**QUICK LADDER TRAINING GUIDE**

**REPS AND SETS: A GENERAL GUIDELINE**
Reps and sets are a way to track progress with your training. This is a general guide. Programs will vary depending on your specific needs, goals, and achievement, experience, etc.

**PROPER FORM**
When trying movements for the first time, practice at a slightly slower speed focusing on technique and form. Control your body and do deliberate and precise movements. Once you have the movement pattern mastered then you can progress to a quicker and more aggressive pace, ultimately performing all movements without breaking form. Only use the ladder as a method of conditioning after you have become proficient at the movements and have properly warmed up. Do not push through or ignore aches and pains as you perform any movement.

1. **LINEAR 2 IN**
   
   **STEPS**
   - Stand in an athletic base position with your knees slightly bent and hips back, leaning down the length of the Quick Ladder.
   - Take a step into the first rung of the ladder with one foot, immediately followed by your next foot.
   - Continue moving forward quickly through each rung, leading with the same foot and placing both feet in each rung.
   - Continue for the length of the ladder, and then repeat the movement starting with the other foot to complete the set.

   **COACHING TIP**
   Move through the ladder quickly and lightly by picking up your knees and keeping your toes pulled up toward your shin.

   **FEEL IT**
   Working your entire body.

2. **LATERAL SHUFFLE WITH HOLD 2 IN 1 OUT - STABILIZE**
   
   **STEPS**
   - Stand to the side of the Quick Ladder, looking down the length of the ladder and balancing on your outside leg with your hips back and down in a quarter squat position.
   - Shuffle laterally through the first rung of the ladder, keeping your feet apart and pushing off with your trailing leg.
   - Once through the first rung, stick and hold on your outside leg for 2 seconds.
   - Continue highlighting laterally as you move forward through the next rung of the ladder.
   - Continue alternating through the length of the ladder to complete the set.

   **COACHING TIP**
   Move through the ladder driving off your trailing leg, picking up your knees, and keeping your toes pulled up toward your shin.

   **FEEL IT**
   Working your entire body.

3. **LATERAL SHUFFLE - QUICK TO STABILIZE 2 IN 1 OUT - QUICK TO STABILIZE**
   
   **STEPS**
   - Stand to the side of the Quick Ladder, looking down the length of the ladder and balancing on your outside leg with your hips back and down in a quarter squat position.
   - Shuffle laterally through the first rung of the ladder, keeping your feet apart and pushing off with your trailing leg.
   - Once through the first rung, cut back with your outside leg and continue the movement in the opposite direction moving forward through the next rung of the ladder.
   - When you return to the same side you started on, stick and hold on your outside leg for 2 seconds.
   - Continue for the length of the ladder, and then repeat the movement starting on the other leg to complete the set.

   **COACHING TIP**
   Move through the ladder driving off your trailing leg, picking up your knees, and keeping your toes pulled up toward your shin.

   **FEEL IT**
   Working your entire body.

4. **LATERAL SHUFFLE - CONTINUOUS 2 IN 1 OUT - CONTINUOUS**
   
   **STEPS**
   - Stand to the side of the Quick Ladder, looking down the length of the ladder and balancing on your outside leg with your hips back and down in a quarter squat position.
   - Shuffle laterally through the first rung of the ladder, keeping your feet apart and pushing off with your trailing leg.
   - Once through the first rung, cut back with your outside leg and continue the movement in the opposite direction, moving forward through the next rung of the ladder.
   - Continue for the length of the ladder to complete the set.

   **COACHING TIP**
   Move through the ladder driving off your trailing leg, picking up your knees, and keeping your toes pulled up toward your shin.

   **FEEL IT**
   Working your entire body.
5 LATERAL 2 IN

**STEPS**
1. Stand balancing on your outside leg with your hips back and down in a quarter squat position, perpendicular to the QuickLadder at one end.
2. Shuffle laterally through the length of the ladder, keeping your feet apart and pushing off with your outside leg.
3. Once through the length of the ladder, turn back with your outside leg and continue the movement in the opposite direction.
4. Continue to complete the set.

**COACHING TIP**
Move through the ladder driving off your trailing leg, picking up your knees, and keeping your toes pulled up toward your shin.

**FEEL IT**
Working your entire body.

---

6 LATERAL 2 IN 2 OUT

**STEPS**
1. Stand balancing on your outside leg with your hips back and down in a quarter squat position, perpendicular to the QuickLadder at one end.
2. Take a step with the inside foot followed by the outside foot into the first rung of the ladder, then quickly step backward with the inside foot and outside foot, immediately step forward with the inside foot followed by the outside foot into the next rung of the ladder.
3. Continue to alternate as you move down the length of the ladder.
4. Once through the length of the ladder, continue the movement in the opposite direction.
5. Continue to complete the set.

**COACHING TIP**
Move through the ladder driving off your trailing leg, picking up your knees, and keeping your toes pulled up toward your shin.

**FEEL IT**
Working your entire body.

---

7 BASE ROTATIONS - LADDER

**STEPS**
1. Stand in an athletic base position with your knees slightly bent and hips back, parallel to the QuickLadder at one end.
2. Keeping your chest facing straight ahead, move laterally down the length of the ladder by rapidly jumping slightly off the ground and rotating your hips to the right as you move your arms left.
3. Continue moving down the length of the ladder as you land and immediately jump back to your left, moving in the opposite direction.
4. Once through the length of the ladder, return to the starting position by continuing the movement in the opposite direction.
5. Continue to complete the set.

**COACHING TIP**
Use your arms to counterbalance the movement and focus on rotating your hips, not your shoulders and hips.

**FEEL IT**
Working your hips, knees, and ankles and challenging your coordination.

---

8 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 the QuickLadder at one end.
2. Keeping your chest facing straight ahead, move down the length of the ladder by rapidly moving your inside foot in and out of each rung of the ladder. 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 the ladder, return to the starting position with the movement in the opposite direction.
4. Continue to complete the set.

**COACHING TIP**
Move through the ladder in your athletic base position, keeping your toes pulled up toward your shin.

**FEEL IT**
Working your hips, knees, and ankles and challenging your coordination.

---

IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit SKLZ.com to submit your concept. We never turn down an idea.

LIMITED WARRANTY

REGISTER YOUR PRODUCT AT SKLZ.COM TO ENSURE
WARRANTY COVERAGE, GET NEW PRODUCT
INFORMATION AND SPECIAL DEALS FROM SKLZ.

![Limited Warranty Information](Limited_Warranty.png)

ADDITIONAL EXERCISES

Visit SKLZ.com for in-depth training and product videos.

Create your own customized training programs with exclusive online tools.