



6X HURDLES

TRAINING GUIDE

IMPORTANT:
SAVE THIS INFORMATION IN THE EVENT THAT THE MANUFACTURER NEEDS TO BE CONTACTED FOR REPLACEMENT PARTS.

SAFETY INSTRUCTIONS:

FAILURE TO FOLLOW THESE SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS INJURY OR PROPERTY DAMAGE AND WILL VOID YOUR WARRANTY.

Most injuries are caused by misuse and/or not following instructions. Use caution when using this product.

You've purchased the SKLZ 6X Hurdles, an essential tool when training to improve speed, agility, and power. The following training guide will show you how to use the equipment and modify your movements as you improve. By following the progressions designed by EXOS, you'll be training with the same methodology used at EXOS' world-class facilities.

If there is anything else we can do to help you optimize your training, don't hesitate to send us an email (customerservice@sklz.com) or give us a call (1-877-225-7275).

BEFORE YOU BEGIN:

HOW DO I INCORPORATE 6X HURDLES INTO MY WORKOUT?

EXOS broke down what movements they would recommend performing with 6X Hurdles and where they would fit these moves into a training session. Each recommended movement is listed and explained so you can easily get started and begin to incorporate the SKLZ 6X Hurdles into your training.

WARM UP

Before you start training, you need to prepare your body to move. EXOS pays careful attention to injury prevention and athlete longevity. EXOS does this by taking its athletes through Pillar Preparation and Movement Preparation.

Pillar Preparation, or Pillar Prep, primes critical areas for the workout ahead, ultimately helping protect your body from injury and boosting your overall performance. A properly trained pillar — consisting of your hips, torso, and shoulders — helps transfer energy through your body more effectively.

Movement Preparation, or Movement Prep, uses dynamic stretches to prepare your muscles for movement. These stretches help you move more efficiently throughout your workout.

Try using the provided EXOS warm-up before you train with 6X Hurdles to make sure your body is ready to move.

HOW TO USE THE 6X HURDLES TO GET THE MOST OUT OF YOUR TRAINING:

This training guide has recommended movements for speed, agility, and power training sessions. This blend of movements focuses on the technical aspects of linear and multi-directional movement skills. You'll also perform plyometrics that focus on force production. Advanced sport-like movements focus on plyometrics to improve stability and muscle elasticity and help you translate that to your performance.

Start with Progression 1 and advance to the next progression when you show proficiency throughout your training. The recommended sets and reps are based on working through the progression that you choose for your training session. It is important to follow these general guidelines to avoid over training.

RECOVER AFTER EACH WORKOUT

Recovery is how athletes take care of their bodies after a workout, competition, or practice. Recovering properly leads to better gains and faster improvement, and it can be the key to reaching your goals. The more effectively you recover, the quicker your body adapts and the sooner you can perform another workout.

Now you're ready to start training. Use the above information to improve your speed, agility, and power with SKLZ 6X Hurdles.

WARM UP EXERCISES

CATEGORY	MOVEMENT	SETS	REPS
Warm Up	1. Plank With Shoulder Tap	1-2	6-8 ea
Warm Up	2. Glute Bridge	1-2	10
Warm Up	3. Lateral Dynamic Pillar Bridge	1-2	8-12 ea
Warm Up	4. Lateral Lunge	1-2	6 ea

CATEGORY	MOVEMENT	SETS	REPS
Warm Up	5. Leg Cradle	1-2	6 ea
Warm Up	6. Lateral Pillar Skip	1-2	8 steps ea
Warm Up	7. Knee Hug	1-2	6 ea
Warm Up	8. 2 Inch Run In Place	2-3	6 sec

1 PLANK WITH SHOULDER TAP

STEPS:

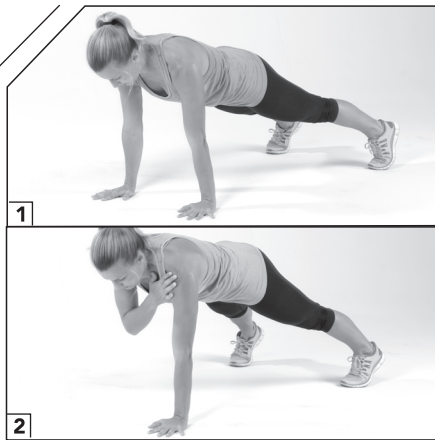
- Start in a push-up position with hands directly beneath your shoulders and feet wider than shoulder-width apart.
- Touch your hand to your opposite shoulder.
- Repeat with your opposite hand and shoulder.

