



QUICK LADDER PRO

TRAINING GUIDE



USAGE GUIDE

- INCLUDES:**
- » Quick Ladder Pro
 - » Ground Stakes
 - » Carrying Bag
 - » Usage guide

IMPORTANT:
SAVE THIS INFORMATION IN THE EVENT THAT THE MANUFACTURER
NEEDS TO BE CONTACTED FOR REPLACEMENT PARTS.

SAFETY INSTRUCTIONS:
FAILURE TO FOLLOW THESE SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS INJURY OR
PROPERTY DAMAGE AND WILL VOID YOUR WARRANTY.

Most injuries are caused by misuse and/or not following instructions. Use caution when using this product.

Thank you for choosing SKLZ Quick Ladder Pro, an essential tool when training to improve speed and agility. The following training guide will show you how to use the equipment and modify your movements as you improve. By following the progressions designed by EXOS, you will be training with the same methodology used at EXOS' world-class facilities. 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) or give us a call (1-877-225-7275).

BEFORE YOU BEGIN:

- Make sure you have all of Quick Ladder Pro 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.

HOW DO I INCORPORATE THE SKLZ QUICK LADDER PRO INTO MY WORKOUT?
EXOS broke down which movements they would recommend performing with Quick Ladder Pro and where they would fit those movements into a training session. Each recommended movement is listed and explained so you can easily get started and begin to incorporate the SKLZ Quick Ladder Pro into your training.

WARM UP
Before you start training, you need to prepare your body to move. EXOS pays careful attention to injury prevention and athlete longevity. EXOS does this by taking its athletes through Pillar Preparation and Movement Preparation.

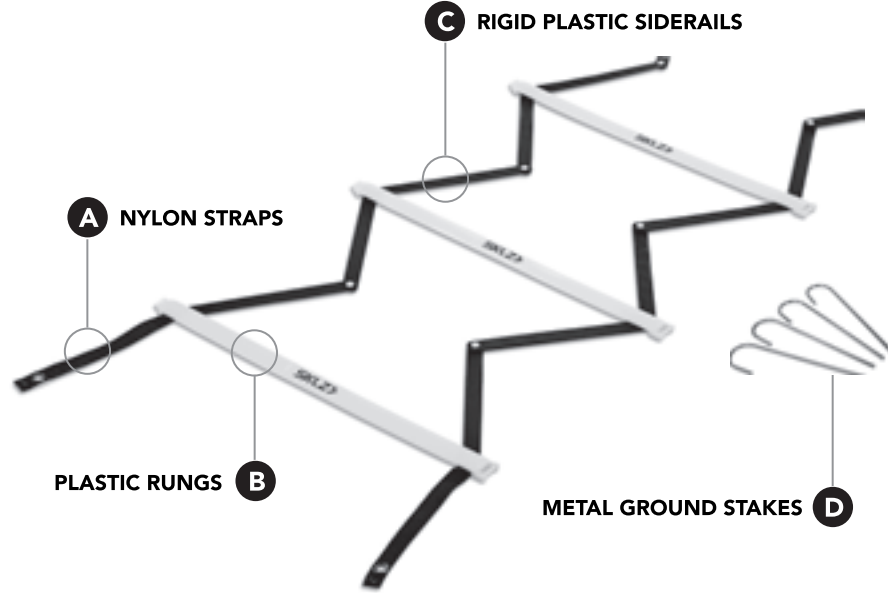
Pillar Preparation, or Pillar Prep, primes critical areas for the workout ahead, ultimately protecting your body from injury and boosting your overall performance. A properly trained pillar — consisting of your hips, torso, and shoulders — helps transfer energy through your body more effectively. Movement Preparation, or Movement Prep, uses dynamic stretches to prepare your muscles for movement. These stretches help you move more efficiently throughout your workout.

Try using the provided EXOS warm-up before you train with Quick Ladder Pro to make sure your body is ready to move.

The training guide has recommended movements for the speed and agility portion of a training session. These movements focus on the technical aspects of speed, stability, and coordination. You'll also perform more explosive, advanced, sport-like movements that focus on coordination.

Start with movement 1 and advance to the next movement when you show proficiency. The recommended sets are based on working through the movements that you choose for your training session. It is important to follow these general guidelines to avoid over training.

Now you're ready to start training. Use the above information to improve your speed and agility with the SKLZ Quick Ladder Pro.



WARM UP EXERCISES

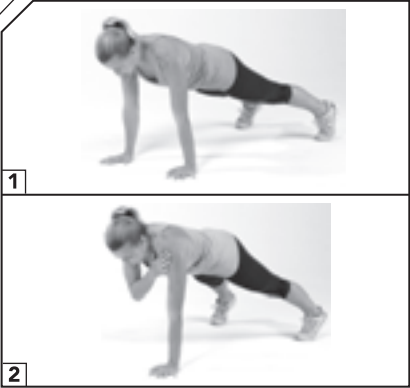
CATEGORY	MOVEMENT	SETS	REPS
Warm Up	1. Plank with Shoulder Tap	1-2	6-8 ea
Warm Up	2. Glute Bridge	1-2	10 ea
Warm Up	3. Lateral Lunge	1-2	6 ea

1. PLANK WITH SHOULDER TAP

- STEPS:**
- 1 – Start in a push-up position with hands directly beneath your shoulders and feet wider than shoulder-width apart.
 - 2 – Touch your hand to your opposite shoulder.
 - 3 – Repeat with your opposite hand and shoulder.

