



SKLZ trainer mat



Training mat with exercises - designed by top-class trainers, TRAINERmat Sport Performance offers 24 essential exercises for absolute strength and stretching to improve speed, agility and explosiveness. Incorporating these exercises into daily workouts also promotes recovery and reduces the risk of injury. The mat was tested by KTipp to be the best mat.

CHF 59.00

The SKLZ Trainermat is a training mat that comes with a trainer.

Made from a durable, phthalate-free material, this mat was created by professional trainers for top athletes: 24 essential strength and stretching exercises printed on the mat support your key skills and improve recovery. Train the foundation of your performance with a simply brilliant plan.

- 24 essential strength and stretching exercises printed on the mat: key elements for speed, agility and explosiveness.
- Created by professional coaches for top athletes.
- Incorporate into daily workouts for quick recovery and to minimize risk of injury.
- L152 x W51 x D0.6cm for maximum comfort and versatility
- Durable, phthalate-free material