



QUICK LADDER PRO

GETTING STARTED

Thank you for choosing the SKLZ Quick Ladder Pro. We are dedicated to providing you with the best tools and instruction possible to help you prepare for your sport. If there is anything else we can do to help, don't hesitate to send us an email at help@4implus.com or give us a call toll-free **800-729-5954**.

BEFORE YOU BEGIN:

- Read all instructions carefully before using. Failure to do so may result in injury or damage to the product.
- Always check for wear and tear before use. If any is found, do not use the product.
- If you are missing any Quick Ladder Pro components, please contact Implus customer service toll-free at **800-729-5954**.

⚠️ WARNING:

PHYSICIANS WARNING: Not all exercise equipment and programs are suitable for everyone. It is recommended that you consult your physician before using this equipment or beginning this or any other exercise program.

- Recommended for athletes over 14 years old. Athletes under the age of 18 should use the Quick Ladder Pro under strict adult supervision.
- Regularly check for wear and tear. Stop using Quick Ladder Pro if any part of it breaks. Failure to do so could result in injury.
- When in use, make sure the Quick Ladder Pro is set up in a clear area to avoid injury.
- When using the Quick Ladder Pro, others should stay clear of the area to reduce the risk of injury.

⚠️ CAUTION:

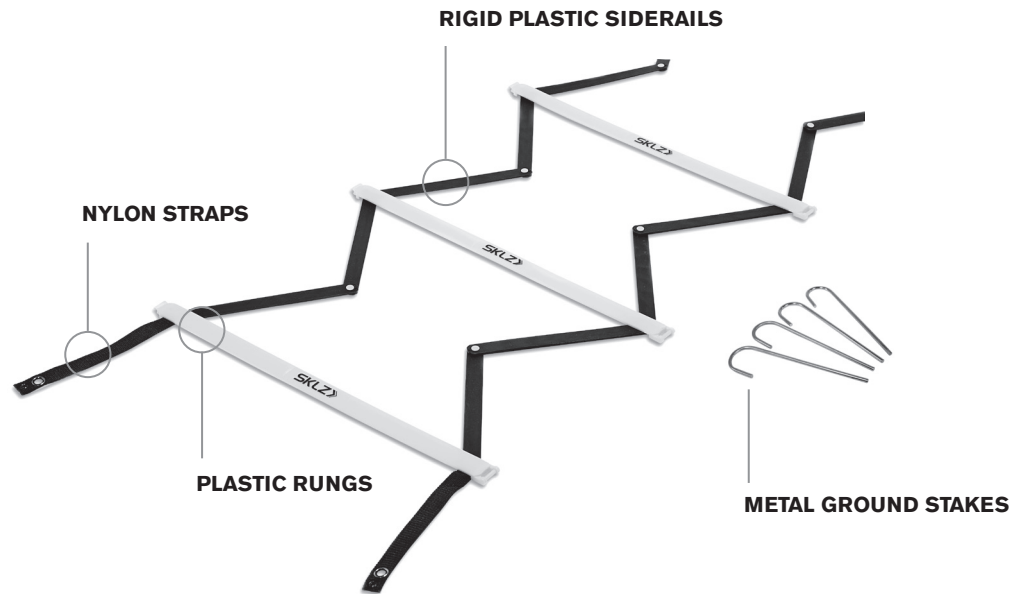
- Do not leave Quick Ladder Pro outdoors for extended periods of time.
- Avoid storing the Quick Ladder Pro in extremely hot or cold environments as this could reduce the life span of the product.
- When in use, make sure the Quick Ladder Pro is set up in a clear area to avoid damage to property.

Patent No. 9675830

1-YEAR LIMITED WARRANTY

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise, and is only valid in the USA. Need proof of purchase for warranty coverage. **Questions? Email help@4implus.com or call toll-free 800-729-5954.**