COACHING TIP:
Keep your torso solid, hips square to the ground and feet on the ground throughout the movement.

FEEL IT:
Working your shoulders and torso.

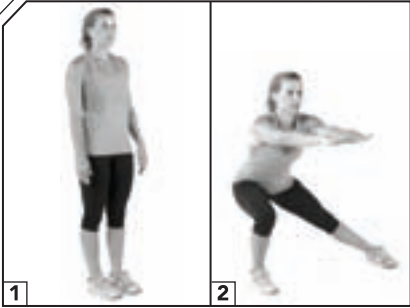


3. LATERAL LUNGE

- STEPS**
- 1 – Stand tall with your arms at your sides.
 - 2 – Step to one side and lower your hips by squatting back and down with the stepping leg, keeping the other straight.
 - 3 – Return to the starting position by pushing up with your bent leg.
 - 4 – Switch directions and repeat the movement to complete the set.

COACHING TIP
Keep your chest up and your back flat.

FEEL IT
Working your glutes, hamstrings, and quads and stretching the inner thigh of the straight leg.

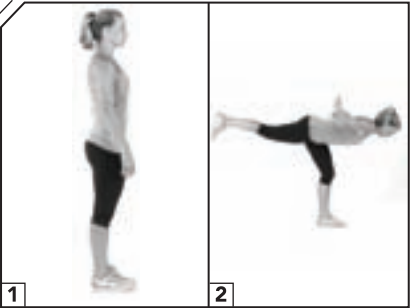


5. INVERTED HAMSTRING

- STEPS**
- 1 – Stand tall on one leg with your chest up.
 - 2 – Raise your arms out to your sides with your thumbs up.
 - 3 – Keeping a straight line from ear and ankle bend forward at the waist and lift your other leg straight behind you.
 - 4 – Return to the starting position by contracting the glute and hamstring of your planted leg.

COACHING TIP
Keep your back flat. Someone should be able to place a broomstick snugly across your back at the bottom of the move.

FEEL IT
Stretching your hamstrings.



CATEGORY	MOVEMENT	SETS	REPS
Warm Up	4. Reverse Lunge with Lateral Flexion	1-2	5 ea
Warm Up	5. Inverted Hamstring	1-2	6 ea
Warm Up	6. Knee Hug - In Place	1-2	6 ea

2. GLUTE BRIDGE

- STEPS:**
- 1 – Lie faceup with your arms at your sides, knees bent and heels on the ground.
 - 2 – Lift your hips off the ground until your knees, hips and shoulders are in a straight line.
 - 3 – Hold for 1 to 2 seconds, and then return to the starting position.

COACHING TIP:
Fire (squeeze) your glutes to lift your hips off the ground.

FEEL IT:
Working your entire body.

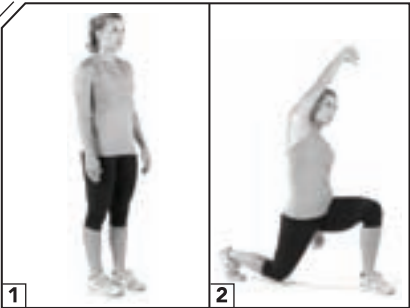


4. REVERSE LUNGE WITH LATERAL FLEXION

- STEPS**
- 1 – Stand tall with your arms at your sides.
 - 2 – Step back with one foot into a lunge.
 - 3 – Reach the same hand as your back leg overhead and bend your torso toward your other hand.
 - 4 – Return to the starting position.
 - 5 – Repeat the movement with your opposite leg to complete the set.

COACHING TIP
Keep your chest up and do not let your back knee touch the ground.

FEEL IT
Stretching the hip flexor of your back leg, the glute and groin of your front leg, and the side of your torso.



6. KNEE HUG—IN PLACE

- STEPS**
- 1 – Stand tall with your arms at your sides.
 - 2 – Squat back and down a few inches on one leg.
 - 3 – Grab below opposite knee and gently pull toward chest while straightening standing leg. Hold for 1 to 2 seconds.
 - 4 – Relax and return to the starting position and repeat with your opposite leg.

COACHING TIP
Keep your chest up and contract the glute of the standing leg.

FEEL IT
Stretching the glute and hamstring of front leg and hip flexors of the back leg.



