



# SKLZ®

**PERFORMANCE**  
2014 PRODUCT GUIDE





**Athletes'**  
PERFORMANCE

## A SHARED VISION

**SKLZ is a proud partner of Athletes' Performance, the leader in integrated performance training, nutrition and physical therapy for elite and professional athletes.**



# PERFORMANCE TIMELINE

## PRODUCT & MILESTONES

'10

**SAQ LINE**  
Launched  
**AP + SKLZ**  
Partnership

Speed Chute  
Speed Hurdles  
Recoil 360  
SpeedSac  
Quick Ladder  
Agility Cones  
Lateral Resistor  
Reaction Belts  
Shoe Weights



'11

**LINE EXPANSION**  
Beyond SAQ

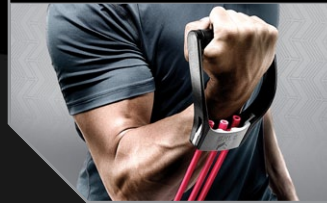
Agility Poles  
Speed Striker  
Super Sandbag  
Speed Rope  
Barrel Roller  
Hopz  
Weighted Vest  
Balanz Board  
DRLZ Timer  
Reaction Ball



'12

**LINE EXTENSION**  
Fitness and recovery  
**INTERNAL PRODUCT DESIGN**  
Team established

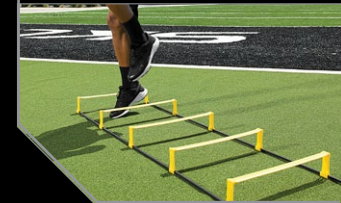
CoreWheels  
TRAINERseries  
Quick Change Handles  
Training Cables  
Door Anchor  
AccuPoint  
Mini Bands