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GETTING STARTED

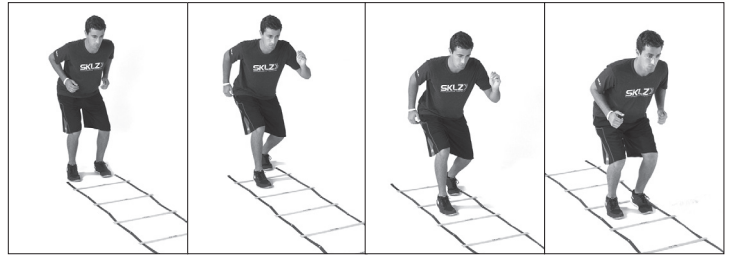
MOVEMENT EXERCISES

CATEGORY	MOVEMENT	SETS
Movement - Linear	1. Linear 2 In	2-3
Movement - Linear	2. Linear 2 In 2 Out	2-3
Movement - Linear	3. Linear 1 - 2 - 1 (Hop Scotch)	2-3
Movement - Linear	4. 2 Out 1 In Lateral Base - 1 Foot	2-3
Movement - Lateral	5. Lateral 2 In	2-3
Movement - Lateral	6. Lateral 2 In 2 Out	2-3
Movement - Lateral	7. 2 In 1 Out - Hold	2-3
Movement - Lateral	8. 2 in 1 Out - Continuous	2-3

CATEGORY	MOVEMENT	SETS
Movement - Lateral	9. Lateral Crossover with Hold	2-3
Movement - Lateral	10. Lateral Crossover - Continuous	2-3
Movement - Multi	11. Linear 2 In to Lateral 2 In 2 Out (T-Formation)	2-3
Movement - Multi	12. Linear 1 - 2 - 1 to Lateral 2 In (T-Formation)	2-3
Movement - Lateral	13. Base Rotations - Ladder	2-3
Movement - Lateral	14. Lateral Shuffle with Hold	2-3
Movement - Multi	15. Lateral Shuffle Continuous to Lateral Shuffle 1 In (T-Formation)	2-3
Movement - Multi	16. Double Lateral Shuffle - Quick to Stabilize (Parallel Formation)	2-3

LINEAR 2 IN

1. Stand in an athletic base position with your knees slightly bent and hips back, looking down the length of Quick Ladder Pro.
2. Take a step into the first rung of the ladder with one foot, immediately followed by your rear foot.
3. Continue moving forward quickly through each rung, leading with the same foot and placing both feet in each rung.
4. Continue for the length of the Quick Ladder Pro. Repeat the movement starting with the other foot to complete the set.



COACHING TIP

Move through Quick Ladder Pro quickly and lightly by picking up your knees and keeping your toes pulled up toward your shins.

FEEL IT

Working your entire body.

LINEAR 2 IN 2 OUT

1. Stand in an athletic base position with your knees slightly bent and hips back looking down the length of Quick Ladder Pro.
2. Jump over the end rung with both feet landing within the first box.
3. Jump over the second rung with your feet outside of the second box.
4. Continue to alternate inside and outside the box with both feet to complete the set.



COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your calves, quads, and hips.

LINEAR 1-2-1 (HOP SCOTCH)

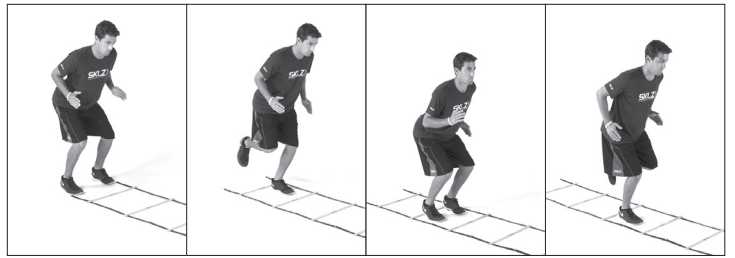
1. Stand in an athletic base position with your knees slightly bent and hips back looking down the length of Quick Ladder Pro.
2. Jump over the end rung of Quick Ladder Pro landing with the left foot in the first box.
3. Jump over the second rung, landing with both feet in the box.
4. Jump over the third rung landing with right foot in the box.
5. Continue to repeat this pattern to complete the set.

COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your calves, quads, and hips.



2 OUT 1 IN LATERAL BASE: 1 FOOT

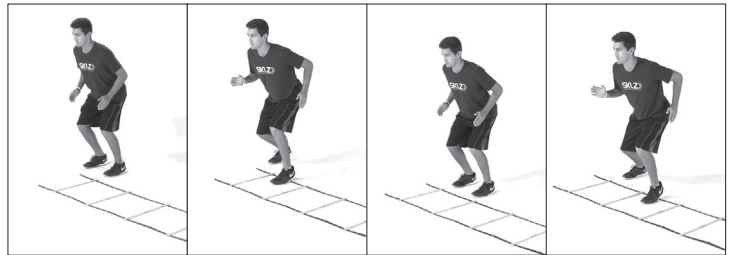
1. Stand in an athletic base position with your knees slightly bent and hips back parallel to Quick Ladder Pro.
2. Keeping your chest facing straight ahead move down the length of Quick Ladder Pro by rapidly moving your inside foot in and out of each rung. Your outside leg will stay in the base position and move forward with each movement of your inside foot.
3. Once through the length of Quick Ladder Pro, return to the starting position and repeat the movement with the opposite foot.
4. Continue for the remainder of the set.