COACHING TIP:

Keep your torso solid, hips square to the ground, and feet on the ground throughout the movement.

FEEL IT:

Working your shoulders and torso.



2 GLUTE BRIDGE

STEPS:

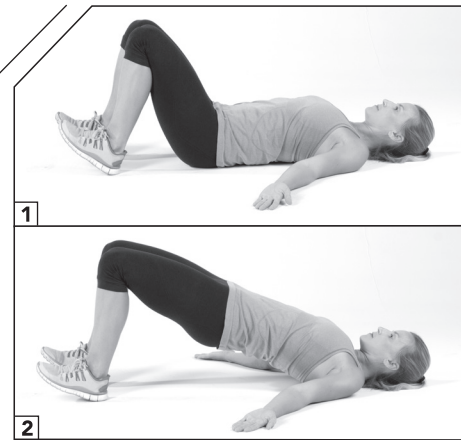
- Lie face up with your arms at your sides, knees bent, and heels on the ground.
- Lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
- Hold for 1 to 2 seconds, and then return to the starting position.

COACHING TIP:

Fire (squeeze) your glutes to lift your hips off the ground.

FEEL IT:

Working your entire body.



3 LATERAL DYNAMIC PILLAR BRIDGE

STEPS:

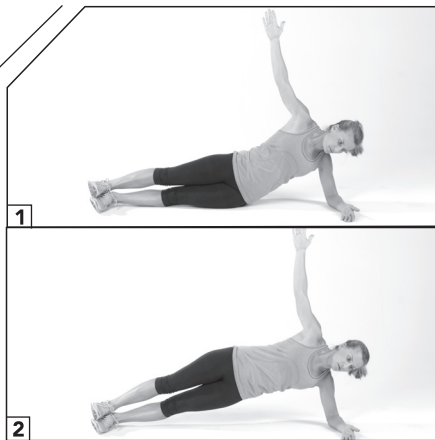
- Lie on your side with your forearm on the ground under your shoulder and your feet stacked on top of each other.
- Push your forearm away from your body and lift your hips into the air.
- Hold for 1 to 2 seconds, return to the starting position, and repeat.

COACHING TIP:

Keep your stomach tight.

FEEL IT:

Your shoulders and torso working.



4 LATERAL LUNGE

STEPS:

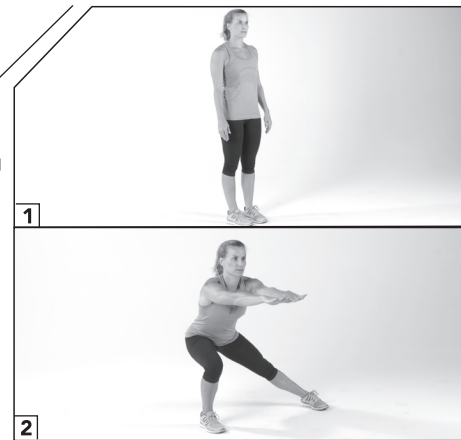
- Stand tall with your arms at your sides.
- Step to one side and lower your hips by squatting back and down with the stepping leg, keeping the other straight.
- Return to the starting position by pushing up with your bent leg.
- Switch directions and repeat the movement.

COACHING TIP:

Keep your chest up and your back flat.

FEEL IT:

Your glutes, hamstrings, and quads working and stretching the inner thigh of the straight leg.



5 LEG CRADLE

STEPS:

- Squat back and down a few inches on one leg.
- Grab below your lifted knee with your same side hand and under the ankle with your other hand.
- Extend your standing leg as you pull your opposite knee toward your chest until you feel a gentle stretch.
- Return to starting position and repeat with opposite leg.

COACHING TIP:

Focus on standing tall, keeping your chest up throughout the move.

FEEL IT:

A stretch in the outside of your hip.



