ladder, looking down the length of the ladder and balancing on your outside leg with your hips back and down in a quarter squat position.
- 2 – Shuffle laterally through the first rung of the ladder, keeping your feet apart and pushing off with your trailing leg.
- 3 – Once through the first rung, stick and hold on your outside leg for 2 seconds.
- 4 – Continue shuffling laterally as you move forward through the next rung of the ladder.
- 5 – Continue alternating through the length of the ladder 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 – QUICK TO STABILIZE 2 IN 1 OUT – QUICK TO STABILIZE

#### STEPS

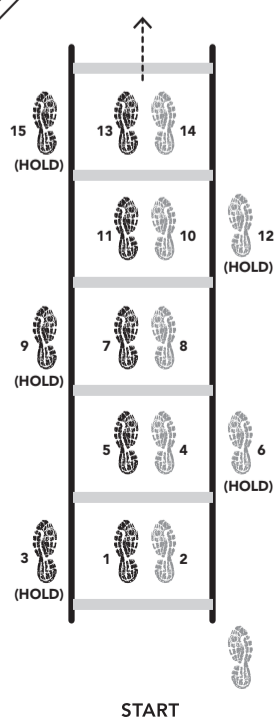
- 1 – Stand to the side of the Quick Ladder, looking down the length of the ladder and balancing on your outside leg with your hips back and down in a quarter squat position.
- 2 – Shuffle laterally through the first rung of the ladder, keeping your feet apart and pushing off with your trailing leg.
- 3 – Once through the first rung, cut back with your outside leg and continue the movement in the opposite direction moving forward through the next rung of the ladder.
- 4 – When you return to the same side you started on, stick and hold on your outside leg for 2 seconds.
- 5 – Continue for the length of the ladder, and then repeat the movement starting on the other leg 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.



### 4 LATERAL SHUFFLE – CONTINUOUS 2 IN 1 OUT – CONTINUOUS

#### STEPS

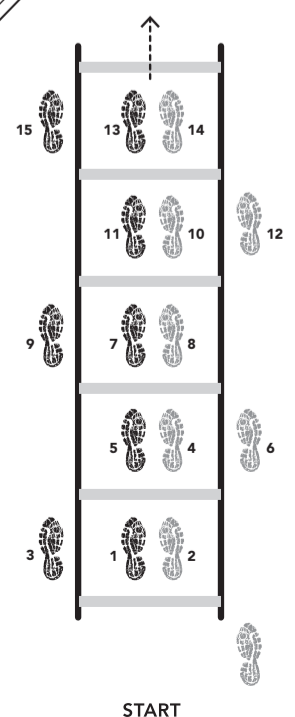
- 1 – Stand to the side of the Quick Ladder, looking down the length of the ladder and balancing on your outside leg with your hips back and down in a quarter squat position.
- 2 – Shuffle laterally through the first rung of the ladder, keeping your feet apart and pushing off with your trailing leg.
- 3 – Once through the first rung, cut back with your outside leg and continue the movement in the opposite direction, moving forward through the next rung of the ladder.
- 4 – Continue for the length of the ladder 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.



## 5

### LATERAL 2 IN

#### STEPS

- 1 – Stand balancing on your outside leg with your hips back and down in a quarter squat position, perpendicular to the Quick Ladder at one end.
- 2 – Shuffle laterally through the length of the ladder, keeping your feet apart and pushing off with your
- 3 – Once through the length of the ladder, cut back with your outside leg and continue the movement in the opposite direction.
- 4 – 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.



## 6

### LATERAL 2 IN 2 OUT

#### STEPS

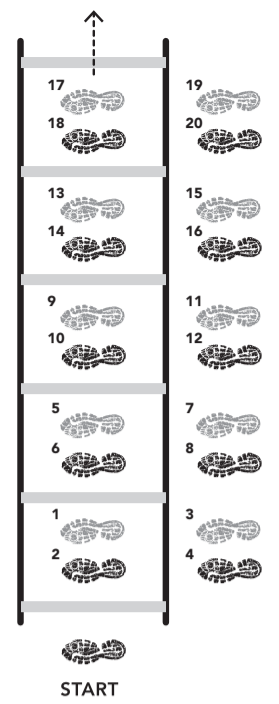
- 1 – Stand balancing on your outside leg with your hips back and down in a quarter squat position, perpendicular to the Quick Ladder at one end.
- 2 – Take a step with the inside foot followed by the outside foot into the first rung of the ladder, then quickly step backward with the inside foot and outside foot. Immediately step forward with the inside foot followed by the outside foot into the next rung of the ladder.
- 3 – Continue to alternate as you move down the length of the ladder.
- 4 – Once through the length of the ladder, continue 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.



## 7

### BASE ROTATIONS – LADDER

#### STEPS

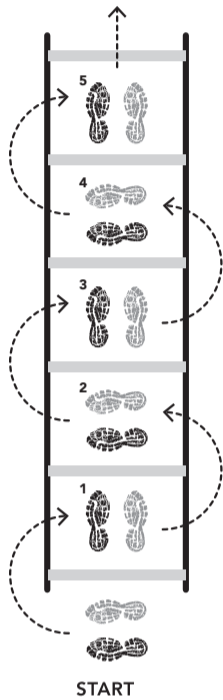
- 1 – Stand in an athletic base position with your knees slightly bent and hips back, perpendicular to the Quick Ladder at one end.
- 2 – Keeping your chest facing straight ahead, move laterally down the length of the ladder by rapidly jumping slightly off the ground and rotating your hips to the right as you move your arms left.
- 3 – Continue moving down the length of the ladder as you land and immediately jump back to your left, moving your arms right.
- 4 – Once through the length of the ladder, return to the starting position by continuing the movement in the opposite direction.
- 5 – Continue to complete the set.

#### COACHING TIP

Use your arms to counterbalance the movement and focus on swiveling your hips, not your shoulders and torso.

#### FEEL IT

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



## 8

### 2 OUT 1 IN LATERAL BASE – 1 FOOT

#### STEPS

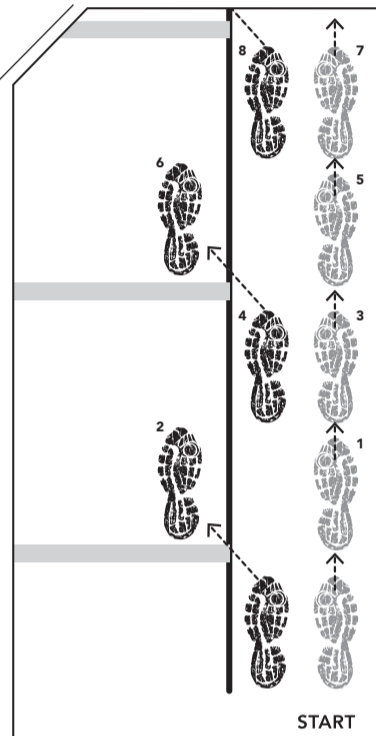
- 1 – Stand in an athletic base position with your knees slightly bent and hips back, parallel to the Quick Ladder.
- 2 – Keeping your chest facing straight ahead, move down the length of the ladder by rapidly moving your inside foot in and out of each rung of the ladder. Your outside leg will stay in the base position and move forward with each movement of your inside 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.



#### IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit [SKLZ.com](http://SKLZ.com) to submit your concept. Some restrictions may apply.

#### LIMITED WARRANTY

REGISTER YOUR PRODUCT AT [SKLZ.COM](http://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](mailto:customerservice@sklz.com) or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

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#### ADDITIONAL EXERCISES:

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