



SKLZ®

DIAMOND 2015



PREPARE TO BE READY

SKLZ®

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.

THE EXTRA BAT SPEED THAT LEADS TO EXTRA BASES

Using an under load/overload training philosophy, this revolutionary system is a 6-week program that's proven to increase swing velocity. This best-in-class system is also the only bat speed program designed for use during live batting practice. On average, hitters add 10+MPH to their swings using this program.

Ammo Bat System Features:

- On average, hitters add 10+MPH to their swings (60' of hitting distance) using this system.
- System includes three bats — unloaded, head loaded, hand loaded — and instructional videos.
- Six-week, step-by-step system with results proven at the nation's top baseball programs.
- Choose your program based on your age and size preference.



Pro/34 . . . \$399.99 SKU: AMMO-3-3431

Pro/33 . . . \$399.99 SKU: AMMO-3-3330

Pro/32 . . . \$399.99 SKU: AMMO-3-3229

AMMO BAT SYSTEM - PRO

ALUMINUM [-3]	32/29	33/30	34/31
UNLOADED [-9]	32/23	33/24	34/25
HAND LOADED [+3]	32/35	33/36	34/37
HEAD LOADED [+3]	32/35	33/36	34/37



Junior/30 . . . \$374.99 SKU: AMMO-5-3025

Junior/31 . . . \$374.99 SKU: AMMO-5-3126

Junior/32 . . . \$374.99 SKU: AMMO-5-3237

AMMO BAT SYSTEM - JUNIOR

ALUMINUM [-5]	30/25	31/26	32/27
UNLOADED [-5]	30/20	31/21	32/22
HAND LOADED [+5]	30/30	31/31	32/32
HEAD LOADED [+5]	30/30	31/31	32/32



Youth/29 . . . \$349.99 SKU: AMMO-8-2921

Youth/30 . . . \$349.99 SKU: AMMO-8-3022

Youth/30 . . . \$349.99 SKU: AMMO-8-3123

AMMO BAT SYSTEM - YOUTH

ALUMINUM [-8]	29/21	30/22	31/23
UNLOADED [-8]	29/17	30/17.5	31/18.5
HAND LOADED [+4]	29/25	30/26.5	31/32
HEAD LOADED [+4]	29/25	30/26.5	31/32





MSRP \$39.99
SKU: CHNL-001

CHANNEL TEE

CONTACT TRAINING TEE

Portable and durable tee to help train hitters proper plate coverage.

Channel Tee Features

- Tee has built in "channel" that allows the tee shaft to be positioned over multiple areas of home plate
- Removable tee shaft for increased portability
- Hitting program for young hitters

OCTOBER 2015



Channel Tee



MSRP \$14.99
SKU: JS03-250-04

POP-BACK TEE

ADJUSTABLE HEIGHT BATTING TEE

After each swing, the tee pops back to its set position, which means less time setting up and more time spent on skill development.

Pop-Back Tee Features

- Starter tee with fully telescoping tee arm for height adjustment
- Improves swing mechanics and body positioning
- 14" flexible base immediately returns the tee arm to the starting position after any contact
- Sets up instantly, rolls up for compact carrying and storage



MSRP \$19.99
SKU: BTYTH-100-04

YOUTH TEE

ADJUSTABLE HEIGHT BATTING TRAINER

Helps future major leaguers improve their confidence, swing mechanics, and body positioning. The perfect beginners' tee is great for practice or youth t-ball games.

Youth Tee Features:

- Perfect beginners' training tee, use for practice or t-ball game
- Improves swing mechanics and body positioning
- Durable batting tee with rubber home plate base
- Three-piece adjustable pole height from 18 to 26 inches
- Sets up quickly and easily



MSRP \$24.99
SKU: BTTRV-100-02

TRAVEL TEE

QUICK-ASSEMBLY PORTABLE TEE

Light and portable tee built to train batters in any environment.

Travel Tee Features

- Helps to build a solid swing
- Folds down and fits easily into bat bags
- Flexible rubber tee top provides "give" and stability



MSRP \$44.99
SKU: BTTRV-DLX-02

TRAVEL TEE DLX

QUICK SETUP, ULTRA-DURABLE BATTING TEE

Portable and extra durable to withstand high-usage and won't add resistance when making contact with the ball.

Travel Tee DLX Features:

- Great for any strike zone — height adjusts from 28" to 46"
- Sturdy tripod designed for stability
- Fits virtually any size ball
- Replaceable tee top



MSRP \$39.99
SKU: BTSP-100-02

5-POSITION TEE

TRADITIONAL BATTING TEE

Learn the best position for outside, middle and inside pitches. This portable baseball tee is perfect for tee ball games or practice hitting into a net.

5-Position Tee features:

- Improve swing mechanics and body positioning
- Flexible rubber neck provides "give" and stability with a sturdy base
- Includes integrated handle for easy carrying



MSRP \$39.99
SKU: BT01-500-02

5-POSITION BRUSH TEE

TRUE FLIGHT BATTING TEE

Prepare for any pitch – outside, inside or right down the middle with the adjustable training tee. The brush top provides the most realistic ball flight off the tee.

5-Position Brush Tee features:

- Get cleanly through the ball without shock to the bat or hands
- Brush top provides realistic ball flight, feel and feedback
- Easy to position for 5 zones across the plate – outside, middle, inside, high and low



MSRP \$99.99
SKU: PTBB-001

PRO TEE

TRAINING GRADE BATTING TEE

Pro grade tee built for simplicity, durability, and portability.

