

SPRI AGILITY LADDER

ENHANCE QUICKNESS AND FOOT SPEED

SETUP, WORKOUT TIPS, AND CARE & SAFETY GUIDE

Please read before setting up or using your Agility Ladder.

SETUP

1. Remove the Agility Ladder from box and check for shipping damage.
2. Your Agility Ladder is now ready for use.

WORKOUT TIPS

1. Use the Agility Ladder only after you have become accustomed to the movement.
2. Always use the Agility Ladder 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 Ladder with a towel after use.
2. Wipe the Agility Ladder with a damp cloth to clean. Air dry.
3. Avoid exposing the Agility Ladder to heat or excessive sunlight.
4. Store in a cool, dry place.

IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using the Agility Ladder.

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 disease or 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 body, stretch the muscles and gradually increase the heart rate before each activities session.
- Perform all Agility Ladder activity at half-speed until proficiency is exhibited.
- Perform all activities on balls of feet with heels slightly elevated from the floor.
- Keep bottoms of feet close to the hurdles to minimize impact and ground 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 ladder) to develop both dominant and non-dominant side movement patterns.
- Perform ladder 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 LADDER:

OPTION #1:

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

OPTION #2:

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



FORWARD RUN (LONG STRIDE):

Alternate 1 foot contact in every other ladder square.

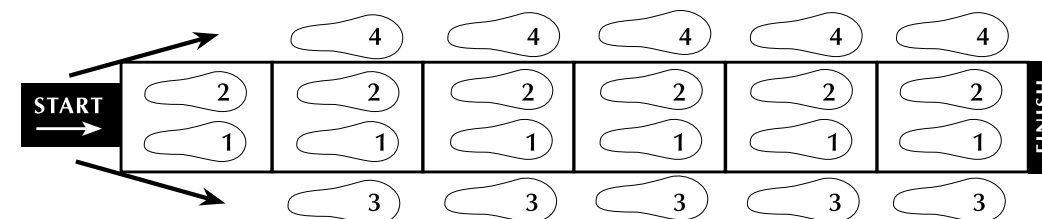


START: Jog/run in place at start of ladder.

FINISH: Run forward through the ladder, alternating one foot contact in every other ladder square. Stay on balls of feet with slight forward torso lean and swing arms in an alternate arm/leg forward and backward pattern. Once through the ladder, jog back along outside of ladder to "start" position, switch lead foot and repeat.

FORWARD RUN (SHORT STRIDE/IN & OUT):

Alternate 2 foot contacts inside, then outside every ladder square.

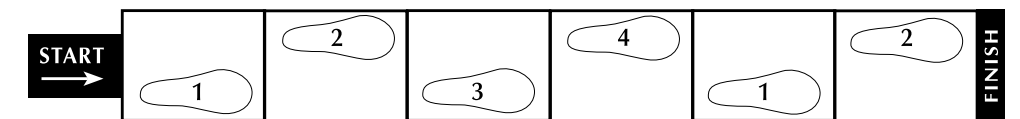


START: Straddle ladder and position one foot along each side of first ladder square. Jog/run in place along sides of ladder.

FINISH: Run forward through the ladder, alternating two foot contacts inside, then two foot contacts outside the next ladder square. Stay on balls of feet with slight forward torso lean and swing arms in an alternate forward and backward cross body pattern. Once through the ladder, jog back along outside of ladder to "start" position, switch lead foot and repeat.

FORWARD RUN (SHORT STRIDE):

Alternate 1 foot contact in every ladder square.

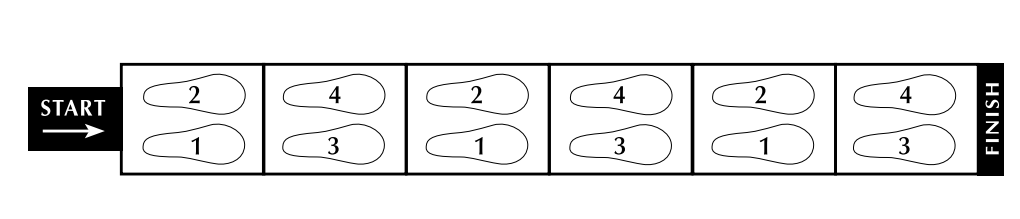


START: Jog/run in place at start of ladder.

FINISH: Run forward through the ladder, alternating one foot contact in every ladder square. Stay on balls of feet with slight forward torso lean and swing arms in an alternate arm/leg forward and backward pattern. Once through the ladder, jog back along outside of ladder to "start" position, switch lead foot and repeat.

FORWARD RUN (SHORT STRIDE/IN):

Alternate 2 foot contacts in every ladder square.



START: Jog/run in place at one end of ladder.

FINISH: Run forward through the ladder, alternating two foot contacts in every ladder square. Stay on balls of feet with slight forward torso lean and swing arms in an alternate arm/leg forward and backward pattern. Once through the ladder, jog back along outside of ladder to "start" position, switch lead foot and repeat.