



## SKLZ Lateral Resistor Pro



Strength and speed trainer - a good approach and fast lateral movements are essential for many sports. The SKLZ Lateral Resistor forces the athlete to maintain the correct body position and at the same time trains almost all muscles that are necessary for the movements of the lower body.

**CHF 49.00**

The Lateral Resistor Pro improves first step quickness and lateral quickness using the three resistance bands and patented Slide-Lock technology. Created to strengthen the important muscle groups and have a fluid movement and correct posture. The Lateral Resistor Pro is the fastest way to get the results you want.

- Strength and speed trainer
- develop lateral speed and a fast start
- Strengthen important muscles for smooth movement and correct posture
- patented Slide-Lock system for fast, safe exchange of training bands
- includes 3 different resistance bands: light (yellow), medium (red) and strong (black)