Pro Tee Features:

- Tee is built for durability and simplicity for hours of hitting.
- Removable 8 pound base
- Durability with portability

OCTOBER 2015





MSRP \$99.99
SKU: PXTCH-SNG-02

PRO X TEE™ SINGLE

INDUSTRIAL GRADE BATTING TEE

Build a solid swing and contact. Super durable design will withstand thousands of swings from elite players.

Pro X Tee Single Features:

- Dual-wrapped neoprene and nylon tee top for durability
- Fits virtually any size ball
- 27" to 47" adjustable height



MSRP \$149.99
SKU: PXTCH-100-02

PRO X TEE™ TRIPLE

MULTI-POSITION INSTRUCTIONAL TEE

Institutional grade tee to practice countless drills and correct swing flaws. Designed with dual wrapped tee tops to provide years of use.

Pro X Tee Triple Features:

- Improve bat path, swing mechanics and body positioning
- Easily disassembles to pack into included carry bag
- Use for dozens of drills including: Inside Pitch, Outside Pitch, Middle Pitch, Swing Path and more



Ball Bag



Stay Back Bar



Power-Thru Tee Top

MSRP \$39.99
SKU: PXTCH-ACC-02

PRO X TEE™ ACCESSORIES

PRO-GRADE BATTING TEE ACCESSORIES

Comprehensive package includes the Power-Thru Tee Top, the Stay Back Bar and a Ball Bag

Pro X Tee Accessories Features:

- Power-Thru Tee Top is designed to hold oversize balls for strength training
- Stay Back Bar is designed to provide instant feedback on stride length or direction
- Bag Ball holds 50 baseballs and 30 softballs and attaches to the Pro X Tee cross bar

MSRP \$99.99
SKU: QSPX4-000

QUICKSWING™ PX4

4-WAY GRAVITY-DROP AND REBOUNDER SYSTEM

Develop a short, quick swing. This is an evolution that offers 3 additional ways to train: tee simulation, soft toss and turnaround double play.

Quickswing PX4 Features:

- Auto-feeds 12 baseballs, 8 softballs or 14 small training balls at 6, 8 or 10 second cadence
- Develops fast hands, sharp reaction times and solid mechanics
- Four configurations: auto-feed gravity drop, rebounder for imitation tee hitting, rebounder angled for soft toss and rebounder angled for turn around double play
- Requires 3, AAA batteries



MSRP \$149.99
SKU: HW01-PTS

HIT-A-WAY PTS

PORTABLE TRAINING STATION

Maximize power, swing speed and mechanics with repetition training—up to 500 swings per hour. Fold-up design is great for simulated pitching at-home or during pre-game warm up.

Hit-A-Way PTS Features:

- All-in-one design sets up and collapses easily for carrying and storage
- Perfect for individual or team practice
- Twist-back design simulates real pitches





MSRP \$199.99
SKU: JS10-000

HURRICANE™ CATEGORY 4

HIGH-REP SOLO SWING TRAINING MACHINE

Develop swing power, technique and speed with a stationary or moving target.

Hurricane Category 4 Features:

- Turns two-man target training into an advanced solo trainer
- Can be used for static tee practice or as a dynamic moving target
- Multi-twist mechanics provides feedback on bat speed and power



MSRP \$79.99
SKU: CATA-001

CATAPULT™ SOFT TOSS MACHINE

SOFT TOSS PITCHING AND FIELDING TRAINER

Builds visual acuity and hitting accuracy.

Catapult Soft Toss Machine Features:

- Builds visual acuity and hitting accuracy
- Automatically tosses regulation baseballs and practice balls every 8 seconds.
- Adjustable height and distance



Catapult Soft Toss Machine



MSRP \$29.99
SKU: SJS01-10TH-04

HIT-A-WAY® BASEBALL

HIGH-REPETITION SOLO BATTING TRAINER

Legacy product that is proven to help batters with swing mechanics and hitting consistency.

Hit-A-Way Baseball Features:

- Refine mechanics through repetition training – up to 500 swings per hour
- Maximize power and swing speed
- Tethered ball and cord to easily attach to any pole or tree



MSRP \$29.99
SKU: SJS02-10TH-04

HIT-A-WAY SOFTBALL

WORLD'S #1 SOFTBALL SWING TRAINER

Legacy product that is proven to help batters with swing mechanics and hitting consistency.

Hit-A-Way Softball Features:

- Refine mechanics through repetition training – up to 500 swings per hour
- Maximize power and swing speed
- Tethered ball and cord to easily attach to any pole or tree



MSRP \$39.99
SKU: JS09-100-02

TARGET™ SWING TRAINER

BASEBALL SWING TRAINER

Now your coach can provide complete control for your batting training with the horizontal hitter design of the Target Swing Trainer. Adjust height, position over the plate, and speed as you like.

Target Swing Trainer Features:

- Horizontal hitting design gives correct feedback on each swing
- Simulates virtually any type of pitch
- Ideal one-on-one coaching and batting training tool



MSRP \$49.99
SKU: SJS09-200-02

TARGET SWING TRAINER SOFTBALL

TWO-PERSON SOFTBALL SWING TRAINER

Coaches can now provide complete control for batting training. Horizontal design with adjustable height, position over the plate and speed.

