



## SKLZ Recoil 360



Resistance trainer from all positions - the Recoil 360° allows you to train sport-specific movements and patterns with resistance or support. During stretching, the flexicord of the SKLZ Recoil 360° increases resistance, while during supramaximal or overspeed training, the flexicord increases speed.

**CHF 74.90**

- Train all sports movements and change between resistance and support
- To build up strength and condition for sprinting, jumping, shuffling and changing direction
- train with a partner or attach the rope to a stable object
- adjustable 360° waist belt
- up to 6m stretchable flexicord
- incl. a 6-week progressive training plan