COACHING TIP

Move through Quick Ladder Pro in your athletic base position keeping your toes pulled up toward your shins.

FEEL IT

Working your hips, knees and ankles and challenging your coordination.



LATERAL 2 IN

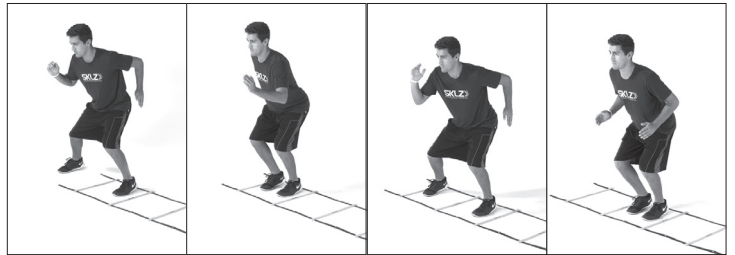
1. Stand balanced on your outside leg in a quarter squat position perpendicular to Quick Ladder Pro.
2. Shuffle laterally through the length of Quick Ladder Pro touching both feet in each square.
3. Continue to shuffle through the entire length of Quick Ladder Pro.
4. Repeat this movement, leading with the opposite leg, to complete the set.

COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your entire body.



LATERAL 2 IN 2 OUT

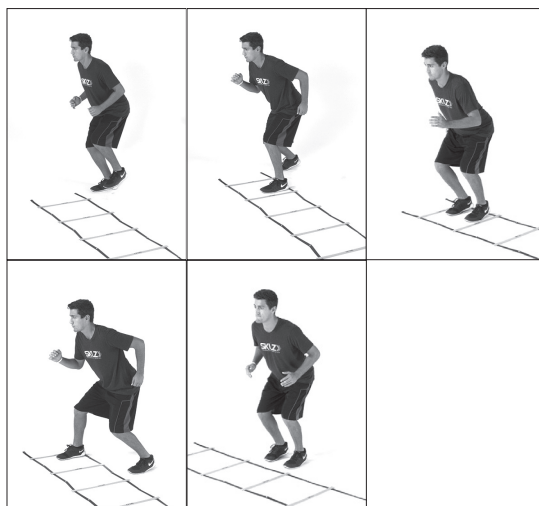
1. Stand perpendicular to Quick Ladder Pro balancing on your outside leg in a quarter squat position.
2. Take a step into the first box with your inside foot followed by your outside foot.
3. Quickly step backward in the sample pattern with your inside then outside foot.
4. Step forward into the next box of Quick Ladder Pro with the same pattern, inside then outside foot.
5. Continue to alternate in and out of the boxes as you move down the length of the Quick Ladder Pro.
6. Repeat the movement, leading with the opposite leg to complete the set.

COACHING TIP

Move through Quick Ladder Pro driving off your trailing leg.

FEEL IT

Working your entire body.



2 IN 1 OUT: HOLD

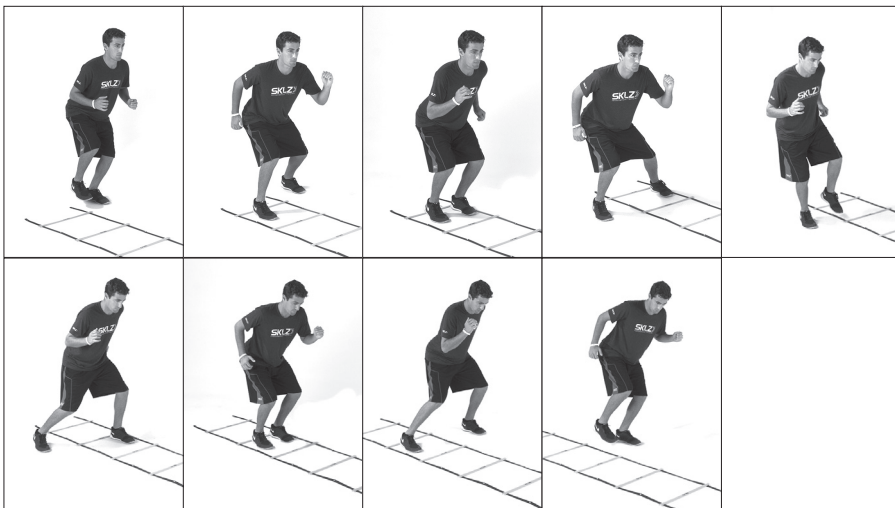
1. Stand to the side of Quick Ladder Pro balancing on your outside leg, looking down the length of the ladder.
2. Shuffle laterally through the first box of Quick Ladder Pro landing on the opposite side balancing on your opposite foot.
3. Immediately repeat the steps to move through the next box landing on your outside foot.
4. Hold your position on your outside leg for two seconds.
5. Repeat the steps quickly shuffling across Quick Ladder Pro and back to complete the set.