Target Swing Trainer Softball Features:

- Horizontal hitting design gives correct feedback on each swing
- Simulates virtually any type of pitch
- Ideal one-on-one coaching and batting training tool



MSRP \$149.99

SKU: QBM8-001

QUICKSTER™ VAULT NET

8X8 LARGE MOUTH NET

Pro grade training net built for thousands of reps and designed for easy ball capture and retrieval.

JULY 2015

Quickster Vault Net Features:

- Largest baseball net on the market
- Largest net opening on the market
- Increased weight in the base for better stability
- Thicker net for better durability



Quickster Vault Net



5' x 5' **\$99.99** SKU: 5QKS-000

7' x 7' **\$129.99** SKU: 7QKS-000

QUICKSTER™ SPORT NET

ULTRA-PORTABLE QUICK SETUP NET

Train with confidence with a full net. Easy to set up, take down and transport.

Quickster Sport Net Features:

- Sets up and breaks down in under 90 seconds
- Ultra-durable design for high-intensity training
- Includes removable pitching target and carry bag
- 5' x 5' Baseball Net available as an option



MSRP **\$159.99**
SKU: REP01-NET-02

QUICKSTER™ REP NET

MULTI-SPORT COLLECTION NET

Get more reps. Practice throwing and hitting balls without having to chase them. Designed to funnel balls into a bucket or bag.

Quickster Rep Net Features:

- Sets up and breaks down in under 90 seconds
- Ultra-durable design for high-intensity training
- Measures 7' x 7' and includes carry bag



MSRP **\$169.99**
SKU: 7QKSCB-000

QUICKSTER® BASEBALL COMBO SYSTEM

2-IN-1 PRACTICE NET AND RETURN

Comprehensive training system provides two nets and one frame. It's easy to switch between a practice net with a ball collection funnel and a return net with removable strike zone target.

Quickster Baseball Combo System Features:

- Easy to set up and switch nets
- Ultra-durable design for high-intensity training
- Measures 7' x 7' and includes carry bag



MSRP **\$59.99**
SKU: QS03-100

7' PRACTICE NET

QUICK SETUP MULTI-SPORT NET

Lightweight, easy to set up and durable to meet the training needs of youth and competitive players.

7' Practice Net Features:

- Sets up and breaks down in under 90 seconds
- Utilizes Tension-Tite™ Frame Technology
- Includes removable pitching target and carry bag



MSRP \$19.99
SKU: WFSBL-001

IMPACT BASEBALLS (12PK)

HEAVY-DUTY LIMITED FLIGHT BASEBALLS

Offers instant feedback to help hitters find the "sweet spot" for better swings. Constructed with proprietary pop-back material that keeps its shape and doesn't crack.

Impact Baseball Features:

- Limited-flight design for easy retrieval
- Extremely durable and built to last thousands of hits
- Includes 12 balls, standard baseball size (9 inches)



MSRP \$19.99
SKU: WFSFTBL-001

IMPACT SOFTBALLS (8PK)

HEAVY-DUTY LIMITED FLIGHT SOFTBALLS

Offers instant feedback to help hitters find the "sweet spot" for better swings. Constructed with proprietary pop-back material that keeps its shape and doesn't crack.

Impact Softball Features:

- Limited-flight design for easy retrieval
- Extremely durable and built to last thousands of hits
- Includes 8 balls, standard softball size (11 inches)



MSRP \$9.99
SKU: MIMPBB-001

MINI IMPACT BASEBALLS (12PK)

INDESTRUCTIBLE PRACTICE BALL

With the same durability and proprietary pop material as the impact ball, the Mini impact ball wont dent and provides the hitter a smaller target to track.

Impact Baseball Features:

- Smaller version of Impact Ball
- Limited flight
- Replaces small version of whiffle back for increased durability and visual acuity



MSRP \$5.99
SKU: WFB03-000-06

PRACTICE BALLS (12PK)

LIMITED-FLIGHT BALLS

Practice hitting with limited flight balls to improve swing and limit chasing balls.

Practice Balls Features:

- Improve batting skills – no field required
- Golf ball-sized for limited flight and focused training
- Includes 12 balls

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MSRP **\$6.99**
SKU: FT-SAFBL-06

SAFETY BALLS (2PK)

AUTHENTIC STYLE SOFT TRAINING BASEBALL

Coach young players to bat and field fearlessly. Soft, cushioned balls have authentic baseball look and feel.

Safety Balls Features:

- Use to develop proper fielding and batting skills
- Build confidence by reducing fear of impact
- Includes 2 balls



MSRP **\$24.99**
SKU: WB04-000-04

SMALL TRAINING BALLS (6PK)

AUTHENTIC SMALL-CIRCUMFERENCE BALL

Train accuracy with smaller, colored balls. Great for building hand-eye coordination, and ready rotation.

Small Training Balls Features:

- Smaller target encourages batters to keep their eyes on the ball
- 8" circumference, 2.5 oz. baseball with durable synthetic leather cover
- Includes 6 balls (3 colors, 2 each)



Baseball **\$9.99** SKU: RB01-100-04
Softball **\$12.99** SKU: FPRB01-000-04

REACTION BALL® BASEBALL AND SOFTBALL

AGILITY TRAINER

Master the basics — quick feet, rapid change of direction and sharp hand-eye coordination — to get a winning edge. Use against a wall or in a team setting.