MOVEMENT EXERCISES

CATEGORY	MOVEMENT	SETS
Movement - Linear	1. Linear 2 In	2-3
Movement - Linear	2. Linear 2 In 2 Out	2-3
Movement - Linear	3. Linear 1 - 2 - 1 (Hop Scotch)	2-3
Movement - Linear	4. 2 Out 1 In Lateral Base - 1 Foot	2-3
Movement - Lateral	5. Lateral 2 In	2-3
Movement - Lateral	6. Lateral 2 In 2 Out	2-3
Movement - Lateral	7. 2 In 1 Out - Hold	2-3
Movement - Lateral	8. 2 in 1 Out - Continuous	2-3

1. LINEAR 2 IN

STEPS

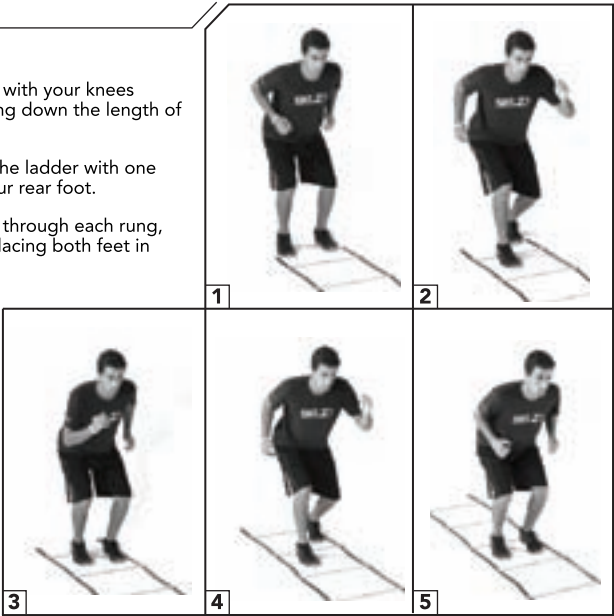
- 1 – Stand in an athletic base position with your knees slightly bent and hips back, looking down the length of Quick Ladder Pro.
- 2 – Take a step into the first rung of the ladder with one foot, immediately followed by your rear foot.
- 3 – Continue moving forward quickly through each rung, leading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

COACHING TIP

Move through Quick Ladder Pro quickly and lightly by picking up your knees and keeping your toes pulled up toward your shins.

FEEL IT

Working your entire body.



2. LINEAR 2 IN 2 OUT

STEPS

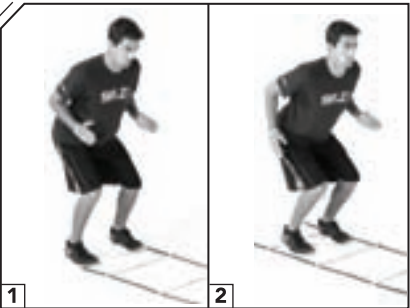
- 1 – Stand in an athletic base position with your knees slightly bent and hips back looking down the length of Quick Ladder Pro.
- 2 – Jump over the end rung with both feet landing within the first box.
- 3 – Jump over the second rung with your feet outside of the second box.
- 4 – Continue to alternate inside and outside the box with both feet to complete the set.

COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your calves, quads, and hips.



3. LINEAR 1–2–1 (HOP SCOTCH)

STEPS

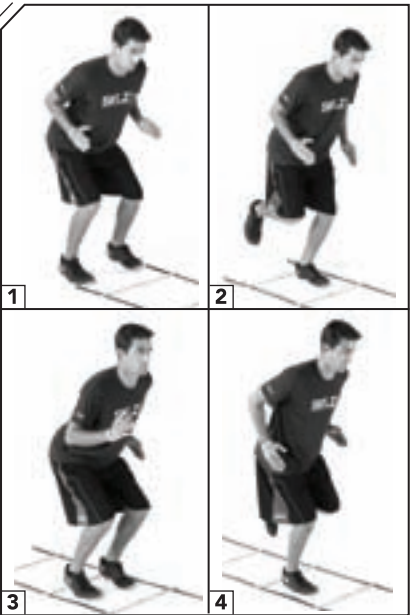
- 1 – Stand in an athletic base position with your knees slightly bent and hips back looking down the length of Quick Ladder Pro.
- 2 – Jump over the end rung of Quick Ladder Pro landing with the left foot in the first box.
- 3 – Jump over the second rung, landing with both feet in the box.
- 4 – Jump over the third rung landing with right foot in the box.
- 5 – Continue to repeat this pattern to complete the set.

COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your calves, quads, and hips.



4. 2 OUT 1 IN LATERAL BASE—1 FOOT

STEPS

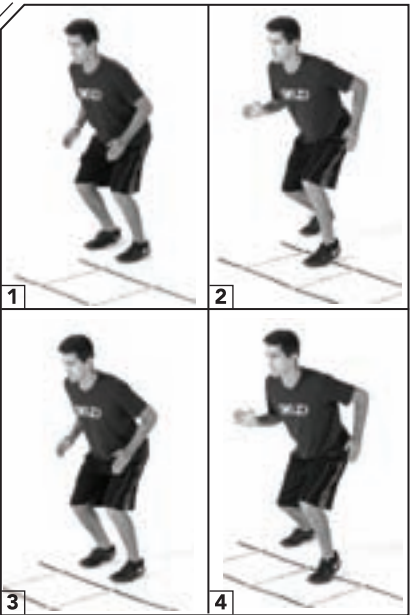
- 1 – Stand in an athletic base position with your knees slightly bent and hips back parallel to Quick Ladder Pro.
- 2 – Keeping you chest facing straight ahead move down the length of Quick Ladder Pro by rapidly moving your inside foot in and out of each rung. Your outside leg will stay in the base position and move forward with each movement of your inside foot.
- 3 – Once through the length of Quick Ladder Pro, return to the starting position and repeat the movement with the opposite foot.
- 4 – Continue for the remainder of the set.

