Ready is all or nothing. We either are, or we aren’t. In the history of human endeavor, no man has ever achieved anything with almost. It’s why we burn so many hours. It’s why our muscles throb, it’s why our eyes ache, and it’s why we live with blinders on—in constant pursuit of preparedness. And we know that as much as we pride ourselves on our dedication, this alone is not enough. Plenty of people are dedicated. Our worthiest opponents are just as hardworking as we are. So if we ever hope to win, we need to work smarter. We must be ready.

PREPARE TO BE READY

Jason Verrett
Cornerback, San Diego

Kenny Stills
Wide Receiver, Miami
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SKILL TRAINING
FOOTBALL

PASSING

QB TRAINER PRO
PORTABLE PASSING TRAINER
• Trains passing accuracy and touch
• Key receiving targets highlight a receiver’s shoulders and chest, plus a target for fade and touch passes
• Provides feedback by rejecting off-target passes and returning accurate throws in the bottom net
• Metal weighted steel frame and locking wheels
FTBL-QBFT-001
MSRP $499.99
AVAILABLE SUMMER 2016

SOLO TRAINER
PASS AND PUNT FOOTBALL TRAINER
• The perfect backyard trainer for young QBs and punters
• Works for both left- and right-handed passers and punters
• Holds footballs of any size and returns them safely
FTBL-SOLO-001
MSRP $14.99

QUICKSTER® QB TRAINER
PORTABLE PASSING TRAINER
• Pro-style training with total portability
• Three QB targets assist in throwing accuracy
• Utilizes Tension-Tite™ frame technology
QKS-QB01
MSRP $149.99
RECEIVER TRAINING GLOVES

PALM-LESS FOOTBALL GLOVES
• Practice gloves that develop proper catching techniques by focusing on the fingers
• Helps build confidence and coordination when receiving passes
• Provides feedback similar to in-game gloves when passes are caught correctly

Small - FTBL-RCVR-SM
MSRP $49.99

Medium - FTBL-RCVR-MD
MSRP $49.99

Large - FTBL-RCVR-LG
MSRP $49.99

Extra Large - FTBL-RCVR-XL
MSRP $49.99

AVAILABLE SUMMER 2016

GREAT CATCH
FOOTBALL RECEIVING TRAINING AID
• Creates more reliable hands with fewer drops and bobbles
• Learn to catch with the fingertips instead of palms
• Builds confidence, consistency and improves receiving technique

GRTCT-100-06
MSRP $19.99
FOOTBALL

UNIVERSAL KICKING TEE
HEAVY-DUTY 4-IN-1 TEE
• Multiple height configurations allow kicker to gradually transition toward kicking off the ground
• Great for high school and collegiate use
• Durable molded rubber withstands the harshest environments
4KT-100-04
MSRP $19.99

QUICKSTER®
4-IN-1 FB TRAINER
MULTISKILL FOOTBALL TRAINING NET
• The same kicking net framework as the pros
• Practice with Hi-Viz target for throwing and snapping drills
• All-weather catch net keeps balls clean throughout practice
QKS-FBTN01
MSRP $149.99

SIDELINE NET PRO
PUNTING AND KICKING NET
• Built with a weighted steel frame for maximum stability and seasons of use
• Ideal kicking and punting net for sidelines
• Features a detachable front panel that can be adjusted for punts and place kicking
FTBL-QFKN-001
MSRP $399.99

AVAILABLE SUMMER 2016
KICKING / PUNTING
DELUXE FLAG FOOTBALL SET

- 10-Man set with cones
- 10 flag belts, two velcro-attached flags per belt (one size fits most)
- Easy-to-use, slip-off surface allows for quick changes to the game plan
- Durable material allows for full-field view on one side and storage view on the other
- Durable construction to withstand adverse weather

10-MAN SET WITH CONES (one size fits most):
- $49.99

12-MAN SET:
- $19.99

COACHES’ BOARD

DRY-ERASE COACHING TOOL

- Ideal for solo practice or team settings
- Portable, lightweight, sets up and breaks down easily
- Adjustable telescoping pole (6.5’ to 8’) gives various height options
- Double-sided for full-field view on one side and close-up view on the other
- Durable construction to withstand adverse action