Reaction Ball Features:

- Sharpen depth perception and have fun training
- Great training tool for all sports
- Six-sided, high-bounce rubber creates unpredictable bounces





MSRP \$9.99
SKU: BBCB-001

CONTACT BALL

15OZ CONTACT TRAINING BALL

A durable training ball weighing in at 15oz that provides the hitter clear feedback on if they made meaningful contact.

Contact Ball Features:

- Built to show the hitter if they are making meaningful contact with the ball
- Gives hitters instant feedback
- Helps hitters develop follow thru and strength in swing
- Durable construction for heavy use.



MSRP \$19.99
SKU: PWRBL-100-04

POWER-THRU

HEAVY BALL HITTING TRAINER

Build strength through the hips and hit with power using a weighted ball. The extra weight of the ball increases wrist and forearm strength for power.

Power-Thru Features:

- Works with most tees
- Durable construction for maximum impact
- Weighs 17 ounces



MSRP \$19.99
SKU: PPSTBSBL-100

PITCH TRAINER BALL (RIGHT-HANDED)

TEACHING TOOL FOR SAFE AND EFFECTIVE PITCHING

Learn what fingers dominate and where to place them to throw fastballs, curveballs, sliders and change ups. Train consistent arm mechanics to help prevent injuries and improve performance.

Pitch Trainer Ball Features:

- Designed with raised seams to create awareness of best hand and finger positioning
- Regulation size and weight baseball
- Includes illustrated guides for proper finger placement



MSRP \$14.99
SKU: TTBSBL-100

THROW TRAINER BALL

TEACHING TOOL FOR SAFE AND EFFECTIVE THROWING

Use the solid strip as a guide for instant feedback on release. Improves finger, hand and wrist positioning throughout the throwing motion.

Throw Trainer Ball Features:

- Designed to train best finger position with raised seams
- Offers instant feedback with rotation guide
- Regulation size and weight baseball



MSRP \$69.99

31" SKU: SWTSPT-001-31
33" SKU: SWTSPT-001-33

SWEET SPOT BAT

Increase batting power by practicing constant contact with the "sweet spot" of the barrel. Improves ability to hit for power and distance.

Sweet Spot Bat Features:

- Provides instant feedback and "sting" when hit too far off center of bat
- Heavy-duty bat construction (2 1/4" all-bamboo barrel and handle with reinforced fiberglass rod)
- Available in 2 sizes: 31" and 33"



MSRP \$39.99

SKU: BTHND-000-04

BASEBALL POWER COMBO

BULLET BAND AND HANDLE SET

2-in-1 training combo helps to increase flexibility and range of motion to reduce the chance of injury.

Baseball Power Combo Features:

- Bullet Band increases shoulder and arm strength to throw harder and pitch faster
- Power Handle generates explosive bat power, improves core rotational velocity, and strengthens forearms and wrists
- Easily change between the bat handle attachment and the official sized baseball attachment



MSRP \$14.99

SKU: SOC-512-04

SWING SOCK®

SOFT BAT WEIGHT

Increase bat speed and power by adding weight to the bat. Durable fabric won't scratch the bat and is safe and easy to remove.

Swing Sock Features:

- Designed to weight the barrel for better feel
- Made for both baseball and softball bats
- Adds 12 ounces of weight



MSRP \$19.99

SKU: PBW01-000-04

BAT WEIGHT PL24

24 OZ PRO LEVEL BAT SLEEVE

Increase bat speed and power by adding weight to the bat. Rubber bat weight loads the "sweet spot" to provide a balanced swing.

Bat Weight PL24 Features:

- Tapered design for tight fit on 2 5/8 and 2 3/4 inch diameter bats
- Solid, 24 oz. PVC for durability
- Designed and used by professional players



MSRP \$39.99
S/M SKU: FM04-000-04,
L/XL SKU: FM01-000-04

FIELD SHIELD

FULL-FACE PROTECTION SHIELD

Protect the face and mouth to play without fear. Comfortable, fielding facemask includes chin pad and head straps that adjust for a perfect fit.

Field Shield Features:

- Full visibility for top performance and maximum protection
- Ultra-lightweight and extremely strong
- Available in S/M and L/XL



MSRP \$9.99
SKU: SH01-000-04

SOFTHANDS®

FIELDING TRAINER

Dramatically improves baseball fielding skills and helps to train the transition from glove to throwing hand.

Softhands Features:

- Use to practice "soft receiving" technique
- Lightweight foam material fits either hand
- Appropriate for all levels of play



MSRP \$9.99
SKU: SH01-000-04

MSRP \$19.99
SKU: GBTRNR-100

GROUND BALL TRAINER

SOLO FIELDING TRAINER

A solo fielding trainer built for players who want to practice in any environment. Straps to any glove for universal usage.

Ground Ball Trainer Features:

- Tension cord provides realistic ball return to player
- Velcro strap easily attaches to glove
- Designed for left hand and right handed players
- Practice in Multiple Environments – on the diamond or backyard



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MSRP \$39.99
SKU: TDBS-001

TRAINING BASES

BASE RUNNING TRAINING TOOL

The Training Bases allow young players the ability to learn the skill of running bases effectively by showcasing the proper area to make contact with the base.

