



SKLZ Quick Ladder



Coordination Ladder - Train with the Quick Ladder and improve your kick-off, lateral quickness and change of direction as well as balance, rhythm and body control. These skills are immensely important for any athlete who wants to be faster than the competition.

CHF 39.90

- Improve kick-off, lateral quickness and change of direction
- Improve quickness through accelerated ground contact and push-off frequency
- Develop core skills needed to increase balance, rhythm and body control
- 11 durable plastic rungs for high-intensity training
- 11 adjustable, flat plastic rungs for increased safety: 38cm distance between rungs (length 420cm)
- Includes a carrying bag for easy transportation