DRM-100-02:
- $19.99

DELUXE FLAG FOOTBALL SET

D-MAN HANDS-UP DEFENSIVE MANNEQUIN

- Ideal for solo practice or team settings
- Portable, lightweight, sets up and breaks down easily
- Adjustable telescoping pole (6.5’ to 8’) gives various height options
- Durable construction to withstand adverse action

DMBK-000-02:
- $59.99

C6 DUFFLE BAG

ODOR-ELIMINATING TRAINING BAG

- C6 Technology keeps duffle bag and clothes smelling clean
- Strong, durable fabric prevents tear
- Padded shoulder strap and handle allow for bag to be carried by hand or over the shoulder

SKLZ-DUFFLE-001:
- $79.99

TRAINING BACKPACK

SPORT TRAINING ESSENTIALS BAG

- C6 Technology eliminates unwanted odors
- Holds all necessary gear for your training and school
- C6 vented compartment, plus a fleece lined pocket for valuables

SKLZ-BBALPK-001:
- $79.99

TRAINING ESSENTIALS

STRENGTH FOOTBALL

FOOTBALL-SPECIFIC RESISTANCE TRAINER

- Keys in increasing ball security and reducing fumbles
- Team football movements with resistance from the ball
- Build ball-handling confidence in players during hurdle and cone drills

FF02-500-04:
- MSRP $19.99

1ST AND 10

10-MAN FLAG FOOTBALL SET

- Low-profile, snap-button flags that swing freely but stay secure
- Multiple attachment points so flags stay directly on the hips
- Comfortable belt adjusts to securely fit waist sizes 26” to 38”

FFDX-001:
- MSRP $49.99

EQUIPMENT BAG

HEAVY-DUTY ROLLING BAG

- Carry your entire practice session in one bag
- 3 internal pockets
- 35” long, 18” wide and 15” deep

SKLZ-EQUIPBAG:
- MSRP $199.99

C6 DUFFLE BAG

HEAVY-DUTY ROLLING BAG

- Carry your entire practice session in one bag
- 3 internal pockets
- 35” long, 18” wide and 15” deep

SKLZ-DUFFLE-001:
- MSRP $79.99

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HEAVY-DUTY ROLLING BAG

- Carry your entire practice session in one bag
- 3 internal pockets
- 35” long, 18” wide and 15” deep

SKLZ-EQUIPBAG:
- MSRP $199.99
PERFORMANCE TRAINING
MINI BANDS
MULTI-RESISTANCE TRAINING BAND SET
• Effective and versatile training tool that can be used anywhere
• Use for upper and lower body resistance training
• Ideal for lateral movement and stabilization exercises
APD-MBD01-02
Also available in bulk
Yellow (10 pk) APD-MBYLW-000
MSRP $17.99
Red (10 pk) APD-MBRED-000
MSRP $19.99
Black (10 pk) APD-MBBLCK-000
MSRP $21.99

COLD ROLLER BALL
HANDHELD ICE THERAPY
• Combines targeted massage with ice therapy to reduce inflammation
• Insulating gel maintains ball's temperature longer
• Smooth stainless steel ball glides comfortably over skin
APD-CLDRLR-02
MSRP $39.99

ACCUSTICK™
TENSION RELIEF TOOL
• Recover faster with massage and trigger point release
• Target all muscle groups with curves, convex and points
• Lightweight and portable to use anywhere you train or play
ACST-001
MSRP $16.99

ACCUROLLER
ADJUSTABLE MASSAGE ROLLER
• Adjustable balls for versatile trigger point release
• Helps increase muscle flexibility and strength
• Designed for head-to-toe massaging and stretching
APD-ACRL01-04
MSRP $39.99

ACCUSTRAP
TRIGGER POINT RELEASE MASSAGE BALL AND STRAP
• Increases circulation and accelerate recovery by releasing knots
• Dual density (think golf and lacrosse ball) for massage and trigger point release
• Easy to use against a wall to release hard-to-reach areas
APD-MSSRL-06
MSRP $29.99