Training Bases Features:

- Visual indicator shows coaches and players where to step on base
- Shortens the learning curve of young players
- Durable construction for heavy use

OCTOBER 2015



MSRP \$19.99
SKU: MAG01-COA-04

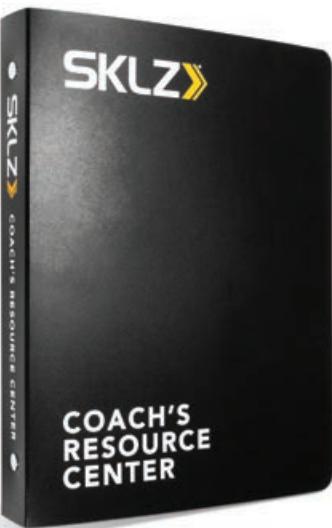
MAGNACOACH BASEBALL

MAGNETIC, DRY-ERASE COACHING TOOL

Use to set fielding and batting lineups. Large display with 24 included magnets and easy write-on/wipe-off surface shows players where they are positioned at any time.

MagnaCoach Baseball Features:

- Weather-resistant
- Includes durable fence clip, dry erase marker with eraser and 24 magnets
- Board Dimensions: 8.5" x 13"



MSRP \$99.99

COACHES RESOURCE CENTER

EXOS, the leader in human performance, designed this step-by-step guide to give coaches drills and programs to improve their team's performance capabilities. This durable binder includes scores of drills based on EXOS proven methodology used to train world-class athletes and is now available exclusively through SKLZ OTP.

Divided into 5 sections, you'll learn why each section is important, how to coach each movement and simple steps to design a comprehensive performance training program to keep your athletes safe and get them strong for sport.

Sections include: warm-up, speed and agility, strength and power, fitness and conditioning and recovery. Simple instructions to adjust program for preseason, in-season and off-season.

Efficient design makes it easy to understand. Less time planning, more time training.

MSRP \$199.99
SKU: SKLZ-EQUIPBAG

EQUIPMENT BAG

Heavy-duty rolling bag to store and transport training and skill tools. With almost 5.5 cubic feet of space, a retractable handle and smooth tri-wheel rolling system, it's easy to bring to any field.

Equipment Bag Features:

- Carry your entire practice session in one bag
- 3 internal pockets
- 1 large outer velcro flap pocket
- 35" long, 18" wide, and 15" deep



JULY 2015



MSRP \$64.99
SKU: SKLZ-BKPK30L-001

C6 BACKPACK

Built with C6 Technology to eliminate unwanted odor from training clothing and shoes. Sleek, black design looks great and is functional with multiple pockets.

C6 Backpack Features:

- Includes 3, C6 filters to keep bag and contents smelling clean
- Strong, durable fabrics prevent tears
- Padded shoulder straps and handle for comfort
- Personalization available



MSRP \$59.99
SKU: SKLZ-DUFFLE-001

C6 DUFFLE BAG

Built tough to keep up with the most serious athletes this sleek, black design is stylish and functional.

C6 Duffle Bag Features:

- Includes 3, C6 filters to keep bag and contents smelling clean
- Strong, durable fabrics prevent tears
- Padded shoulder strap and handles for comfort
- Personalization available

PERFORMANCE TRAINING

SKLZ®

Warm-up and Recover	39
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Strength and Power	55
Fitness and Conditioning	65





MSRP \$29.99
SKU: APD-MSGBR-04

MASSAGE BAR

SOFT TISSUE MASSAGE TOOL

Keep muscles healthy and flexible with daily muscle maintenance. Apply rolling pressure to get rid of knots and help sore muscles recover faster.

Massage Bar Features:

- Mountain bike-inspired grips make it easy to control pressure
- Smooth ball bearing system won't snag skin or hair
- Textured surface promote the flow of oxygen to muscles



Massage Bar



MSRP \$39.99
SKU: APD-ACRL01-04

ACCUROLLER

ADJUSTABLE MASSAGE STICK

Versatile tool designed to massage large muscle groups, target trigger points and assist stretches for better overall movement. Easy to configure and to keep clean.

AccuRoller Features:

- Improve flexibility and increase mobility
- Reconfigure balls for optimal muscle release
- Webbed straps to stretch and leverage hard-to-reach areas



MSRP \$19.99
SKU: APD-KNCBL-04

ACCUBALL

TRIGGER POINT RELEASE MASSAGE BALL

Use to relieve tension, soreness and help speed recovery. Designed to provide a variety of pressure options that meet the needs of all athletes.

AccuBall Features:

- Use against floor, wall or in-hand
- Dual-density (think golf and lacrosse ball)
- Convertible yellow "knob" targets trigger points



MSRP \$14.99
SKU: APD-ACP01-02

ACCUPPOINT

ERGONOMIC SPINE AND TISSUE MASSAGER

Cradle the spine with firm pressure to relieve minor aches and pains. Comfortable foam construction is durable and easy to clean.

AccuPoint Features:

- Use against floor or wall
- "Tennis ball" pressure helps increase circulation
- Ergonomic, spine-friendly design



MSRP \$29.99
SKU: APD-MSGBL-04

ACCUSTRAP

TRIGGER POINT RELEASE MASSAGE BALL AND STRAP

Target and release trigger points with this portable, durable couplet of the AccuBall and AccuStrap.

AccuStrap Features:

- Dual-density (think golf and lacrosse ball) AccuBall
- Flexible strap for pre-workout stretching that also leverages the AccuBall
- Adjustable for targeted or large muscle groups



MSRP \$19.99
SKU: ACST-001

ACCUSTICK

TENSION RELEASE MASSAGE TOOL

Curves, corners and points designed to massage muscles and release trigger points.

