



SKLZ »

PERFORMANCE
2016



THIS IS WHERE READY IS BUILT

Warm-up/Recover.....	3
Strength/Power.....	5
Self-Guided.....	8
Functional Training System.....	11

Speed/Agility.....	15
Fitness/Conditioning.....	17
Pro Training System.....	19
Bags.....	21

Evan Longoria
Third Base, Tampa Bay

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



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



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



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



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



ACCUROLLER
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



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



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



BARREL ROLLER
ULTRADURABLE MASSAGE ROLLER

- Available in three densities - soft, firm and extra firm
- Use before and after activities to stretch, strengthen and increase muscle flexibility
- Textured outer surface for added soft-tissue massage

APD-BR2SFT-02
APD-BR2MED-02
APD-BR2HRD-02



TRAVEL BARREL ROLLER
ULTRADURABLE 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

APD-TRVLBR-04



ACCUBALL
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



ACCUPOINT
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



ACCUSTRAP
TRIGGER POINT RELEASE MASSAGE BALL AND STRAP

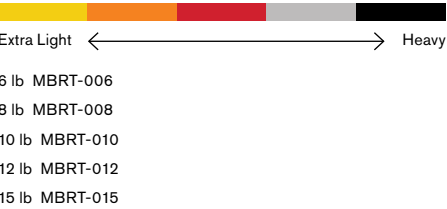
- Increase circulation and accelerate recovery by releasing knots
- Dual density (think golf and lacrosse ball) for massage and trigger point release
- Easy to use against a wall to release hard-to-reach areas

APD-MSGBL-04



MED BALL
WEIGHTED TRAINING BALL

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



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



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



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



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



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



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



Kenny Stills
Wide Receiver, Miami

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



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



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

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



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



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



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



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



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



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





TRAINING CABLE
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 TC10BX-ELT
Light 30-40 lb TC30BX-LGT
Medium 50-60 lb TC50BX-MED
Heavy 70-80 lb TC70BX-HVY
Extra Heavy 90-100 lb TC90BX-XHY



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



**FLEX QUICK
CHANGE HANDLE**
FLEXIBLE SINGLE-CABLE
RESISTANCE TRAINER

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

PRO-QCFH01-06



**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



**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



CHOP BAR
ROTATIONAL POWER TRAINER

- Build core power
- Trains sport specific swing movements
- Compatible and easily interchangeable with Slide-Lock™ components

SWVB-CHP-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



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



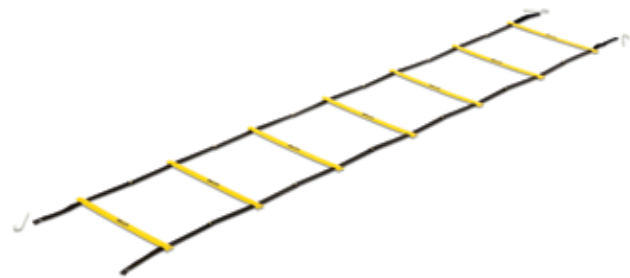
DOOR ANCHOR
DURABLE TRAINING CABLE ANCHOR

- 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



Jason Verrett
Cornerback, San Diego



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

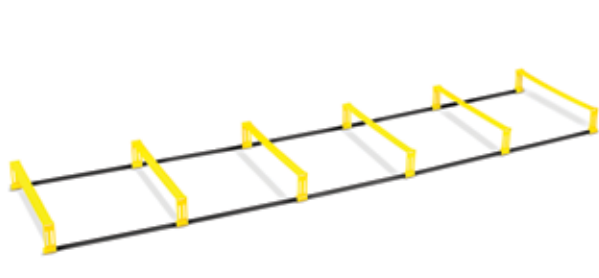


QUICK LADDER

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



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



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



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



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



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



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



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



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



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

HR0P-1-001



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



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

HR0P-15-001

HR0P-2-001



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
AVAILABLE EARLY 2016



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
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 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





EQUIPMENT BAG

HEAVY-DUTY ROLLING BAG

- Carry your entire practice session in one bag
- 3 internal pockets
- 35" long, 18" wide and 15" deep
- Customizable with team logo and/or name

SKLZ-EQUIPBAG



C6 DUFFLE BAG

ODOR-ELIMINATING TRAINING BAG

- C6 Technology keeps duffel 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
- Customizable with team logo and/or name

SKLZ-DUFFLE-001



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
- Customizable with team logo and/or name

SKLZ-BBALPK-001