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ROLLE R BALL
HANDHELD TRIGGER POINT RELEASE
• Friction-free glide ball for trigger point release
• Comfortable, rubberized grip fits all hand sizes
• The must-have massage tool that fits in your bag
• Comes in 12-pack PDQ
ROLB-001-12
MSRP $14.99 each

ACCUBALL
TRIGGER POINT RELEASE MASSAGE BALL
• Dual-density think golf and lacrosse ball for massage and trigger point release
• Rolls against your body weight or use in hard to target trigger points
• Convertible dual yellow “knob” works like a massage therapist’s knuckles or elbows
APD-KNCBL-04
MSRP $19.99

ACCUPUT
ERGONOMIC SPINE AND TISSUE MASSAGER
• Increases the spine and applies pressure for increased circulation
• Helps accelerate recovery from sport training
• Ergonomic, spine-friendly design
APD-ACP01-02
MSRP $14.99

MASSAGE BAR
SOFT-TISSUE MASSAGE TOOL
• Massage muscles following any activity
• Accelerate active recovery
• Handles inspired by mountain biking for even pressure and comfort
APD-MSGBAR-04
MSRP $29.99

ACCUSKIN
TENSION RELIEF MASSAGE TOOL
• Recovery faster with massage and trigger point release
• Target all muscle groups with curves, convex and points
• Lightweight and portable to use anywhere you train or play
ACST-001
MSRP $16.99

ACCUPOIN
TRIGGER POINT RELEASE MASSAGE BALL
• Dual-density think golf and lacrosse ball for massage and trigger point release
• Rolls against your body weight or use in hard to target trigger points
• Convertible dual yellow “knob” works like a massage therapist’s knuckles or elbows
APD-KNCBL-04
MSRP $19.99

ROLLERO BALL
HANDHELD TRIGGER POINT RELEASE
• Friction-free glide ball for trigger point release
• Comfortable, rubberized grip fits all hand sizes
• The must-have massage tool that fits in your bag
• Comes in 12-pack PDQ
ROLB-001-12
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• Ergonomic, spine-friendly design
APD-ACP01-02
MSRP $14.99
**STRENGTH / POWER**

**MED BALL**
- Weighted Training Ball
- Trains upper body, rotational power and core strength
- Non-slip pattern offers secure grip
- Improves hitting, swinging or throwing

<table>
<thead>
<tr>
<th>Weight</th>
<th>Model</th>
<th>MSRP</th>
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<tbody>
<tr>
<td>6 lb</td>
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<tr>
<td>15 lb</td>
<td>MBRT-015</td>
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</table>

**LATERAL RESISTOR PRO**
- Strength and Speed Trainer
- Develops front-step quickness and lateral speed
- Strengthens key muscles for fluid movement and proper body positioning
- Patented Slide-Lock™ system for quick, safe switching of resistance cables

<table>
<thead>
<tr>
<th>Weight</th>
<th>Model</th>
<th>MSRP</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>APR-LP1</td>
<td>$29.99</td>
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</tbody>
</table>

**HOPZ™**
- Vertical Jump Trainer
- Builds explosive leg power and strengthens jumping muscles
- Move resistance cables on belt to target specific muscles
- Change resistance cable quickly with patented Slide-Lock™ on belt and ankle straps

<table>
<thead>
<tr>
<th>Weight</th>
<th>Model</th>
<th>MSRP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>APD-HOPZX</td>
<td>$69.99</td>
</tr>
</tbody>
</table>

**POWER SLED**
- Push/Pull Speed and Strength Trainer
- Develops speed, acceleration, strength and endurance
- Strengthens lower body for explosive leg drive
- Extra tall vertical push bar for use of all heights

<table>
<thead>
<tr>
<th>Weight</th>
<th>Model</th>
<th>MSRP</th>
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<tbody>
<tr>
<td></td>
<td>CRM-PWSLED</td>
<td>$229.99</td>
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</tbody>
</table>

