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 your 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
- Volume up to stretch the muscles and gradually increase the heart rate before each workout session.
- Perform all Agility Ladder activities at half-speed until proficiency is achieved.
- Perform all exercises on both feet with even foot height except for the start.
- Keep both arms of feet squared to the handles to minimize impact and ground contact time.
- Be sure to use upper arms to maintain fluid body sway, rhythm, and direction of movement.
- Alternate lead foot for both feet inside the ladder to develop both dominant and non-dominant side movement patterns.
- Perform Agility ladder activity sessions at a total of 1 to 3 times per week with a minimum of 48 hour 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.

FORWARD RUN (SHORT STRIDE/IN & OUT):
Alternate 2 foot contacts inside, then outside every ladder square.

FORWARD RUN (SHORT STRIDE/IN):
Alternate 2 foot contacts inside, then outside every ladder square.

FORWARD RUN (SHORT STRIDE/OUT):
Alternate 2 foot contacts in every ladder square.