Accustick Features:

- Provides deep and effective muscle relief of upper neck and back
- Easy to leverage and apply pressure for acute muscle treatment and acupressure
- Curves that mimic the human anatomy

OCTOBER 2015



Accustick

MSRP \$39.99
SKU: ADP-CLDRLR-02

COLD ROLLER BALL

Combine the healing power of ice with targeted massage to help speed up recovery. Hand-held tool is simple to use.

Cold Roller Ball Features:

- Portable and easy-to-grip for on the go injury prevention
- Smooth stainless steel ball glides comfortably over skin
- Insulating gel maintains ball's cool temperature longer



MSRP \$14.99
SKU: ROLB-001-12

ROLLER BALL

Hand-held massage and trigger point release tool helps speed up recovery between training sessions.

Roller Ball Features:

- Relieve built up tension or knots
- Portable and easy-to-grip for on the go relief
- Smooth rolling ball glides comfortably over skin





12"



24"



36"

12" \$19.99 SKU: APD-RLR12-04
24" \$29.99 SKU: APD-RLR24-02
36" \$39.99 SKU: APD-RLR36-02

HD ROLLERS

Enhance training through active recovery with the HD Foam Roller. The high density durable foam is designed to withstand repetitive use without losing its shape. Roll out pre- or post-workout to lengthen muscles and increase flexibility to prevent injury.

HD Rollers Features:

- Comes in three different sizes - 12", 24", 36"
- Easy-to-clean, moisture-resistant material
- Durable foam supports athletes up to 300 lbs



SOFT



FIRM



EXTRA-FIRM

Soft \$39.99 SKU: APD-BR2SFT-02
Firm \$39.99 SKU: APD-BR2MED-02
Extra-Firm \$39.99 SKU: APD-BR2HRD-02

BARREL ROLLERS

SOFT, FIRM, EXTRA-FIRM

Massage soft tissue to help increase flexibility, rejuvenate and restore muscle performance. Like good therapists, our Barrel Rollers offer different massage pressures.

Barrel Rollers Features:

- Use before and after activities to stretch, strengthen and increase muscle flexibility
- Textured outer-surface for added soft tissue massage
- Available in three densities – soft, firm, and extra firm



MSRP **\$29.99**
SKU: ADP-TRVLBR-04

TRAVEL BARREL ROLLER

PORTABLE MASSAGE TOOL

This firm Barrel Roller is compact in size to take care of your body on the go. Use before or after you train to massages soft tissue, increase flexibility and rejuvenate and restore muscles.

Travel Barrel Roller Features:

- Massage soft tissue and increase muscle flexibility
- Lightweight and packable to take anywhere
- Designed to withstand repeated use without breaking down



Mini Bands



Light..... \$17.99
Medium..... \$19.99
Heavy..... \$21.99

MINI BANDS

BULK MINI BAND (SET OF 10)

Ideal to activate hips and glutes and stabilize shoulders. Mini Bands are an effective and versatile training tool that can help athletes warm-up and build strength.

Mini Bands Features:

- Use for lateral movements
- Resistance training tool easy to use anywhere
- Available in 3 resistance levels. Light, medium and heavy



MSRP **\$79.99**
SKU: AFP-CMAT-BK

PRO MAT

Thick, durable training mat adds a layer of comfort to athlete's warm-up and recover exercises. Can be used on any surface.

Pro Mat Features:

- 68" Length X 24" Width X 1/2" Thickness
- Grommets for easy storage
- Easy to clean

TRAINER SERIES



MSRP \$34.99
SKU: APD-TB-SPT-04

TRAINERBALL®

SELF-GUIDED STABILITY BALL

Designed by professional trainers, the TRAINERBall details 16 exercises to maximize your strength and recovery program.

TRAINERBall Features:

- Easy-to-follow exercises are printed on the ball
- Designed to engage core stabilizers and improve flexibility
- Hand pump included



MSRP \$29.99
SKU: APD-G2M-PEF-04

TRAINERMAT®

SELF-GUIDED TRAINER MAT

Designed by professional trainers, the TRAINERMat details 24 exercises to develop speed and agility plus power.

TRAINERMat Features:

- Easy-to-follow exercises are printed on the mat
- Designed to train speed and agility plus power
- 6' x 2', 1/4-inch thick mat for maximum comfort and versatility



MSRP \$39.99
SKU: APD-TR-SPT-04

TRAINERROLLER®

SELF-GUIDED FOAM ROLLER

Relieve soreness, improve circulation and increase muscle elasticity. High-density foam roller includes 12 essential exercises designed by professional trainers.

TRAINERROLLER Features:

- Easy-to-follow exercises are printed on the foam roller
- Can be used by athletes up to 300 pounds
- 24-inch length, 6-inch diameter



MSRP \$49.99
SKU: H6IN-001

6X HURDLES

Train speed, agility and quickness with durable, all-purpose hurdles. Includes 6 hurdles to maximize performance drills.

6X Hurdles Features:

- Elegant, one-piece twist design
- Bounce-back construction
- Includes six, 6-inch hurdles and carrying bag



MSRP \$69.99
SKU: SPH2-001

SPEED HURDLE PRO

Challenge athletes at all levels with height adjustable hurdles and train speed, agility and quickness.