'13

**AP CARLSBAD FACILITY**  
Opens in SKLZ Headquarters  
**SKLZ PLAYER COMBINE**  
Designed and launched

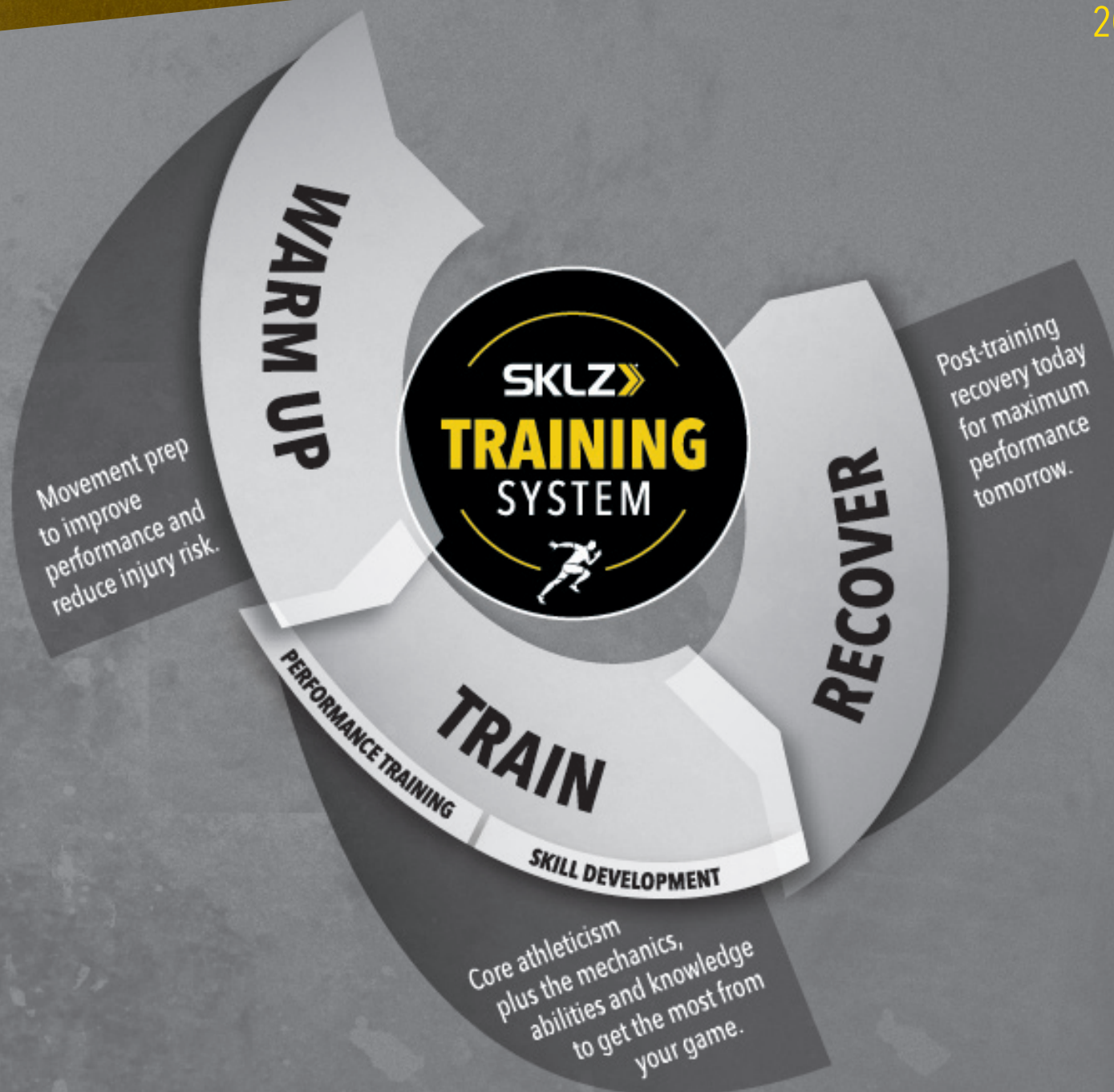
AccuRoller  
Elevation Ladder





# PERFORMANCE

2014 & 2015 STORY





**WARM UP**

**SKLZ**»





## TRAINERmat®

### SELF-GUIDED EXERCISE MAT

- » Illustrated with 24 exercises in four categories: Pillar Preparation, Movement Preparation, Movement Skills and Regeneration
- » Integrates into training routine for efficient recovery and reduced injury risk
- » Designed by professional trainers for elite athletes
- » 2' x 6' mat with 0.25" thickness for maximum comfort
- » Focuses on muscle strength and elasticity—for developing speed, agility and explosiveness



### SPECS

|  |  |
|--|--|
| Item #: APD-G2M-PEF-04                         | UPC: 8-31345-00488-6                                 |
| Product Dimensions:<br>2' x 6' and 0.25" thick | Package Dimensions:<br>24" (w) x 4.5" (h) x 4.5" (d) |
| Units Per Case: 4                              | Case Weight: 11.7 lb                                 |





## MINI BANDS

### MULTI-RESISTANCE TRAINING BAND SET

- » For upper and lower resistance training
- » Ideal for lateral movement exercises, hip and glute activation and shoulder stabilization
- » Effective training tool that can be used anywhere
- » Scannable QR code for easy access to online instructional videos
- » Small and portable for travel and packing in a workout bag
- » Constructed from high quality, durable latex



#### SPECS

|   |   |
|---|---|
| Item #: APD-MBD01-02                                    | UPC: 8-31345-00500-5                      |
| Product Dimensions:<br>19.5" circumference band 2" high | Package Dimensions:<br>7" x 8.75" x 1.75" |
| Units Per Case: 2                                       | Case Weight: 2 lbs                        |





**NEW**



## ACCUROLLER

### ADJUSTABLE MASSAGE ROLLER

- » Interchangeable balls can be reconfigured on the rod to hit different trigger points
- » Improves flexibility, strength and preparation for any activity
- » Compress and stretches aching muscles following activity to promote muscle recovery
- » Increases flexibility throughout entire body by utilizing straps around feet or hands to assist in stretching



**SPECS**

|   |                                      |
|---|--------------------------------------|
| Item #: APD-ACRL01-04   | UPC: 8-31345-00812-9                 |
| Product Dimensions:<br>14" in length, 1.5" & 2.5" diam. balls | Package Dimensions:<br>16" x 4" x 4" |
| Units Per Case: 4   | Case Weight: 4.9 lbs                 |



# TRAIN

SPEED & AGILITY | STRENGTH

SKLZ»





PERFORMANCE

SPEED & AGILITY

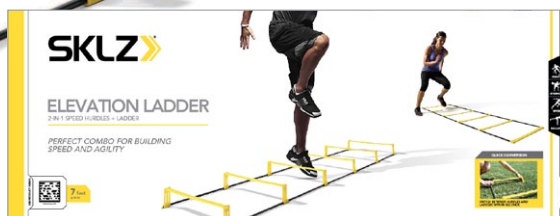


NEW

## ELEVATION LADDER

### 2-IN-1 SPEED HURDLES + LADDER

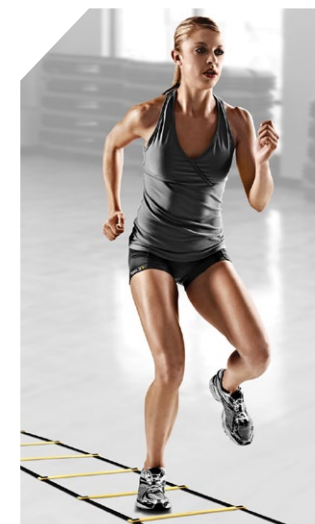
- » Multi-functional equipment provides maximum convenience
- » Enhance balance, rhythm and body control
- » Increase quickness through accelerated foot strike and lift frequency
- » Improve maneuverability around the field or court
- » 6-rung ladder pops up instantly into 4" hurdles
- » Folds down quickly for convenient storage