**SPEED SLED**
- Power and Acceleration Trainer
- Maximizes stride efficiency and improves explosive strength
- Holds standard and Olympic weights
- Heavy-duty nylon tow leash and padded harness

<table>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>CRM-SPSLED</td>
<td>$99.99</td>
</tr>
</tbody>
</table>

**PLYO BOXES**
- Multi-Height Plyometric Platforms
- Heavy-duty, 1-inch steel construction
- Anti-slip design for safe workouts
- Stackable for space efficiency
- Textured, non-slip rubber landing surface

<table>
<thead>
<tr>
<th>Weight</th>
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<th>MSRP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>CRM-PLYO-BOX</td>
<td>$279.99</td>
</tr>
</tbody>
</table>

**MED BALL RACK**
- 6-Tier Medicine Ball Rack
- Durable rack holds up to 6 medicine balls
- Constructed of high-quality, black tubular steel
- Sturdy and easy to assemble
- Measures 62.3" x 14.96" x 12.2" and weight 22 lb

<table>
<thead>
<tr>
<th>Model</th>
<th>MSRP</th>
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<tbody>
<tr>
<td>MBRT-RACK-01</td>
<td>$129.99</td>
</tr>
</tbody>
</table>
**STRENGTH / POWER**

**PRO BANDS**

- **FUNCTIONAL CORE STABILITY DISCS**
  - Low anywhere training that builds core strength and increases flexibility
  - Low-friction, durable material glide smoothly on virtually any surface
  - Large surface area and ergonomic tread provides a comfortable, non-slip grip for hands and feet
  - **SLIDEZ 501**
  - **MSRP** $29.99

- **DYNAMIC RESISTANCE/ASSISTANCE TRAINER**
  - Enhances traditional plank and push-up exercises
  - Develops pillar strength (shoulders, torso and hips) through a variety of exercises
  - Wheels on each axle move together for safety and comfort
  - **COREWHEELS®**
  - **MSRP** $29.99

- **HEAVY-DUTY TRAINING SACK**
  - Develops power and explosiveness
  - Great for building strength throughout body
  - Four weight bags included – must be filled with a high-density material like sand
  - **SUPER SANDBAG**
  - **MSRP** $49.99

- **CORE AND BALANCE TRAINER**
  - Promotes core strength, improve balance and posture
  - Features printed workouts from a single training device
  - **STABILITY BALL**
  - **MSRP** $24.99

- **SELF-GUIDED STABILITY BALL**
  - 16 essential exercises printed on the ball to engage core stabilizers, maximize flexibility and improve muscle regeneration
  - Portable and convenient for training anywhere
  - Designed by professional trainers
  - **STABILITY BALL PRO**
  - **MSRP** $24.99

- **DEVELOPS LATERAL SPEED AND FORWARD ACCELERATION**
  - **RECOIL 360°**
  - **MSRP** $29.99

- **SELF-GUIDED FUNCTIONAL EXERCISE MAT**
  - 12 essential exercises printed on the mat to engage core stabilizers, maximize flexibility and improve muscle regeneration
  - Portable and convenient for training anywhere
  - Designed by professional trainers
  - **TRAINERMAT®**
  - **MSRP** $29.99

**SUPER SANDBAG**

- **HEAVY-DUTY TRAINING SACK**
  - Develops power and explosiveness
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  - Four weight bags included – must be filled with a high-density material like sand
  - **APR-SB75-02**
  - **MSRP** $49.99

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  - **MSRP** $29.99
FUNCTIONAL TRAINING SYSTEM

PERFORMANCE

STRENGTH / POWER

FUNCTIONAL TRAINING SYSTEM

STRENGTH TRAINER

- Extra Heavy 90-100 lb  TC 90BX-XHY
- Heavy 70-80 lb  TC 70BX-HVY
- Medium 50-60 lb  TC 50BX-MED
- Light 30-40 lb  TC 30BX-LGT
- Extra Light 10-20 lb  TC 10BX-ELT

TRAINING CABLE

- Available 10.01.15
- Compatible and interchangeable with all Slide-Lock™ components
- Build strength, stability and power
- Slide-Lock components