6 LATERAL PILLAR SKIP

STEPS:

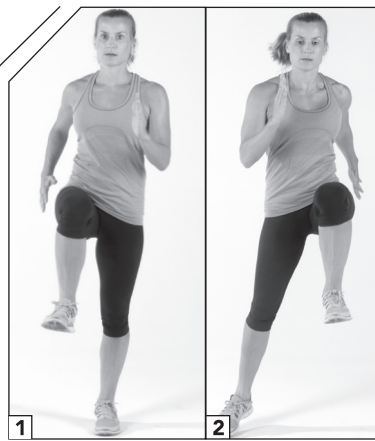
- Lift one knee up while you bring your opposite arm forward and the same side elbow back.
- Skip to the side by generating a double contact with your foot as your opposite knee lifts and your arms exchange.
- Continue laterally by repeating with the opposite leg.
- Continue skipping laterally for 8 steps.
- Repeat in the opposite direction to complete the set.

COACHING TIP:

Keep your chest up and fully extend and push off with your trailing leg.

FEEL IT:

Your entire body working.



WARM UP EXERCISES CONTINUE

WARM UP EXERCISES (CONTINUED)

7 KNEE HUG IN PLACE

STEPS:

- 1 - Stand tall with your arms at your sides.
- 2 - Squat back and down a few inches on one leg.
- 3 - Grab below opposite knee and gently pull toward chest while straightening standing leg. Hold for 1 to 2 seconds.
- 4 - Relax, return to the starting position and repeat with your opposite leg.

COACHING TIP:

Keep your chest up and contract the glute of the standing leg.

FEEL IT:

A stretch in your glutes, hamstrings, and hip flexors.



8 2 INCH RUN IN PLACE

STEPS:

- 1 - Stand with your knees slightly bent, hips back, and arms bent.
- 2 - Run in place, lifting your feet two inches in the air with each step as quickly as possible.
- 3 - Allow your arms to move slowly and rhythmically.

COACHING TIP:

Try to make your feet "pop" rather than "scuff" as you run.

FEEL IT:

Your hips, knees, and ankles working and challenging your coordination.



PLYOMETRICS PROGRESSION 1

CATEGORY	MOVEMENT	SETS	REPS
Plyometrics	1. Linear Hop Countermovement To Stabilize	2-3	5 ea
Plyometrics	2. Lateral Hop Countermovement To Stabilize	2-3	5 ea
Plyometrics	3. Medial Hop Countermovement To Stabilize	2-3	5 ea

1 LINEAR HOP COUNTERMOVEMENT TO STABILIZE

STEPS:

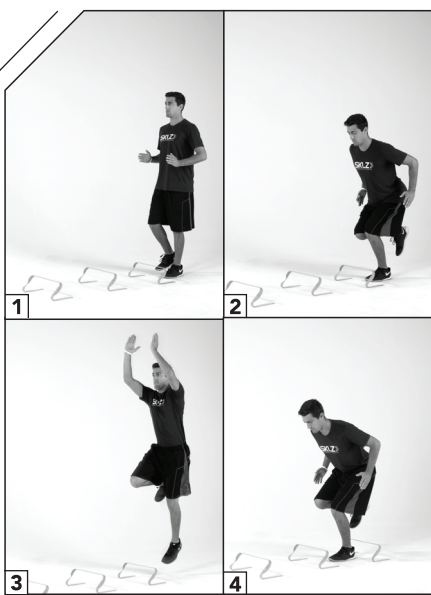
- 1 - Stand in front of a line of 6X Hurdles balancing on one leg with your elbows bent 90 degrees.
- 2 - Propelling yourself with your arms and hips, bounce on your takeoff foot to preload and then hop over the first 6X Hurdle.
- 3 - Absorb the impact through your hip to land softly and stabilize for 1 to 2 seconds.
- 4 - Continue over the remaining 6X Hurdles.
- 5 - At the end of the row of 6X Hurdles, stick the landing, switch legs, and repeat the movement to complete the set.

COACHING TIP:

Fully extend your hip on each hop and do not allow your knee to collapse to the inside on takeoff or landing.

FEEL IT:

Working your hips and legs.



2 LATERAL HOP COUNTERMOVEMENT TO STABILIZE

STEPS:

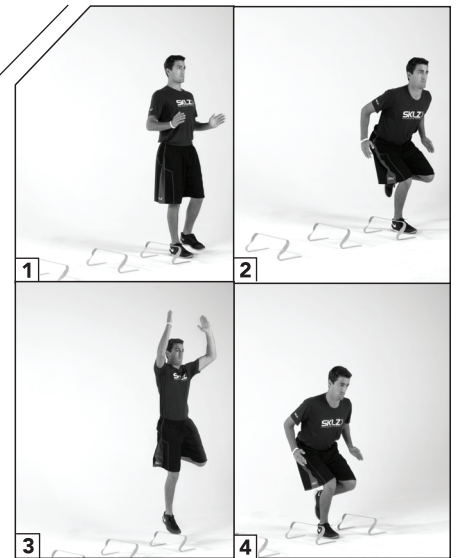
- 1 - Stand with your side to a line of 6X Hurdles balancing on your inside leg with your arms bent 90 degrees.
- 2 - Dip your hips back and down and hop laterally over the first hurdle, using your arms and hips to generate force.
- 3 - Absorb the impact with your hips to land softly, stabilize for 1 to 2 seconds, and then reset to a standing position.
- 4 - Continue over the remaining 6X Hurdles.
- 5 - At the end of the hurdles, stick the landing, switch legs, and repeat the movement in the opposite direction.
- 6 - Continue alternating for the remainder of the set.

COACHING TIP:

Use your arms and hips together to generate force.

FEEL IT:

Working your hips and legs.



3 MEDIAL HOP COUNTERMOVEMENT TO STABILIZE

STEPS:

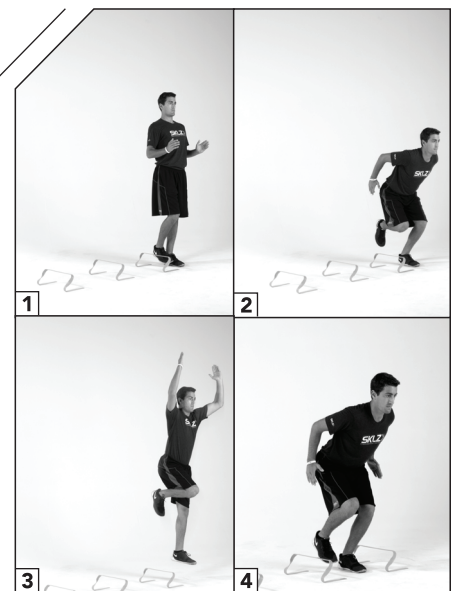
- 1 - Stand to the side of a line of 6X Hurdles balancing on the outside leg. Bend your elbows 90 degrees and maintain this angle throughout the movement.
- 2 - Cock your elbows back as you dip your hips back and down. Using your arms and hips to generate force, hop over the first hurdle.
- 3 - Stabilize upon landing and return to the starting position.
- 4 - Continue over the remaining 6X Hurdles initiating each hop by sitting back and down with your hips.
- 5 - Switch legs and repeat the movement in the opposite direction.
- 6 - Continue for the remainder of the set.

COACHING TIP:

Land softly and absorb the impact through your hip without letting your knee collapse to the inside.

FEEL IT:

Working your hips and legs.



PLYOMETRICS PROGRESSION 2

CATEGORY	MOVEMENT	SETS	REPS
Plyometrics	1. Linear Hop Double Contact To Stabilize	2-3	5 ea
Plyometrics	2. Lateral Hop Double Contact To Stabilize	2-3	5 ea
Plyometrics	3. Medial Hop Double Contact To Stabilize	2-3	5 ea

1 LINEAR HOP DOUBLE CONTACT TO STABILIZE

STEPS:

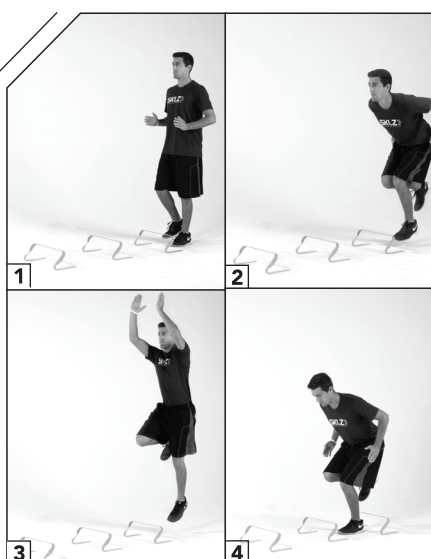
- 1 - Stand in front of a line of 6X Hurdles balancing on one leg with your elbows bent 90 degrees.
- 2 - Propelling yourself with your arms and hips, bounce on your takeoff foot to preload and then hop over the first 6X Hurdle.
- 3 - Absorb the impact through your hip to land softly and stabilize for 1 to 2 seconds.
- 4 - Continue over the remaining 6X Hurdles.
- 5 - At the end of 6X Hurdles, stick the landing, switch legs, and repeat the movement to complete the set.