COACHING TIP

Keep your feet apart and push off with your trailing leg.

FEEL IT

Working your entire body.



2 IN 1 OUT: CONTINUOUS

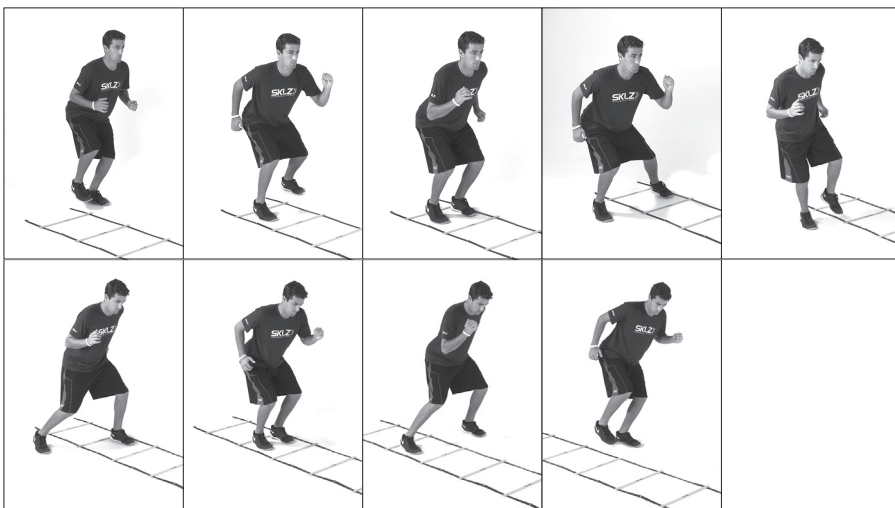
1. Stand to the side of Quick Ladder Pro balancing on your outside leg looking down the length of the ladder.
2. Shuffle laterally through the first box of Quick Ladder Pro landing on the opposite side balancing on your opposite foot.
3. Immediately repeat the steps to move through the next box landing on your outside foot.
4. Repeat the steps, quickly shuffling across Quick Ladder Pro and back to complete the set.

COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your calves, quads, and hips.



LATERAL CROSSOVER WITH HOLD

1. Stand in an athletic base position with your knees slightly bent and hips back parallel to Quick Ladder Pro.
2. Cross your outside leg over your inside leg landing your foot in the first box.
3. Let your inside leg follow, landing outside Quick Ladder Pro on the opposite side.
4. Return to a base position by placing both feet outside of Quick Ladder Pro.
5. Hold the base position for two seconds before repeating the movement in the opposite direction.
6. Continue to work your way up Quick Ladder Pro to complete the set.

COACHING TIP

Swivel your hips during the crossover, recovering to a base position after each crossover.

FEEL IT

Working your entire body.



LATERAL CROSSOVER: CONTINUOUS

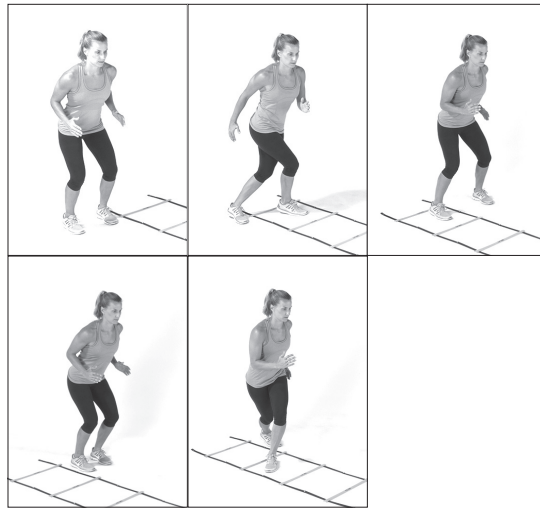
1. Stand in an athletic base position with your knees slightly bent and hips back parallel to Quick Ladder Pro.
2. Cross your outside leg over your inside leg landing you foot in the first box.
3. Let your inside leg follow landing outside the ladder on the opposite side.
4. Return to a base position by placing both feet outside of the ladder.
5. Hold the base position for two seconds before repeating the movement in the opposite direction.
6. Continue to work your way up the ladder.