COACHING TIP

Move through Quick Ladder Pro 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.



5. LATERAL 2 IN

STEPS

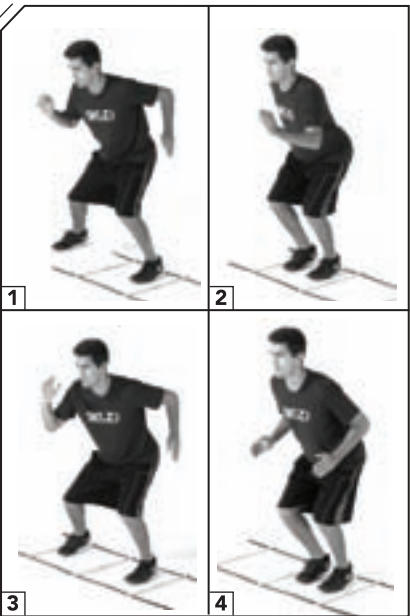
- 1 – Stand balanced on your outside leg in a quarter squat position perpendicular to Quick Ladder Pro.
- 2 – Shuffle laterally through the length of Quick Ladder Pro touching both feet in each square.
- 3 – Continue to shuffle through the entire length of Quick Ladder Pro.
- 4 – Repeat this movement, leading with the opposite leg, to complete the set.

COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your entire body.



6. LATERAL 2 IN 2 OUT

STEPS

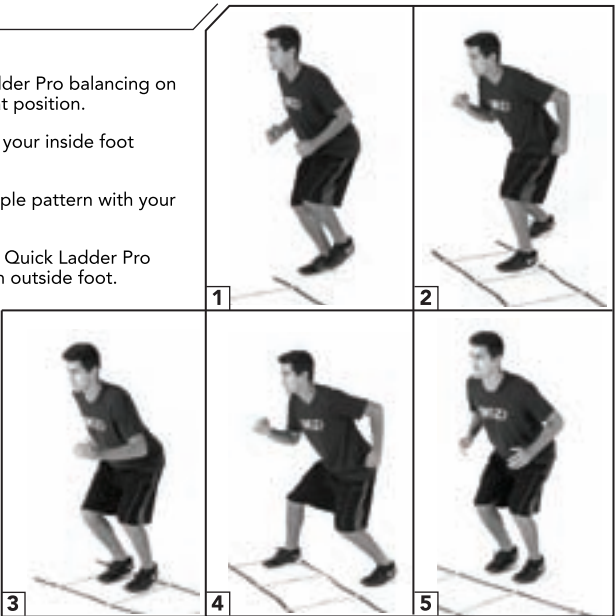
- 1 – Stand perpendicular to Quick Ladder Pro balancing on your outside leg in a quarter squat position.
- 2 – Take a step into the first box with your inside foot followed by your outside foot.
- 3 – Quickly step backward in the sample pattern with your inside then outside foot.
- 4 – Step forward into the next box of Quick Ladder Pro with the same pattern, inside then outside foot.
- 5 – Continue to alternate in and out of the boxes as you move down the length of the Quick Ladder Pro.
- 6 – Repeat the movement, leading with the opposite leg to complete the set.

COACHING TIP

Move through Quick Ladder Pro driving off your trailing leg.

FEEL IT

Working your entire body.



7. 2 IN 1 OUT—HOLD

STEPS

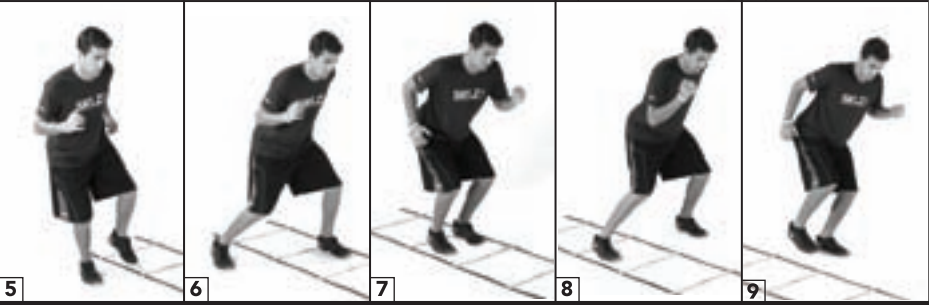
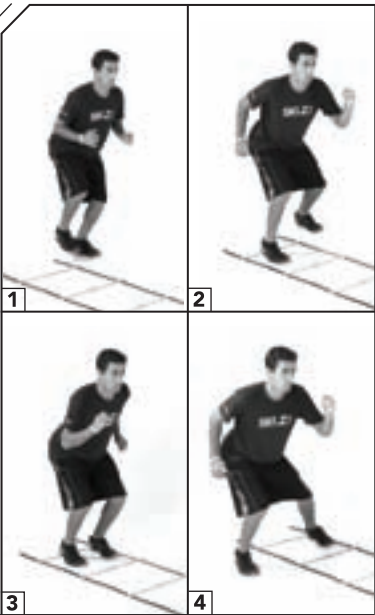
- 1 – Stand to the side of Quick Ladder Pro balancing on your outside leg, looking down the length of the ladder.
- 2 – Shuffle laterally through the first box of Quick Ladder Pro landing on the opposite side balancing on your opposite foot.
- 3 – Immediately repeat the steps to move through the next box landing on your outside foot.
- 4 – Hold your position on your outside leg for two seconds.
- 5 – Repeat the steps quickly shuffling across Quick Ladder Pro and back to complete the set.