SPECS

|   |  |
|---|--|
| Item #: APD-ELAD-02                             | UPC: 8-49102-00940-1                     |
| Product Dimensions:<br>7' ladder and 4" hurdles | Package Dimensions:<br>20" x 7.5" x 3.5" |
| Units Per Case: 2                               | Case Weight: 5 lbs                       |

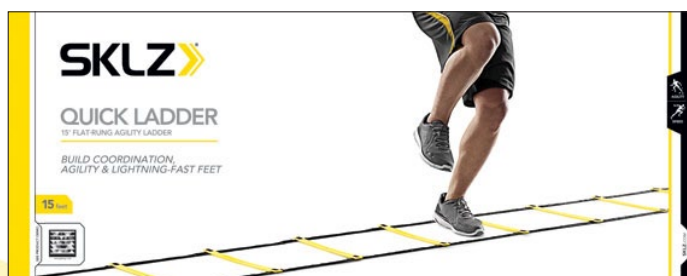




## QUICK LADDER

### 15' FLAT-RUNG AGILITY LADDER

- » Improves acceleration, lateral speed and change of direction
- » Develops the core skills to enhance balance, rhythm and body control
- » Improves quickness through accelerated foot strike and lift frequency
- » 11 heavy-duty plastic rungs for high-intensity training, each rung is spaced 15" apart
- » Includes carry bag and 4 ground stakes to fasten ladder to ground



#### SPECS

|                                 |  |
|---------------------------------|--|
| Item #: SAQ-SL01-02             | UPC: 8-31345-00124-3                   |
| Product Dimensions:<br>15' long | Package Dimensions:<br>19" x 7.5" x 2" |
| Units Per Case: 2               | Case Weight: 4 lbs                     |





## SPEED HURDLES

### ADJUSTABLE-HEIGHT HURDLES

- » Encourages high knees and strong leg drive to maximize power
- » Advances any training regimen with plyometric drills
- » Portable design allows training anywhere, anytime
- » Adjustable height options of 8" or 12" for multiple training configurations indoors or out
- » Durable PVC plastic is lightweight and easy to carry
- » Includes 5 hurdles and large carry bag



|       |   |   |
|-------|---|---|
| SPECS | Item #: SAQ-SPH01-02                                    | UPC: 8-31345-00126-7                    |
|       | Product Dimensions:<br>Adjusts from 8" to 12" in height | Package Dimensions:<br>18.6" x 14" x 6" |
|       | Units Per Case: 2                                       | Case Weight: 8 lbs                      |





## SPEED CHUTE

### RESISTANCE SPRINT TRAINER

- » Maximizes acceleration and top end speed through resistance and overspeed training
- » Improves stride length and frequency
- » Quick-release belt buckle allows training for acceleration bursts
- » Built-in mesh panels prevent strings from tangling and stabilize the chute during training
- » 54" X 54" chute provides progressive resistance – approx 15-30 lb depending on speed
- » 360° Rotation belt with free motion ring allows for movement in any direction
- » Adjustable belt fits most athletes
- » Includes carry bag



### SPECS

|   |                                      |
|---|--------------------------------------|
| Item #: SAQ-SC01-02                             | UPC: 8-31345-00125-0                 |
| Product Dimensions:<br>Chute is 54" in diameter | Package Dimensions:<br>12" x 6" x 3" |
| Units Per Case: 2                               | Case Weight: 2 lbs                   |





PERFORMANCE

SPEED & AGILITY



## SPEEDSAC™

### VARIABLE-WEIGHT SPRINT TRAINER

- » Improves 40-yard dash times, overall speed and explosiveness
- » Boost acceleration and stride length
- » Strengthens lower-body muscle groups
- » Adjustable weight options for variable resistance
- » Includes 3 durable weight bags that can be filled with up to 10 lbs of sand (30 lbs total) for custom weight options for variable resistance
- » Adjustable leash length to accommodate most athletes



SPECS

|   |  |
|---|--|
| Item #: SAQ-SS01-02                       | UPC: 8-31345-00130-4                         |
| Product Dimensions:<br>Holds up to 30 lbs | Package Dimensions:<br>14.1" x 12.52" x 4.9" |
| Units Per Case: 2                         | Case Weight: 14.7 lbs                        |



PERFORMANCE

SPEED & AGILITY



## HOPZ™

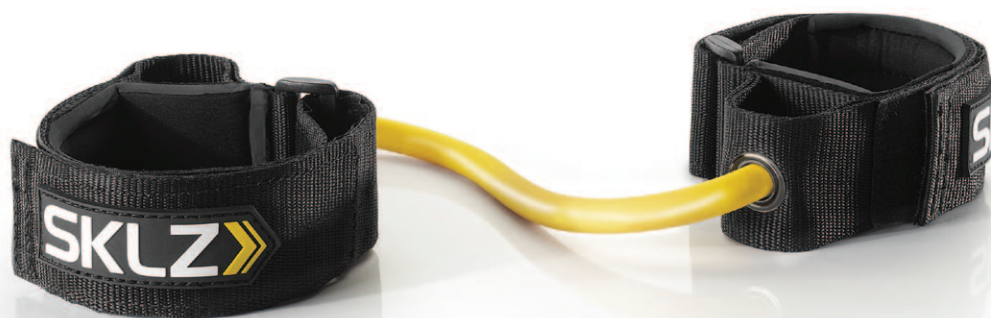
### VERTICAL JUMP TRAINER

- » Maximizes vertical leap
- » Develops explosive leg drive and power
- » Multiple bands allow for various levels of resistance
- » Resistance bands quickly connect to ankle straps and belt rings
- » Durable bands with resistance up to 80 lb per leg
- » Ankle straps with built-in shoe harness keeps resistance bands in place
- » Adjustable belt fits most waist sizes

