Please read before setting up or using your Agility Hurdles.

**SETUP**
1. Remove the Agility Hurdles from box and check for shipping damage.
2. Your Agility Hurdles are now ready for use.

**WORKOUT TIPS**
1. Use the Agility Hurdles only after you have become accustomed to the movement.
2. Always use the Agility Hurdles in an open area free of furniture or other items that could get in the way while exercising.
3. Use a smooth and steady motion when performing each exercise.
4. Perform exercise routines to the best of your ability without strain.
5. Avoid holding your breath while exercising.

**CARE**
1. Dry the Agility Hurdles with a towel after use.
2. Wipe the Agility Hurdles with a damp cloth to clean. Air dry.
3. Store in a cool, dry place.

**IMPORTANT SAFETY CAUTIONS!**
Please read before setting up or using the Agility Hurdles.

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other condition, consult your doctor before beginning the workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended and demonstrated in the workout.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

**Exercise Instruction**
- Warm-up flexibly stretch the muscles and gradually increase the heart rate before each activity session.
- Perform all Agility hurdle activities at self-paced until proficiency is established.
- Perform all activities on both of feet with knees slightly flexed from the hip joint.
- Keep bottoms of feet close to the hurdles to minimize impact and surrounding contact time.
- Be sure to use the arms to complement the lower body's rate, rhythm and direction of movement.
- Alternate lead foot first foot into the hurdles to develop both dominant and non-dominant limb movement patterns.
- Perform hurdle activity sessions a total of 1 to 3 times per week with a minimum of 48 hours rest between activity sessions.

**TRAINING OPTIONS FOR AGILITY HURDLES:**

**OPTION #1:**
Perform continuous passes of the same activity through the hurdles for approximately 1 minute with minimal or no rest between hurdle passes. Once completed, select an alternate hurdle activity and repeat. Continue hurdle activity every 1 minute for a total of 5-10 minutes.

**OPTION #2:**
Perform intermittent passes of the same activity through the hurdles for approximately 3-5 minutes with 10-30 seconds rest between hurdle passes. Once completed, select an alternate hurdle activity and repeat. Continue to alternate hurdle activity every 3-5 minutes for a total of 10-20 minutes.

**FORWARD RUN (LONG STRIDE):**
Alternate 1 foot contact between every pair of hurdles.

**FORWARD RUN (SHORT STRIDE):**
Alternate 2 foot contacts between every pair of hurdles.

**FORWARD KNEE HIGH RUN:**
Alternate 1 foot contact between every pair of hurdles with high knees.

**FORWARD HOP:**
Simultaneous 2 foot contacts between every pair of hurdles.

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