COACHING TIP

Keep your feet apart and push off with your trailing leg.

FEEL IT

Working your entire body.



8. 2 IN 1 OUT—CONTINUOUS

STEPS

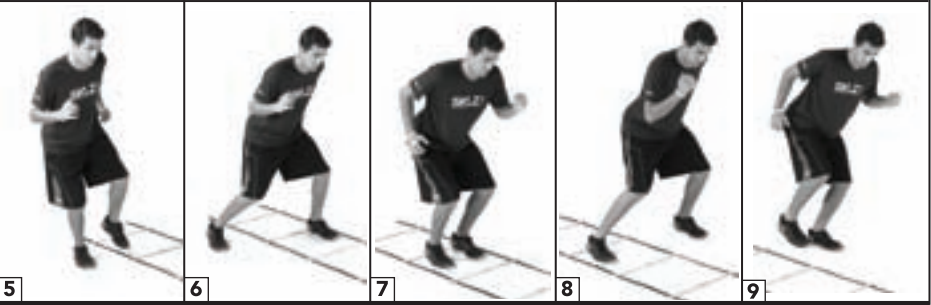
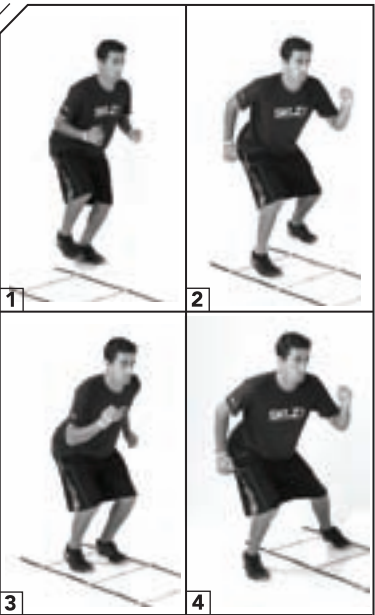
- 1 – Stand to the side of Quick Ladder Pro balancing on your outside leg looking down the length of the ladder.
- 2 – Shuffle laterally through the first box of Quick Ladder Pro landing on the opposite side balancing on your opposite foot.
- 3 – Immediately repeat the steps to move through the next box landing on your outside foot.
- 4 – Repeat the steps, quickly shuffling across Quick Ladder Pro and back to complete the set.

COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your calves, quads, and hips.



9. LATERAL CROSSOVER WITH HOLD

STEPS

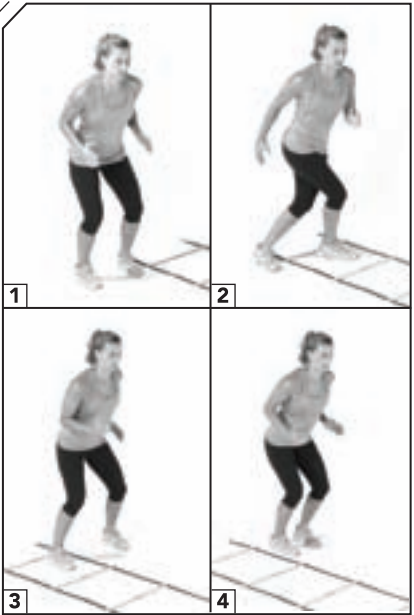
- 1 – Stand in an athletic base position with your knees slightly bent and hips back parallel to Quick Ladder Pro.
- 2 – Cross your outside leg over your inside leg landing your foot in the first box.
- 3 – Let your inside leg follow, landing outside Quick Ladder Pro on the opposite side.
- 4 – Return to a base position by placing both feet outside of Quick Ladder Pro.
- 5 – Hold the base position for two seconds before repeating the movement in the opposite direction.
- 6 – Continue to work your way up Quick Ladder Pro to complete the set.

COACHING TIP

Swivel your hips during the crossover, recovering to a base position after each crossover.

FEEL IT

Working your entire body.