#### SPECS

|   |   |
|---|---|
| Item #: SAQ-HPZ01-02  | UPC: 8-31345-00419-0                      |
| Product Dimensions:<br>Recommended user height: 5' 4" - 6' 2" | Package Dimensions:<br>12.5" x 7.75" x 3" |
| Units Per Case: 2   | Case Weight: 5.5 lbs                      |





## LATERAL RESISTOR

### LATERAL STRENGTH AND POSITION TRAINER

- » Develops first-step quickness and lateral speed
- » Strengthens key muscles for fluid movement and proper body positioning
- » Improves athletic stances and quick movements
- » Adds up to 20 lb of resistance
- » Padded adjustable velcro ankle cuffs fit most athletes
- » Durable flexi-cord for athletes of all ages
- » Velcro removes quickly to change training or swap between athletes

#### SPECS

|                                       |                                     |
|---------------------------------------|-------------------------------------|
| Item #: SAQ-LR01-04                   | UPC: 8-31345-00133-5                |
| Product Dimensions:<br>13" Flexi cord | Package Dimensions:<br>8" x 6" x 3" |
| Units Per Case: 4                     | Case Weight: 4 lbs                  |



## RECOIL 360<sup>TM</sup>

### DYNAMIC RESISTANCE/ASSISTANCE TRAINER

- » Enhances all sport movements, alternating between resistance and assistance
- » Builds strength and conditioning for sprinting, leaping, shuffling and change of direction
- » Work with a partner or attach the leash to a stationary object
- » 8' flexi cord safely stretches to 20'
- » Partner safety handle for a safe effective workout
- » Adjustable belt with 360° free motion ring allows for movement in any direction; adjustable for most sizes
- » Includes belt, flexi-cord attachment leash and safety handle



#### SPECS

|   |                                       |
|---|---------------------------------------|
| Item #: SAQ-VPRB01-02                               | UPC: 8-31345-00132-8                  |
| Product Dimensions:<br>8 ft cord stretches to 20 ft | Package Dimensions:<br>12" x 10" x 3" |
| Units Per Case: 2                                   | Case Weight: 6 lbs                    |





PERFORMANCE

SPEED & AGILITY



BREAK-AWAY LEASH



## REACTION BELTS

### PARTNERED BREAK-AWAY TRAINER

- » Develops evasive offensive skills and lock-down defensive technique
- » Simulates one-on-one coverage through a variety of shadow drills
- » Adjustable belts with 360° free motion ring allows for freedom of movement in all directions, adjustable for most sizes
- » Includes two belts, three sets of velcro break-away leashes (4, 7, & 10 feet) and carry bag



SPECS

|   |                                     |
|---|-------------------------------------|
| Item #: SAQ-RB01-02                           | UPC: 8-31345-00134-2                |
| Product Dimensions:<br>4', 7' and 10' leashes | Package Dimensions:<br>9" x 5" x 3" |
| Units Per Case: 2                             | Case Weight: 3 lbs                  |



PERFORMANCE

SPEED & AGILITY



## SPEED STRIKER

### COMBAT FITNESS AND TIMING TRAINER

- » Improves cardio endurance, and hand-eye and foot coordination
- » Light, compact and portable – train virtually anywhere
- » Quick setup and take down
- » Isolates defensive moves, punching and kicking
- » Striking ball is soft and safe for repeated use
- » 5 lbs base keeps speed striker in place during use
- » Tension-adjustment stem tightens or loosens tension for advanced or novice users
- » Instant cord-lock to quickly fasten and adjust height of striking ball



SPECS

|  |  |
|--|--|
| Item #: SAQ-SSK01-02                               | UPC: 8-31345-00286-8                   |
| Product Dimensions:<br>Adjusts from 1 lb to 10 lbs | Package Dimensions:<br>10" x 9.5" x 6" |
| Units Per Case: 2                                  | Case Weight: 13 lbs                    |





PERFORMANCE

SPEED & AGILITY



## WEIGHTED SPEED ROPE

### ADVANCED CARDIO JUMP ROPE

- » Serious cardio training with additional challenge for upper body
- » Enhances coordination and footwork
- » Works on increasing quickness and agility
- » Features removable weighted handles (5.5 oz in each handle) and a moderate swing speed weighted rope for added intensity
- » Soft grips are comfortable and easy to use; swivel ends help to prevent tangling of rope
- » Adjustable length for users up to 6' 6" tall