COACHING TIP

Swivel your hips during the crossover and recover to a base position after each crossover.

FEEL IT

Working your entire body.



LINEAR 2 IN TO LATERAL 2 IN 2 OUT (T-FORM)

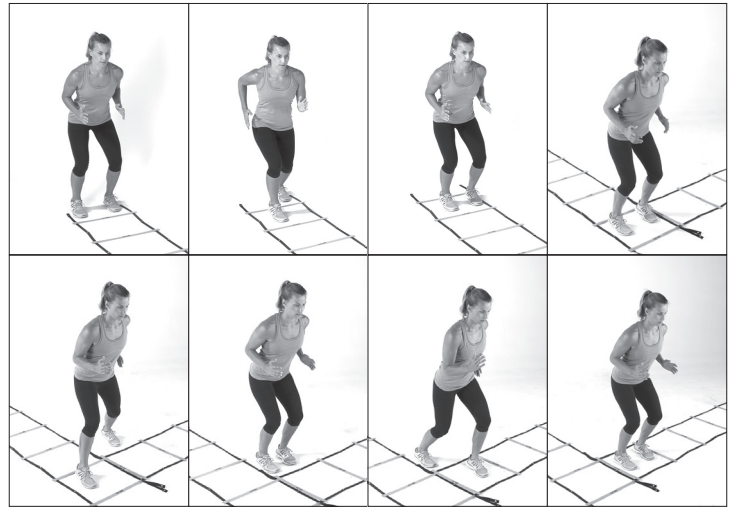
1. Stand in an athletic base position with your knees slightly bent and hips back looking down the length of Quick Ladder Pro.
2. Take a step into the first rung of Quick Ladder Pro with one foot, immediately followed by your rear foot.
3. Continue moving forward quickly through each rung leading with the same foot and placing both feet inside each rung.
4. Continue for the length of the first Quick Ladder Pro.
5. At the T of the two Quick Ladder Pros, take a step into the first box with your inside foot followed by your outside foot.
6. Quickly step backward in the sample pattern; inside then outside foot.
7. Step forward into the next box of Quick Ladder Pro with the same pattern; inside then outside foot.
8. Continue to alternate in and out of Quick Ladder Pro boxes as you move down the length of the ladder.
9. Repeat the movement changing directions at the T to complete the set.

COACHING TIP

Move through Quick Ladder Pro quickly and lightly by picking up your knees and keeping your toes pulled up toward your shins.

FEEL IT

Working your entire body.



LINEAR 1-2-1 TO LATERAL 2 IN (T-FORM)

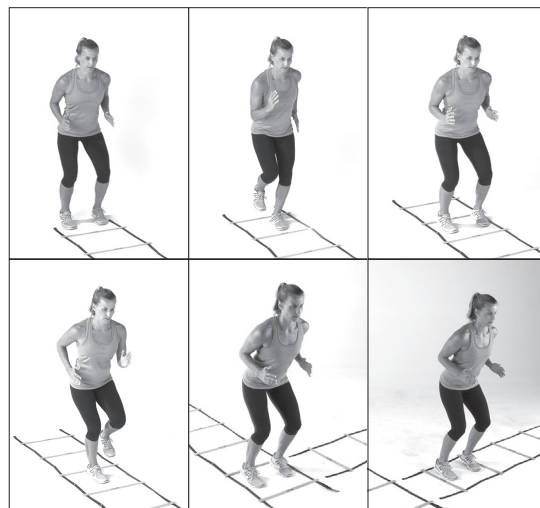
1. Stand in an athletic base position with your knees slightly bent and hips back looking down the length of Quick Ladder Pro.
2. Jump over the end rung of Quick Ladder Pro, landing with the left foot inside the first box.
3. Jump over the second rung, landing with both feet inside the box.
4. Jump over the third rung landing with right foot inside the box.
5. Continue to repeat this pattern for the remainder of the length of Quick Ladder Pro.
6. At the T, shuffle laterally through the length of Quick Ladder Pro touching both feet in each square.
7. Continue to shuffle through the entire length of Quick Ladder Pro.
8. Repeat this movement selecting the opposite direction at the T to complete the set.

COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your entire body.