10. LATERAL CROSSOVER—CONTINUOUS

STEPS

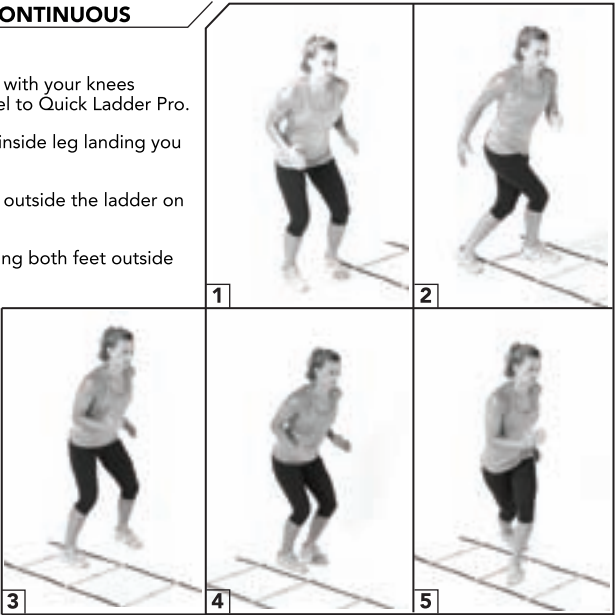
- 1 – Stand in an athletic base position with your knees slightly bent and hips back parallel to Quick Ladder Pro.
- 2 – Cross your outside leg over your inside leg landing you foot in the first box.
- 3 – Let your inside leg follow landing outside the ladder on the opposite side.
- 4 – Return to a base position by placing both feet outside of the ladder.
- 5 – Hold the base position for two seconds before repeating the movement in the opposite direction.
- 6 – Continue to work your way up the ladder.

COACHING TIP

Swivel your hips during the crossover and recover to a base position after each crossover.

FEEL IT

Working your entire body.



11. LINEAR 2 IN TO LATERAL 2 IN 2 OUT (T-FORM)

STEPS

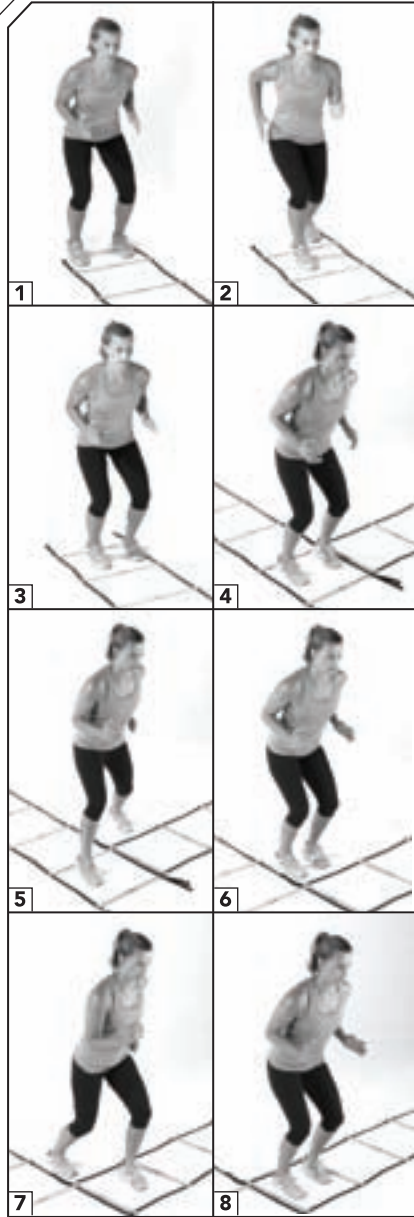
- 1 – Stand in an athletic base position with your knees slightly bent and hips back looking down the length of Quick Ladder Pro.
- 2 – Take a step into the first rung of Quick Ladder Pro with one foot, immediately followed by your rear foot.
- 3 – Continue moving forward quickly through each rung leading with the same foot and placing both feet inside each rung.
- 4 – Continue for the length of the first Quick Ladder Pro.
- 5 – At the T of the two Quick Ladder Pros, take a step into the first box with your inside foot followed by your outside foot.
- 6 – Quickly step backward in the sample pattern; inside then outside foot.
- 7 – Step forward into the next box of Quick Ladder Pro with the same pattern; inside then outside foot.
- 8 – Continue to alternate in and out of Quick Ladder Pro boxes as you move down the length of the ladder.
- 9 – Repeat the movement changing directions at the T to complete the set.

COACHING TIP

Move through Quick Ladder Pro quickly and lightly by picking up your knees and keeping your toes pulled up toward your shins.

FEEL IT

Working your entire body.



12. LINEAR 1-2-1 TO LATERAL 2 IN (T-FORM)

STEPS

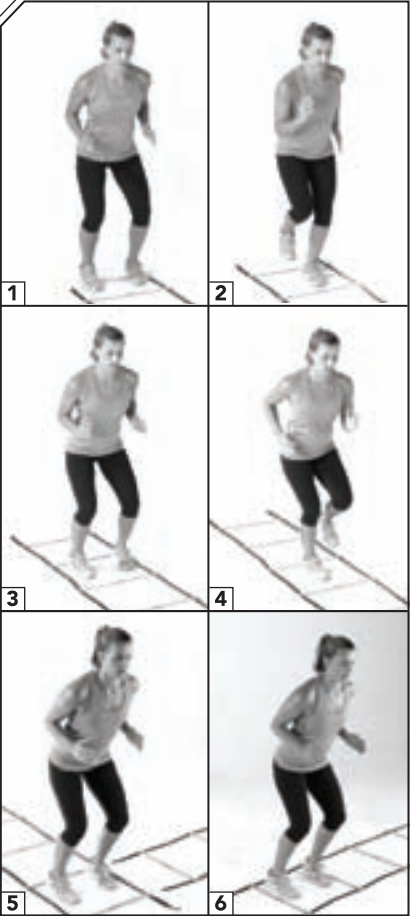
- 1 – Stand in an athletic base position with your knees slightly bent and hips back looking down the length of Quick Ladder Pro.
- 2 – Jump over the end rung of Quick Ladder Pro, landing with the left foot inside the first box.
- 3 – Jump over the second rung, landing with both feet inside the box.
- 4 – Jump over the third rung landing with right foot inside the box.
- 5 – Continue to repeat this pattern for the remainder of the length of Quick Ladder Pro.
- 6 – At the T, shuffle laterally through the length of Quick Ladder Pro touching both feet in each square.
- 7 – Continue to shuffle through the entire length of Quick Ladder Pro.
- 8 – Repeat this movement selecting the opposite direction at the T to complete the set.

COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your entire body.



13. BASE ROTATIONS—LADDER

STEPS

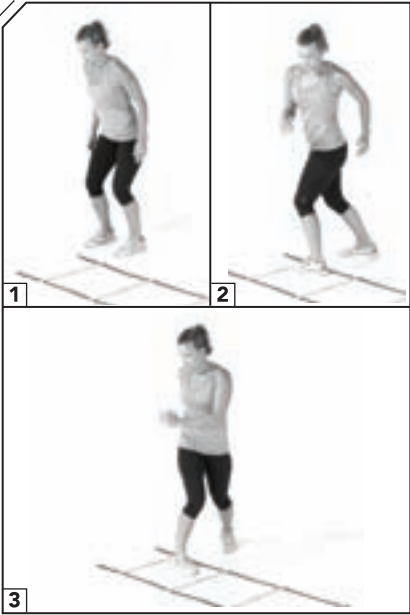
- 1 – Stand in an athletic base position perpendicular to Quick Ladder Pro at one end.
- 2 – Jump to the next box and land with your hips rotated to the right keeping your chest facing straight ahead as you move laterally down the length of Quick Ladder Pro.
- 3 – Immediately jump again to the next box and land with your hips rotated back to the left.
- 4 – Once through the length of Quick Ladder Pro, return to the starting position and repeat the movement facing the opposite direction.

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.



14. LATERAL SHUFFLE W/HOLD

STEPS

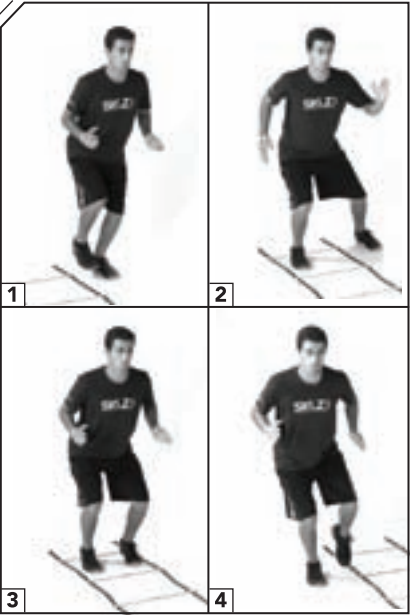
- 1 – Stand to the side of Quick Ladder Pro balancing on your outside leg looking down the length of the ladder.
- 2 – Shuffle laterally through the first box of Quick Ladder Pro landing on the opposite side balancing on your opposite foot.
- 3 – Hold on your outside leg for two seconds.
- 4 – Repeat the steps to move through the next box holding on your outside leg for two seconds.
- 5 – Continue for the length of Quick Ladder Pro to complete the set.

COACHING TIP

Keep your feet apart and push off with your trailing leg.

FEEL IT

Working your entire body.



15. LATERAL SHUFFLE CONTINUOUS TO LATERAL SHUFFLE 1 IN (T-FORMATION)

STEPS

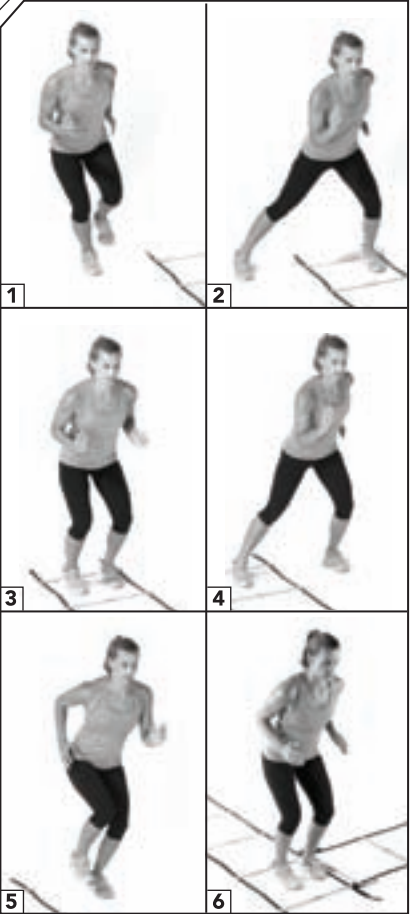
- 1 – Stand to the side of Quick Ladder Pro balancing on your outside leg, looking down the length of the ladder.
- 2 – Shuffle laterally through the first box of Quick Ladder Pro, landing on the opposite side balancing on your opposite foot.
- 3 – Immediately repeat the steps to move through the next box landing on your outside foot.
- 4 – Repeat the steps quickly shuffling across the ladder and back for the remainder of Quick Ladder Pro.
- 5 – At the T shuffle laterally through the length of Quick Ladder Pro, touching both feet in each square.
- 6 – Continue to shuffle through the entire length of Quick Ladder Pro.
- 7 – Repeat this movement selecting the opposite direction at the T to complete the set.

COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your calves, quads, and hips.



16. DOUBLE LATERAL SHUFFLE—QUICK TO STABILIZE (PARALLEL FORMATION)

STEPS

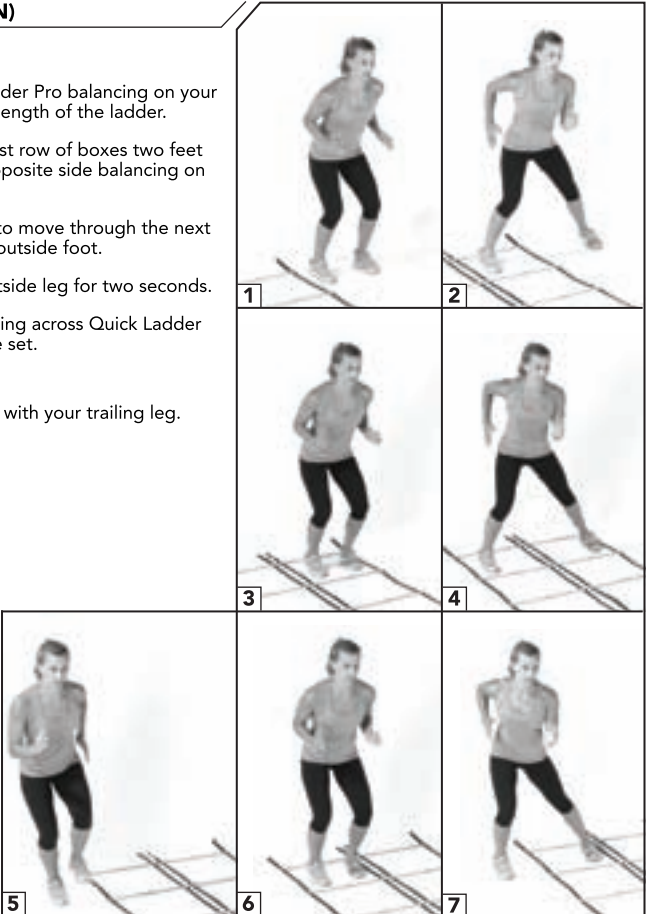
- 1 – Stand to the side of Quick Ladder Pro balancing on your outside leg looking down the length of the ladder.
- 2 – Shuffle laterally through the first row of boxes two feet in each box, landing on the opposite side balancing on your outside foot.
- 3 – Immediately repeat the steps to move through the next row of boxes landing on your outside foot.
- 4 – Hold your position on your outside leg for two seconds.
- 5 – Repeat the steps quickly shuffling across Quick Ladder Pros and back to complete the set.

COACHING TIP

Keep your feet apart and push off with your trailing leg.

FEEL IT

Working your entire body.



RECOVERY EXERCISES

1. FOAM ROLL—CALF 1-2 SETS, 45 SEC

STEPS:

- 1 – Sit on the ground with your legs straight, one crossed over the other, and a Barrel Roller under bottom leg calf.
- 2 – Lift your butt off the ground so your weight is supported by your hands and the Barrel Roller.
- 3 – Keeping hands still roll back and forth over your calf.
- 4 – Complete set on one leg before repeating on opposite.

COACHING TIP:

Place as much weight on Barrel Roller as you can tolerate. Spend more time rolling on sore spots you find.

FEEL IT:

As if you were getting a deep massage.



2. FOAM ROLL—QUADRICEPS 1-2 SETS, 45 SEC

STEPS:

- 1 – Lie facedown supporting weight on forearms with a Barrel Roller under one thigh and the other leg crossed at the ankles.
- 2 – Roll along quads from hip to just above the knee.
- 3 – Spend more time rolling on any sore spots you find.
- 4 – Complete set on one leg before repeating on opposite.

COACHING TIP:

Place as much weight on Barrel Roller as you can tolerate

FEEL IT:

As if you were getting a deep massage.



3. FOAM ROLL—GLUTE 1-2 SETS, 45 SEC

STEPS:

- 1 – Sit on a Barrel Roller with your weight shifted to one side and your hands and feet on the floor for support.
- 2 – Roll from the top of the back of your thigh to your lower back.
- 3 – Spend more time rolling on any sore spots you find.
- 4 – Complete the set on one side before repeating on the opposite side.

COACHING TIP:

Place as much weight on Barrel Roller as you can tolerate.

FEEL IT:

As if you were getting a deep massage.



PATENT PENDING

SKLZ offers a limited 1-Year warranty for this product, visit SKLZ.com for full warranty details and to register your product.

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