TRIPLE QUICK CHANGE HANDLE

- INTERCHANGEABLE MULTI-CABLE RESISTANCE TRAINER
  - Patented Slide-Lock™ system for quick and safe cable changes
  - Contoured, ergonomic handle design with rotating grips
  - Use with Training Cables for variable resistance

DOOR ANCHOR

- DURABLE TRAINING CABLE ANCHOR
  - Holds up to three 100-pound cables
  - Flexible cable cradle increases longevity of cables by reducing friction and wear
  - Use with any three-hinged door to increase the amount of exercise possibilities

UNIVERSAL ANCHOR

- INDOOR/OUTDOOR ANCHOR POINT
  - Turns existing door or pole into an anchor point for training
  - 360° rotation allows for all types of movement
  - Compatible and easily interchangeable with Slide-Lock™ components

UNIVERSAL CUFF

- FUNCTIONAL TRAINING CUFF
  - Upper and lower body attachment to build strength and stability
  - 360° rotation allows for full range of motion
  - Compatible and easily interchangeable with Slide-Lock™ components

FUNCTIONAL TRAINING HANDLES

- FUNCTIONAL TRAINING HANDLES
  - Connected handles enhance upper body training
  - 360° rotation allows for all types of movement
  - Compatible and easily interchangeable with Slide-Lock™ components

FUNCTIONAL TRAINING CUFF

- UNIVERSAL CUFF
  - $14.99

INTERCHANGEABLE MULTI-CABLE RESISTANCE TRAINER

- Use with any three-hinged door to increase the amount of exercise possibilities
- Patented Slide-Lock™ system for quick and safe cable changes
- Contoured, ergonomic handle design with rotating grips
- Use with Training Cables, up to three at one time, for variable resistance

SINGLE QUICK CHANGE HANDLE

- INTERCHANGEABLE SINGLE-CABLE RESISTANCE TRAINER
  - Patented, Slide-Lock™ system for quick and safe cable changes
  - Contoured, ergonomic handle design with rotating grips
  - Use with Training Cables for variable resistance

FLEX QUICK CHANGE HANDLE

- FLEXIBLE SINGLE-CABLE RESISTANCE TRAINER
  - Patented Slide-Lock™ system for quick and safe cable changes
  - Flexible strap and moveable handle allows for a variety of grips
  - Use with Training Cables for variable resistance

CHOP BAR

- ROTATIONAL POWER TRAINER
  - Build core power
  - Trains sport specific swing movements
  - Connected handles enhance upper body training

DUAL HANDLES

- DUAL HANDLES
  - 360° rotation allows for all types of movement
  - Compatible and easily interchangeable with Slide-Lock™ components

FUNCTIONAL TRAINING CUFF

- UNIVERSAL CUFF
  - $14.99

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QUICK LADDER PRO
TANGLE-FREE AGILITY AND FOOTWORK TRAINER
• Tangle-free fold means no time spent untangling and more time training
• Low-profile edges minimize chance of catching cleats
• Rungs and sides are extendable for attaching more ladders
LADD-001 $59.99

QUICK LADDER
15’ FLAT-RUNG AGILITY LADDER
• Improves acceleration, lateral speed and change of direction
• Improves quickness through accelerated foot strikes and 360 frequency
• Develops the core skills necessary to enhance balance, rhythm and body control
REG-E012 $29.99

ELEVATION LADDER
2-IN-1 SPEED HURDLES AND LADDER
• Switch between a flat ladder and 4” hurdles in seconds
• 7-foo, 8-rung long ladder
• Each ladder rung measures 36” wide and 15” long
APL-ELD01 $49.99

6X HURDLES
FOOTWORK AND AGILITY TRAINING HURDLE
• Highly durable, multi-functional speed, agility and plyometric hurdle
• Bounce-back construction
• Superior, one-piece twist design
• Set of 6
SPH-001 $69.99

AGILITY CONES
20 CONES IN 4 COLORS
• Multiple high-visibility colors for marking training areas
• Durable, will not break when stepped on
• Set of 20, 2” tall cones
ACO-HC01 $19.99