SPECS

|  |                                       |
|--|---------------------------------------|
| Item #: SAQ-WJR01-04   | UPC: 8-31345-00287-5                  |
| Product Dimensions:<br>Adjustable length for users up to 6'6" tall | Package Dimensions:<br>7" x 5" x 2.5" |
| Units Per Case: 4  | Case Weight: 6 lbs                    |



PERFORMANCE

SPEED & AGILITY



## REACTION BALL®

### MULTI-SPORT AGILITY TRAINER

- » Six-sided high-bounce rubber design causes the ball to land and hop randomly
- » Improves hand-eye coordination and depth perception
- » Use solo or in a team setting
- » Great training tool for all sports

////  
SPECS

|                                       |  |
|---------------------------------------|--|
| Item #: SAQ-REAC-04                   | UPC: 8-31345-00265-3                       |
| Product Dimensions:<br>Diameter: 2.5" | Package Dimensions:<br>4.3" x 7.25" x 2.5" |
| Units Per Case: 4                     | Case Weight: 1.75 lbs                      |

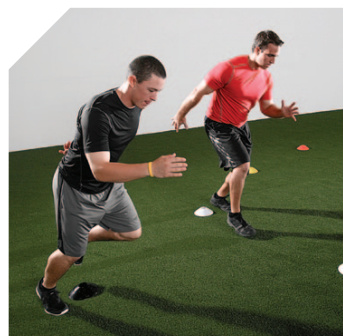
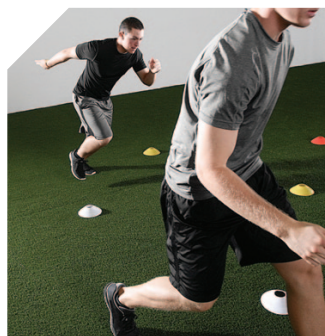




## AGILITY CONES

### EXERCISE MARKER SET

- » Improves acceleration, deceleration and change of direction
- » Builds precise timing and body control
- » Ideal for agility training drills
- » Durable, will not break when stepped on
- » Multiple high-visibility colors for marking training areas
- » Includes 20 2" cones – 5 each: yellow, black, white, orange with carrying rack



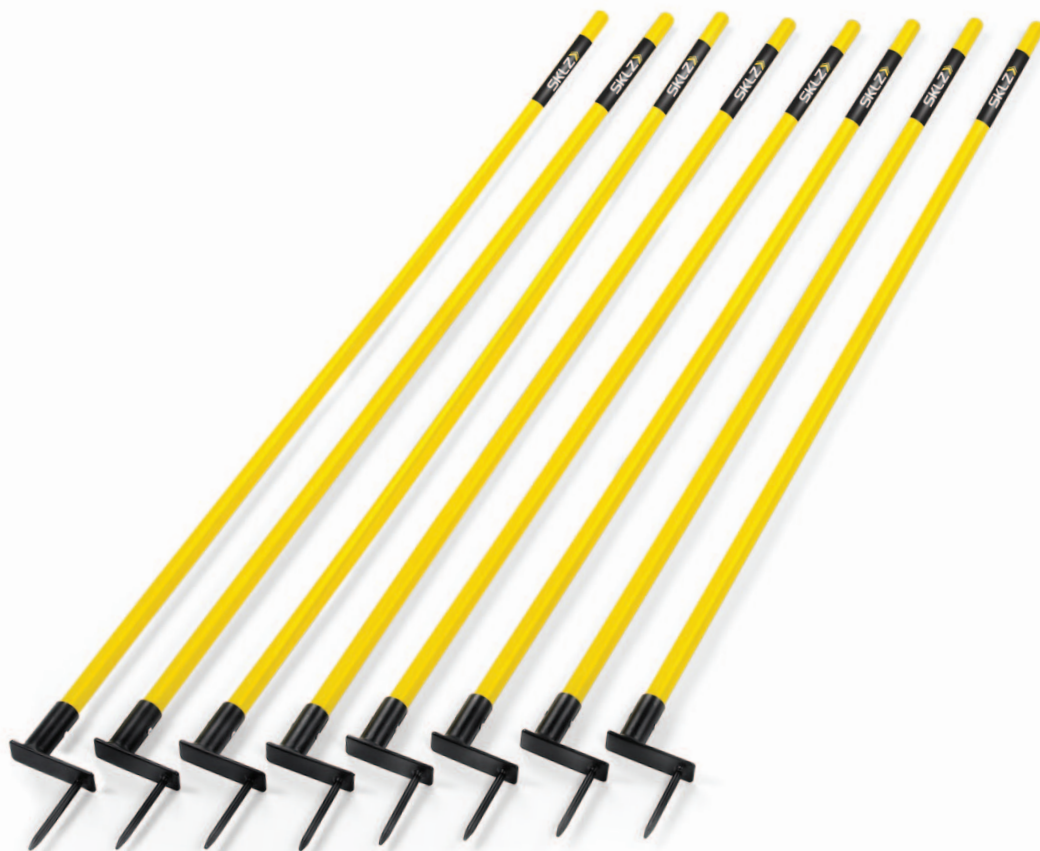
### SPECS

|                                |   |
|--------------------------------|---|
| Item #: SAQ-HSC01-02           | UPC: 8-31345-00127-4                    |
| Product Dimensions:<br>2" tall | Package Dimensions:<br>8" x 7.5" x 7.5" |
| Units Per Case: 2              | Case Weight: 6 lbs                      |