BASE ROTATIONS: LADDER

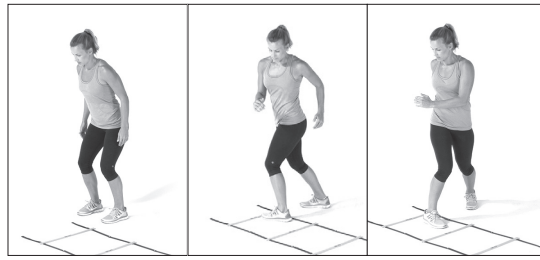
1. Stand in an athletic base position perpendicular to Quick Ladder Pro at one end.
2. Jump to the next box and land with your hips rotated to the right keeping your chest facing straight ahead as you move laterally down the length of Quick Ladder Pro.
3. Immediately jump again to the next box and land with your hips rotated back to the left.
4. Once through the length of Quick Ladder Pro, return to the starting position and repeat the movement facing the opposite direction.

COACHING TIP

Use your arms to counterbalance the movement and focus on swiveling your hips, not your shoulders and torso.

FEEL IT

Working your hips, knees, and ankles and challenging your coordination.



LATERAL SHUFFLE W/HOLD

1. Stand to the side of Quick Ladder Pro balancing on your outside leg looking down the length of the ladder.
2. Shuffle laterally through the first box of Quick Ladder Pro landing on the opposite side balancing on your opposite foot.
3. Hold on your outside leg for two seconds.
4. Repeat the steps to move through the next box holding on your outside leg for two seconds.
5. Continue for the length of Quick Ladder Pro to complete the set.

COACHING TIP

Keep your feet apart and push off with your trailing leg.

FEEL IT

Working your entire body.



LATERAL SHUFFLE CONTINUOUS TO LATERAL SHUFFLE 1 IN (T-FORMATION)

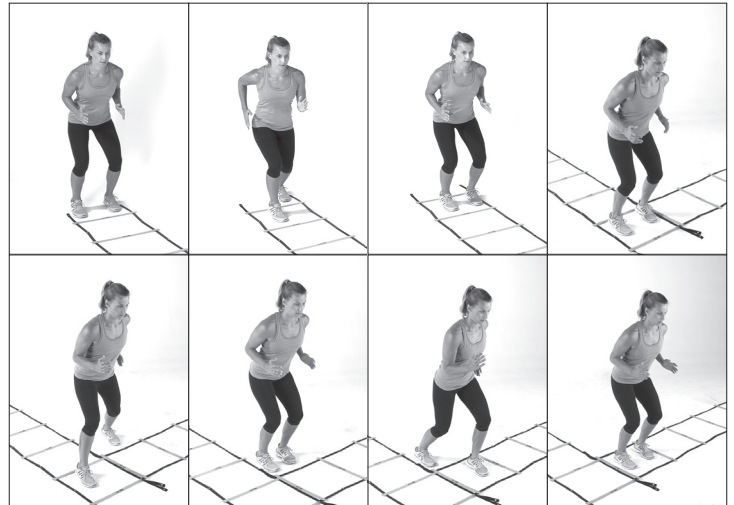
1. Stand to the side of Quick Ladder Pro balancing on your outside leg, looking down the length of the ladder.
2. Shuffle laterally through the first box of Quick Ladder Pro, landing on the opposite side balancing on your opposite foot.
3. Immediately repeat the steps to move through the next box landing on your outside foot.
4. Repeat the steps quickly shuffling across the ladder and back for the remainder of Quick Ladder Pro.
5. At the T shuffle laterally through the length of Quick Ladder Pro, touching both feet in each square.
6. Continue to shuffle through the entire length of Quick Ladder Pro.
7. Repeat this movement selecting the opposite direction at the T to complete the set.

COACHING TIP

Start slow to understand the pattern and then increase the speed as you progress.

FEEL IT

Working your calves, quads, and hips.



DOUBLE LATERAL SHUFFLE: QUICK TO STABLIZE (PARALLEL FORMATION)

1. Stand to the side of Quick Ladder Pro balancing on your outside leg looking down the length of the ladder.
2. Shuffle laterally through the first row of boxes two feet in each box, landing on the opposite side balancing on your outside foot.
3. Immediately repeat the steps to move through the next row of boxes landing on your outside foot.
4. Hold your position on your outside leg for two seconds.
5. Repeat the steps quickly shuffling across Quick Ladder Pros and back to complete the set.

COACHING TIP

Keep your feet apart and push off with your trailing leg.

FEEL IT

Working your entire body.