Speed Hurdle Pro Features:

- One-touch button adjusts height from 6-, 9-, or 12-inches
- Bounce-back construction
- Foldable for easy storage and transport



MSRP \$29.99
SKU: SAQ-SL01-02

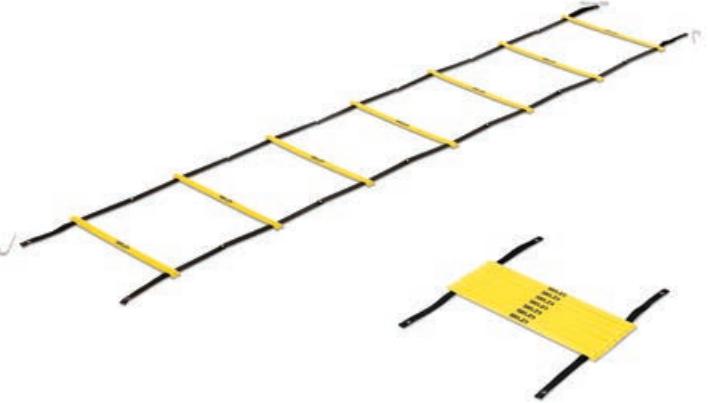
QUICK LADDER

15' FLAT-RUNG AGILITY LADDER

Train acceleration and agility while enhancing balance, rhythm and body control.

Quick Ladder Features:

- Improve acceleration and lateral speed
- Increase foot strike and recovery for quickness
- Includes carry bag for easy portability



MSRP \$59.99
SKU: LADD-001

QUICK LADDER PRO

TANGLE-FREE AGILITY LADDER

Improve quickness through accelerated foot strike and recovery with this professional grade tangle-free agility ladder for use inside the gym or out in the field.

Quick Ladder Pro Features:

- Concertina-inspired design means it's impossible to tangle
- Add additional ladders to the end or side
- Includes 4 ground stakes and carry bag



MSRP \$279.99
SKU: CRM-PLYO-BOX

PLYO BOXES

MULTI-HEIGHT PLYOMETRIC PLATFORMS

Develop power safely with progressive height platforms.

Plyo Boxes Features:

- Includes 4 stackable plyo boxes: 12, 18, 24 and 30 in height
- Anti-tip design with non-slip landing surface for safe workouts

MSRP \$99.99
SKU: CRM-SPSLED

SPEED SLED

POWER AND ACCELERATION TRAINER

Maximize stride efficiency and explosive lower-body strength.

Speed Sled Features:

- Holds standard and Olympic weights
- Two-point tether system with heavy-duty nylon tow leash and padded harness



MSRP \$99.99
SKU: SAQ-SS01-02

SPEED SAC

Build explosive leg drive, and speed with this variable weight sled. Included, removable weights make it easy to adjust the towing resistance.

Speed Sac Features:

- Use to improve 40-yard dash times, overall speed and explosiveness
- Includes 3 fillable weight bags that each hold up to 10 lbs of sand (30 lbs total)
- Weights may be used for upper and lower body exercise too (like presses, squats and lunges)



MSRP \$29.99
SKU: SAQ-SC01-02

SPEED CHUTE

RESISTANCE SPRINT TRAINER

Maximize acceleration and top end speed through progressive resistance and overspeed training. Adjustable, quick-release belt buckle allows training with acceleration bursts.

Speed Chute Features:

- Helps to improve stride length and frequency
- Anti-tangle mesh helps keep chute stable during training
- 54" chute provides 15-30 lbs of resistance





MSRP \$29.99
SKU: APD-LRXG01

LATERAL RESISTOR PRO

ADJUSTABLE LATERAL STRENGTH AND SPEED TRAINER

Strengthen hips and thighs for powerful movements and solid stabilization. Durable training tool adds resistance to lower body exercises to step up intensity in training sessions.

Lateral Resistor Pro Features:

- Develop first-step quickness and lateral speed
- Quickly change between bands with patented Slide-Lock technology
- Includes 3 levels of resistance cables



Lateral Resistor Pro



MSRP \$69.99
SKU: APD-HOPZG01

HOPZ

VERTICAL JUMP TRAINER

Develop explosive leg power and strengthen muscles for improved vertical leap. Designed with a new adjustable belt to fit most athletes comfortably.

HOPZ Features:

- Target specific muscles by moving resistance bands
- Patented Slide-Lock system is easy to adjust
- Includes two levels of resistance bands



MSRP \$49.99
SKU: SAQ-VPRB01-02

RECOIL 360

ALL-POSITION RESISTANCE TRAINER

Challenge sport-specific motions with resistance and assistance training. Designed with unique flexi-cord to stretch against movement or to pull toward increased speed.

Recoil 360 Features:

- Build strength and increase conditioning for sprints, leaps and shuffles
- Use with partner or attach to a stationary object
- Includes belt, flexi-cord attachment leash, safety handle and storage



Pro Bands



Light \$19.99 SKU: APD-PBDLT-04
Medium \$29.99 SKU: APD-PBDMED-04
Heavy \$39.99 SKU: APD-PBHVV-04
X-Heavy \$49.99 SKU: APD-PBXHVV-04

PRO BANDS

MULTI-EXERCISE RESISTANCE BAND

All the benefits of resistance—increased strength, flexibility and stamina—in a portable size. Use to warm up muscles and prime joints and for strength and flexibility training.