PERFORMANCE

SPEED & AGILITY



## AGILITY POLES

### PORTABLE OUTDOOR TRAINING MARKERS

- » 8 poles, each 5 feet tall
- » Develops increased foot speed, change of direction, agility and dribbling skills
- » Position as markers or obstacles in a variety of ways to create an assortment of training exercises
- » Perfect for soccer, football, hockey and lacrosse training



SPECS

|   |  |
|---|--|
| Item #: APD-AP01-02                       | UPC: 8-31345-00376-6                       |
| Product Dimensions:<br>Poles are 60" tall | Package Dimensions:<br>36" x 8.06" x 4.81" |
| Units Per Case: 2                         | Case Weight: 18.4 lbs                      |





## SHOE WEIGHTS

### WEIGHTED COMFORT-FIT SPEED TRAINERS

- » Intensifies any exercise with overload training
- » Comfort-fit system keeps weights in place
- » Effectively shapes and tones
- » Heavy-duty rubber straps keep weights positioned correctly for all movements
- » Adjustable strap allows shoe weights to fit most sizes; women's 5 to men's 12
- » High padded tongue for extra comfort and resistance



### SPECS

|   |                                     |
|---|-------------------------------------|
| Item #: APD-SW15-02   | UPC: 8-31345-00668-2                |
| Product Dimensions:<br>Fits women's size 5 to men's size 15 | Package Dimensions:<br>7" x 6" x 3" |
| Units Per Case: 2   | Case Weight: 7.2 lbs                |



## DRLZ™

### WORKOUT INTERVAL/CIRCUIT TIMER

- » Develops greater discipline and structure in any workout
- » Maximizes results in minimal time
- » Promotes both anaerobic and cardio endurance
- » Includes vibration and audible indicator settings
- » Multiple set length and rest settings
- » Includes arm band and 2 AAA batteries

#### SPECS

|   |   |
|---|---|
| Item #: SAQ-DT01-04                           | UPC: 8-31345-00285-1                          |
| Product Dimensions:<br>3.125" x 2.25" x 1.25" | Package Dimensions:<br>3.875" x 6.625" x 1.5" |
| Units Per Case: 4                             | Case Weight: 1.25 lbs                         |





## WEIGHTED VEST

### VARIABLE WEIGHT TRAINER

- » Breathable vest adjusts from 0.5 to 10 lb in 1/2 lb increments
- » Adds resistance to training without compromising technique
- » Distributes weight evenly for maximum comfort
- » Flexible weights pouches allow the vest to bend with movement
- » Reinforced nylon and mesh design for maximum breathability
- » Overlapping straps keep the vest secure
- » Velcro belt adjusts to fit most athletes



#### SPECS

|  |   |
|--|---|
| Item #: SAQ-WV10-02                                | UPC: 8-31345-00314-8                    |
| Product Dimensions:<br>Adjusts from 1 lb to 10 lbs | Package Dimensions:<br>13.25" x 8" x 4" |
| Units Per Case: 2                                  | Case Weight: 24 lbs                     |



PERFORMANCE

STRENGTH



## SUPER SANDBAG

### HEAVY-DUTY TRAINING BAG

- » Develops increased power and stability
- » Great for building total body strength
- » Can be used for a variety of workouts
- » Holds up to 4 weight bags for a total of 40 lbs
- » Durable weight bag with handle for long lasting use and versatility
- » Includes Super Sandbag and four 10 lb weight bags (weight not included)



SPECS

|  |                                       |
|--|---------------------------------------|
| Item #: APD-SB75-02  | UPC: 8-31345-00308-7                  |
| Product Dimensions:<br>Sandbag holds up to 40 lbs total weight | Package Dimensions:<br>13" x 10" x 4" |
| Units Per Case: 2  | Case Weight: 6.7 lbs                  |





## CORE WHEELS

### DYNAMIC CORE STRENGTH TRAINER

- » Enhances traditional plank and push-up exercises
- » Develops pillar strength (shoulder, torso and hips)
- » Wheels on each axle move together for safety and comfort
- » Ergonomic foam handles for comfort
- » Lightweight and portable



### SPECS

|   |   |
|---|---|
| Item #: APD-CW01-02                         | UPC: 8-49102-00665-3                    |
| Product Dimensions:<br>5.7" diameter wheels | Package Dimensions:<br>9.5" x 9.5" x 6" |
| Units Per Case: 2                           | Case Weight: 7 lbs                      |