PRO TRAINING AGILITY CONES
2” x 3” CONES
• Engineered with extremely durable, pop-back material
• Square base design for better balance
• Built to work on turf, courts, grass and any other surface
2” Cone Set of 20 ACON-001 $20.99
2” Cone 6” x 12” ACON-002 $20.99
6” Cone Set of 4 SIAC-001 $19.99
6” Cone 6” x 12” SIAC-002 $20.99

PRO TRAINING UTILITY WEIGHT
AGILITY POLE, ARC AND SOCCER GOAL WEIGHT
• Holds up the Pro Training Agility Poles and Arca for use on any surface
• Add stability to Quickster, Soccer Trainers and Pro Training Goal for better balance on all surfaces
• Four pounds each, of durable rubber
• Set of 2
• No retail packaging
ACWT-001 $49.99

PRO TRAINING UTILITY POLES
TELESCOPING AGILITY TRAINER
• Unique design works on grass, turf and courts with Pro Training Utility Weights
• Multiple training options with reversible spike
• Telescopes to three different heights for different phases of training
• Set of 8
TAP0-001 $79.99

PRO TRAINING AGILITY BANDS
FLEXIBLE AGILITY TRAINER
• Perfect for plyometric, speed and agility training and hip instability drills
• Safe design helps prevent injuries when players fall or trip on them
• Can be used in skills exercises or as a gate or obstacle
• Set of 4
PTAB-BAND-001 AVAILABLE EARLY 2016 $24.99
**SPEED / AGILITY**

**SPEED CHUTE**  
RESISTANCE SPRINT TRAINER  
- Maximizes acceleration and top running speed through resistance and overspeed training  
- 360° rotation belt with free-motion ring allows for movement in any direction  
- Quick-release belt buckle allows training with acceleration bursts  
MSR $29.99

**SPEEDSAC™**  
VARIABLE-WEIGHT SPRINT TRAINER  
- Improves 40-yard dash times, overall speed and explosiveness  
- Boosts acceleration and stride length  
- Strengthens lower-body muscle groups  
- Adjust weight options for variable resistance  
- Simple construction makes it portable and versatile to use anywhere  
MSR $99.99

**REACTION BALL®**  
MULTI-SPORT AGILITY TRAINER  
- Six-sided high-bounce rubber design causes the ball to hop and hop randomly  
- Sharpens depth perception and reactions  
- Use solo or in a team setting on hard surfaces or walls  
MSR $9.99
FITNESS / CONDITIONING

TRAINING ROPE PRO
STRENGTH AND ENDURANCE TRAINER
• Builds strength, power, endurance, balance and muscle control
• 47" long for optimal performance
• Sheathed for ultra durability
HROP-83-001 MSRP $179.99

WEIGHTED JUMP ROPE SET
STRENGTH AND CONDITIONING TRAINER
• Design engages posterior, core and postural muscles
• Patented swivel 8 allows rope to rotate smoothly around handle
• Ropes change easily and quickly
• Additional medium (1.5-lb) and heavy (2-lb) ropes sold separately
HROP-1-001 MSRP $29.99

SPEED ROPE
SPEED AND CONDITIONING TRAINER
• Speed rope with dual ball bearings and steel rod for faster rotation
• Coated low-kink cord
• Slim, comfortable handle with 90-degree cord angle
SROP-001 MSRP $29.99

JUMP ROPE
CONDITIONING TRAINER
• Great tool for improving coordination, footwork and quickness
• Exceptional value, durable jump rope
• Ergonomic, padded grips
JROP-001 MSRP $14.99

MEDIUM (1.5-LB) AND HEAVY (2-LB) JUMP ROPE COMPONENTS
STRENGTH AND CONDITIONING TRAINER
• Design engages posterior, core and postural muscle
• Patented swivel 8 allows rope to rotate smoothly around handle
• Ropes change easily and quickly
• Handles available in the Weighted Jump Rope Set
HROP-34-001 MSRP $19.99
HROP-2-001 MSRP $19.99

FITNESS / CONDITIONING