Pro Bands Features:

- Add tension to common exercises or use to assist pull-ups and dips
- Use to develop and increase speed and acceleration
- Available in four weights with varying degrees of dynamic tensions

Extra Light (10-20 lb)	\$8.99	SKU: TC10BX-ELT
Light (30-40 lb)	\$10.99	SKU: TC30BX-LGT
Medium (50-60 lb)	\$12.99	SKU: TC50BX-MED
Heavy (70-80 lb)	\$17.99	SKU: TC70BX-HVY
Extra Heavy (90-100 lb) ...	\$19.99	SKU: TC90BX-XHY

TRAINING CABLES

STRENGTH TRAINER

Build strength and power with progressive resistance. It's easy to add or decrease load by simply changing the Training Cable in Slide-Lock compatible Handles.

Training Cable Set Features:

- Great for functional training at home.
- Compatible and interchangeable with Slide-Lock components.
- Durable 5 ft. Cable in resistance from 10-100 lbs



Training Cables

Single Handle	\$11.99	SKU: PRO-SQCH01-06
Flex Handle	\$11.99	SKU: PRO-QCFH01-06
Triple Handle	\$14.99	SKU: PRO-TQCH01-06
Door Anchor	\$4.99	SKU: PRO-DA01-10

CABLE COMPONENTS

SINGLE HANDLE, FLEX HANDLE, TRIPLE HANDLE, DOOR ANCHOR

Secure Handles and Door Anchor for comfort and additional training options.

Cable Components Features:

- Handles include patented, Slide-Lock technology for quick and safe Cable changes.
- Handles are contoured and have ergonomic design with rotating grips
- Flex Handle offers flexible nylon webbing design



SINGLE HANDLE



FLEX HANDLE



TRIPLE HANDLE



DOOR ANCHOR



Med Ball (6 lb) **\$44.99** SKU: MBRT-006

Med Ball (8 lb) **\$49.99** SKU: MBRT-008

Med Ball (10 lb) **\$54.99** SKU: MBRT-010

Med Ball (12 lb) **\$59.99** SKU: MBRT-012

Med Ball (15 lb) **\$69.99** SKU: MBRT-015

MED BALLS

WEIGHTED TRAINING BALL

Strength and power trainer to improve hitting, swinging, kicking and throwing.

Med Balls Features:

- Develop core strength and rotational power.
- Control and consistent bounce with maximum grip and innovative pattern.
- Available in 5 weights from 6 to 15 pounds.

MSRP **\$39.99**
SKU: PRO-SBP65-04

STABILITY BALL PRO

65 CM CORE AND BALANCE TRAINER

Strengthens core muscles while improving balance and posture.

Stability Ball Pro Features:

- Constructed from high-quality, durable material
- 1000 + lbs burst rating
- Includes two way manual pump





MSRP \$59.99
SKU: APD-SB75-02

SUPER SANDBAG

HEAVY-DUTY TRAINING BAG

Train total body strength, stability and endurance with this versatile training tool. Challenge upper and lower body movements and develop explosive power while stabilizing the core.

Super Sandbag Features:

- Develop power and explosiveness
- Includes four durable, 10 lb weight bags (must be filled with a high density material, like sand)
- Maximum weight of 40 pounds



MSRP \$89.99
SKU: SAQ-WV10-02

WEIGHTED VEST

VARIABLE WEIGHT TRAINING VEST

Add resistance to strength, power and conditioning sessions without comprising technique. Variable weights provide even weight distribution for maximal comfort.

Weighted Vest Features:

- Breathable vest with Velcro belt to fit most athletes
- Add up to 10 pounds in half pound increments
- Designed to move with the athlete for best form



MSRP \$39.99
SKU: APD-CW01-02

CORE WHEELS

DYNAMIC CORE STRENGTH TRAINER

Develop pillar strength--which includes the shoulders, torso and hips – and improve flexibility.

Core Wheels Features:

- Adds challenge to planks and push-ups
- Wheels move together for safety and proper form
- Ergonomic foam handles for comfort



MSRP \$29.99
SKU: SLDS-001

SLIDEZ

Make lower body movements smoother and improve form. Slides on virtually any surface to build core strength and increase flexibility.

Slidez Features:

- Large, non-marking surface area with non-slip grip for feet and hands
- Designed to clip together for bilateral training
- Unique shape reinforces omnidirectional movement

JUMP ROPE COMPARISON CHART

	JUMP ROPE	SPEED ROPE
DESCRIPTION	Improve your overall coordination, footwork, agility and quickness with the SKLZ entry level jump rope.	The SKLZ Speed Ropes have been designed for speed, incorporating a 90 degree angle and steel rod and ball bearing system.
ADJUSTABILITY	Adjustable	One-time adjustable length
HANDLES	Thick grip handles with thumb and index finger ergonomics	Thin, speed-style grips with thumb and index finger ergonomics designed for rotating with wrists, not arms
CORD	1/4" PVC	Low-kink, PVC Coated 7x7 strand core galvanized steel wire rope
ATHLETE TYPE	Beginner/Entry Level	Intermediate



MSRP \$14.99
SKU: JROP-001

JUMP ROPE

Improve your overall coordination, footwork, agility and quickness.



MSRP \$29.99
SKU: SROL-001

SPEED ROPE

Designed for speed and conditioning. Incorporates a 90-degree rope angle for proper posture and a steel rod and ball bearing system for speed and durability.



MSRP \$29.99
SKU: HROP-1-001

WEIGHTED JUMP ROPE SET

Total body strength and stamina trainer.

Weighted Jump Rope Set Features:

- Comfort Grip Handles with Patented Quick Change technology
- 1lb Weighted Jump Rope
- Additional Weighted Jump Ropes (medium, heavy) are available for purchase.





sklz.com