PERFORMANCE

STRENGTH



## BALANZ™ BOARD

### ADJUSTABLE BALANCE & STABILITY TRAINER

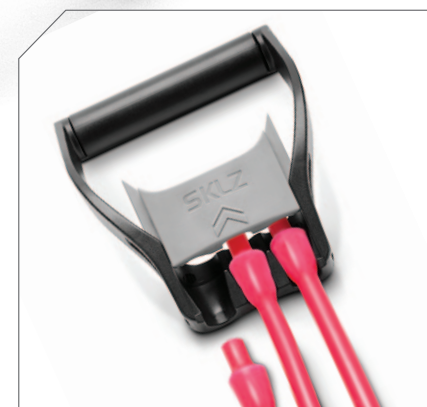
- » Develops core strength and stabilizes muscles
- » Increase balance, coordination and range of motion
- » 360° range of motion
- » Easy to remove base for height adjustment
- » Slip-resistant textured surface
- » 14-inch diameter
- » Durable construction



SPECS

|                                     |   |
|-------------------------------------|---|
| Item #: APD-BB01-02                 | UPC: 8-31345-00305-6                        |
| Product Dimensions:<br>14" diameter | Package Dimensions:<br>14.1" x 14.1" x 2.9" |
| Units Per Case: 2                   | Case Weight: 9 lbs                          |





## TRIPLE QUICK CHANGE HANDLE

### INTERCHANGEABLE MULTI-CABLE RESISTANCE TRAINER

- » Patented, slide-lock system for quick and safe cable changes
- » Contoured, ergonomic handle design with rotating grips
- » Use with Training Cables for variable resistance from 10-300 pounds

**SPECS**

|                                       |                                     |
|---------------------------------------|-------------------------------------|
| Item #: PRO-TQCH01-06                 | UPC: 8-31345-00789-4                |
| Product Dimensions:<br>6" x 7" x 2.5" | Package Dimensions:<br>6" x 7" x 5" |
| Units Per Case: 6                     | Case Weight: 4.6 lbs                |



## **SINGLE QUICK CHANGE HANDLE**

### **INTERCHANGEABLE SINGLE CABLE RESISTANCE TRAINER**

- » Patented, slide-lock system for quick and safe cable changes
- » Contoured, ergonomic handle design with rotating grips
- » Use with Training Cables for variable resistance from 10-100 pounds

**SPECS**

|                                       |                                     |
|---------------------------------------|-------------------------------------|
| Item #: PRO-SQCH01-06                 | UPC: 8-31345-00788-7                |
| Product Dimensions:<br>6" x 7" x 2.5" | Package Dimensions:<br>6" x 7" x 5" |
| Units Per Case: 6                     | Case Weight: 4.6 lbs                |





## **FLEX QUICK CHANGE HANDLE**

### **INTERCHANGEABLE SINGLE CABLE RESISTANCE TRAINER**

- » Patented, slide-lock system for quick and safe cable changes
- » Contoured, ergonomic handle design with rotating grips
- » Use with Training Cables for variable resistance from 10-100 pounds

**SPECS**

|                                       |                                     |
|---------------------------------------|-------------------------------------|
| Item #: PRO-QCFH01-06                 | UPC: 8-31345-00790-0                |
| Product Dimensions:<br>6" x 7" x 2.5" | Package Dimensions:<br>6" x 7" x 5" |
| Units Per Case: 6                     | Case Weight: 4.6 lbs                |



## TRAINING CABLES

### INTERCHANGEABLE RESISTANCE BANDS

- » Available in 10 resistance levels: 10, 20, 30, 40, 50, 60, 70, 80, 90 and 100 lbs
- » Pro-grade, 60-inch latex resistance bands
- » Durable, progressively layered latex material
- » Color-coded for various levels of resistance
- » Utilizes proprietary attachment system – use with Triple Quick Change Handle, Single Quick Change Handle and Flex Quick Change Handle

**SPECS**

Product Dimensions:  
60" long

Package Dimensions:  
2.5" x 64" x 1"





## DOOR ANCHOR

### INTERCHANGEABLE SINGLE CABLE RESISTANCE TRAINER

- » Patented, slide-lock system for quick and safe cable changes
- » Contoured, ergonomic handle design with rotating grips
- » Use with Training Cables for variable resistance from 10-100 pounds

**SPECS**

|  |   |
|--|---|
| Item #: PRO-DA01-10                    | UPC: 8-31345-00806-8                        |
| Product Dimensions:<br>7.25" in length | Package Dimensions:<br>2.5" x 9.5" x 0.375" |
| Units Per Case: 10                     | Case Weight: 1.4 lbs                        |



PERFORMANCE

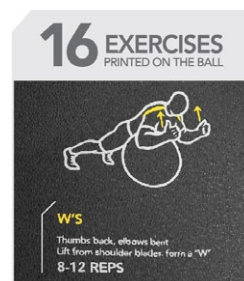
STRENGTH



## TRAINERball®

### SELF-GUIDED STABILITY BALL

- » 16 Essential exercises printed on the ball to optimize a competitive athlete's core strength and flexibility
- » Focuses on core stabilizers, flexibility and efficient muscle regeneration
- » Designed by professional trainers for elite athletes
- » Long-lasting and durable—anti-burst technology up to 500 lbs
- » 65 cm ball recommended for heights 6'2" and below
- » 75 cm ball recommended for heights 6'6" and below
- » Hand pump included



65 CM 75 CM



|       |  |   |
|-------|--|---|
| SPECS | Item #: 65cm: APD-TB-SPT-04<br>75cm: APD-TB-SPT75-04   | UPC: 65cm: 8-31345-00509-8<br>75cm: 8-49102-00397-3 |
|       | Product Dimensions:<br>65 cm diameter or 75cm diameter | Package Dimensions:<br>10" x 8" x 4.5"              |
|       | Units Per Case: 4                                      | Case Weight: 12.4 lb & 12.6 lb                      |
|       |  |   |



**RECOVER**

**SKLZ**»



**NEW**



## ACCUROLLER

### ADJUSTABLE MASSAGE ROLLER

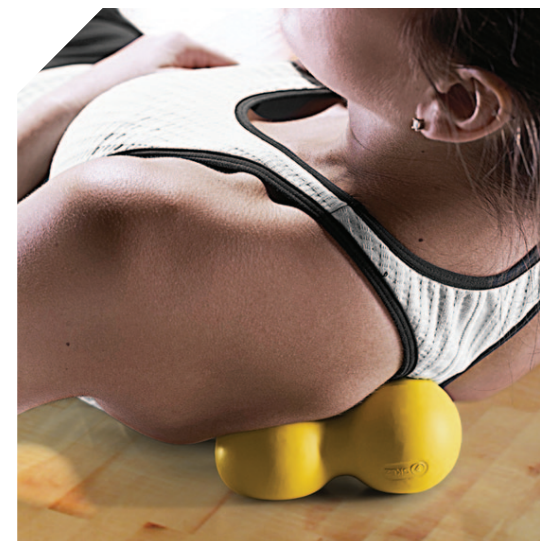
- » Interchangeable balls can be reconfigured on the rod to hit different trigger points
- » Improves flexibility, strength and preparation for any activity
- » Compress and stretches aching muscles following activity to promote muscle recovery
- » Increases flexibility throughout entire body by utilizing straps around feet or hands to assist in stretching



**SPECS**

|   |                                      |
|---|--------------------------------------|
| Item #: APD-ACRL01-04   | UPC: 8-31345-00812-9                 |
| Product Dimensions:<br>14" in length, 1.5" & 2.5" diam. balls | Package Dimensions:<br>16" x 4" x 4" |
| Units Per Case: 4   | Case Weight: 4.9 lbs                 |





## ACCUPOINT™

### ERGONOMIC SPINE & TISSUE MASSAGER

- » Helps accelerate recovery from back pain and sports injuries
- » Use for localized pain in parts of the body where trigger release is required
- » Cradles the spine for corrective therapy and applies pressure for increased circulation
- » Designed and used by professional sports trainers
- » Durable, easy-to-clean foam material

#### SPECS

|  |  |
|--|--|
| Item #: APD-ACP01-04                             | UPC: 8-31345-00493-0                     |
| Product Dimensions:<br>5" long 2.25" in diameter | Package Dimensions:<br>5.5" x 11.5" x 3" |
| Units Per Case: 4                                | Case Weight: 2 lbs                       |



## BARREL ROLLER

### ULTRA-FIRM ROLLER

- » Perfect for massaging soft tissue, strengthening core muscles, stretching, and increasing muscle flexibility
- » Designed to withstand repeated use without breaking down
- » Can be used for massage therapy, physical therapy, yoga and pilates
- » Enhance any training program with active recovery



|  |  |
|--|--|
| Item #: APD-BR01-02                              | UPC: 8-31345-00303-2                           |
| Product Dimensions:<br>15" in length 5.75" depth | Package Dimensions:<br>15.375" x 5.75" x 5.75" |
| Units Per Case: 2                                | Case Weight: 5 lbs                             |

SPECS





## TRAINERroller®

### SELF-GUIDED FOAM ROLLER

- » 12 exercises are printed on the roller
- » High-density foam construction efficiently massages muscles and connective tissue
- » Helps relieve soreness, improves circulation and increase muscle elasticity
- » Long-lasting and durable material
- » 24 inches long, 6 inches in diameter



### SPECS

|  |  |
|--|--|
| Item #: APD-TR-SPT-04                          | UPC: 8-31345-00512-8                       |
| Product Dimensions:<br>24" long 6" in diameter | Package Dimensions:<br>24.2" x 6.3" x 6.3" |
| Units Per Case: 4                              | Case Weight: 5.6 lb                        |