COACHING TIP:

Fully extend your hip on each hop and do not allow your knee to collapse to the inside on takeoff or landing.

FEEL IT:

Working your hips and legs.



3 MEDIAL HOP DOUBLE CONTACT TO STABILIZE

STEPS:

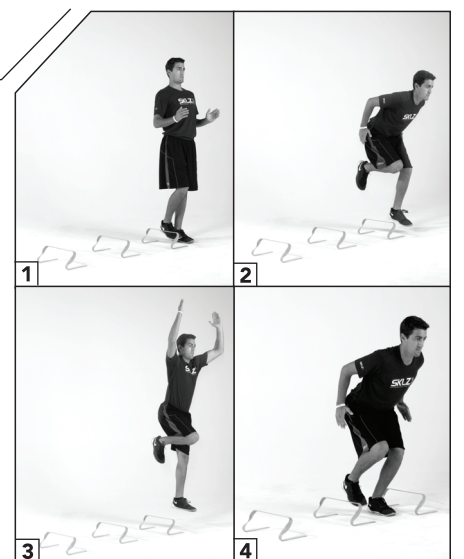
- 1 - Stand to the side of a line of 6X Hurdles balancing on the outside leg. Bend your elbows 90 degrees and maintain this angle throughout the movement.
- 2 - Cock your elbows back as you dip your hips back and down.
- 3 - Quickly bounce on your landing foot to preload, and then use your arms and hips to generate force to hop over the first 6X Hurdle.
- 4 - Land on the same leg, anticipating the ground to minimize contact time. Without pausing, continue over the remaining 6X Hurdles with the double contact preload.
- 5 - Switch legs and repeat in the opposite direction to complete the set.

COACHING TIP:

Land softly and absorb the impact through your hip without letting your knee collapse to the inside.

FEEL IT:

Working your hips and legs.



2 LATERAL HOP DOUBLE CONTACT TO STABILIZE

STEPS:

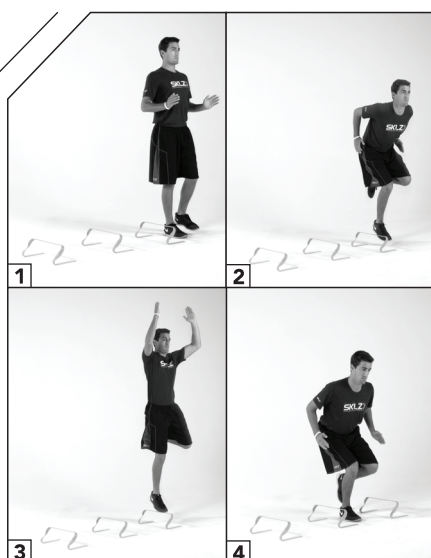
- 1 - Stand with your side to a line of 6X Hurdles balancing on your inside leg with your arms bent 90 degrees.
- 2 - Propelling yourself with your arms and hips, bounce on your takeoff foot to preload and then hop laterally over the first 6X Hurdle.
- 3 - Absorb the impact through your hip to land softly and stabilize for 1 to 2 seconds.
- 4 - Continue over the remaining 6X Hurdles.
- 5 - At the end of the 6X Hurdles, stick the landing, switch legs, and repeat the movement in the opposite direction.
- 6 - Continue alternating for the remainder of the set.

COACHING TIP:

Fully extend your hip on each hop.

FEEL IT:

Working your hips and legs.



PLYOMETRICS PROGRESSION 3

CATEGORY	MOVEMENT	SETS	REPS
Plyometrics	1. Linear Hop Continuous	2-3	5 ea
Plyometrics	2. Lateral Hop Continuous	2-3	5 ea
Plyometrics	3. Medial Hop Continuous	2-3	5 ea

1 LINEAR HOP CONTINUOUS

STEPS:

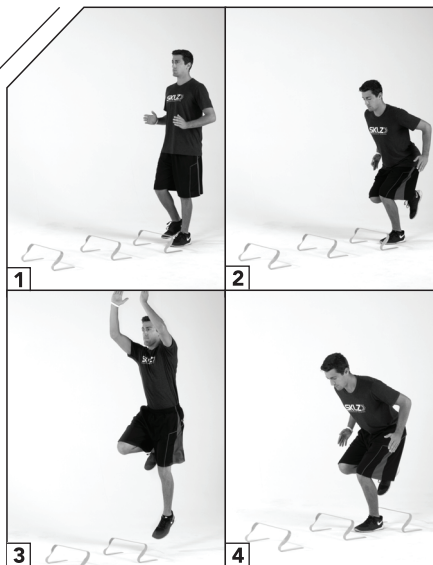
- Stand in front of a line of 6X Hurdles balancing on one leg with your elbows bent 90 degrees.
- Cock your elbows back as you dip your hips back and down.
- Using your arms and hips to generate force, hop over the first 6X Hurdle.
- Land on the same leg, anticipating the ground to minimize contact time and, without pausing, hop over the next 6X Hurdle.
- Continue over the remaining 6X Hurdles initiating each hop by sitting back and down with your hips.
- Switch legs and repeat the movement in the opposite direction.
- Continue alternating for the remainder of the set.

COACHING TIP:

Land softly and absorb the impact through your hip without letting your knee collapse to the inside.

FEEL IT:

Working your hips and legs.



2 LATERAL HOP CONTINUOUS

STEPS:

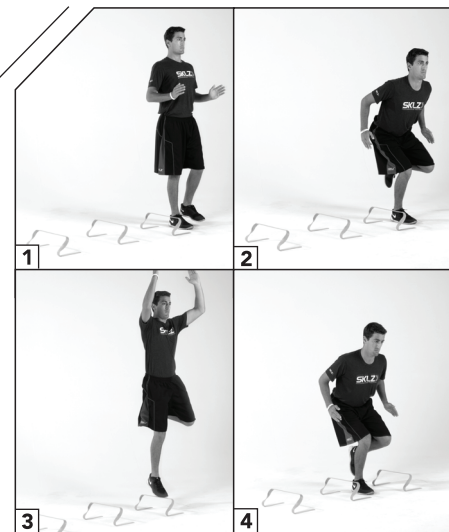
- Stand with your side to a line of 6X Hurdles balancing on your inside leg with your arms bent 90 degrees.
- Propelling yourself with your arms and hips, hop laterally over the line of 6X Hurdles without pausing when you land.
- At the end of the 6X Hurdles, stick the landing, switch legs, and repeat the movement in the opposite direction.
- Continue alternating for the remainder of the set.

COACHING TIP:

Land softly by absorbing the impact with your hips. Anticipate the ground to minimize contact time.

FEEL IT:

Working your hips and legs.



3 MEDIAL HOP CONTINUOUS

STEPS:

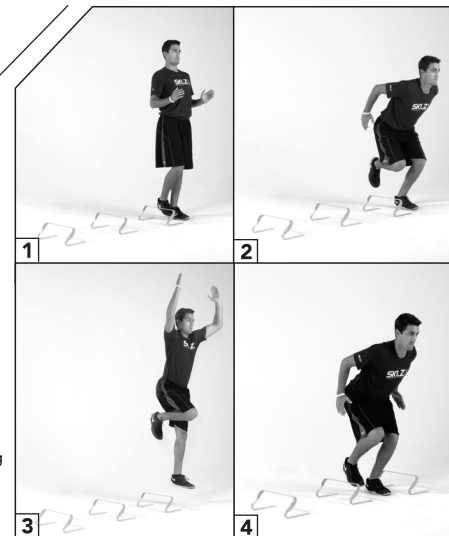
- Stand to the side of a line of 6X Hurdles balancing on the outside leg. Bend your elbows 90 degrees and maintain this angle throughout the movement.
- Cock your elbows back as you dip your hips back and down.
- Propel yourself upward with your arms and hips as you hop over the first 6X Hurdle.
- Land on the same leg, anticipating the ground to minimize contact time. Without pausing, hop over the remaining 6X Hurdles.
- Switch legs and repeat the movement in the opposite direction.
- Continue for the remainder of the set.

COACHING TIP:

Land softly and absorb the impact through your hip without letting your knee collapse to the inside.

FEEL IT:

Working your hips and legs.



MOVEMENT PROGRESSION 1

CATEGORY	MOVEMENT	SETS	REPS
Movement	1. Crossover Wall Drill - Load And Lift	2-3	8 ea
Movement	2. 3 Hurdle Drill - Stabilize	2-3	3 ea
Movement	3. 3 Hurdle Drill - Quick/Stabilize	2-3	3 ea

1 CROSSOVER WALL DRILL LOAD AND LIFT

STEPS:

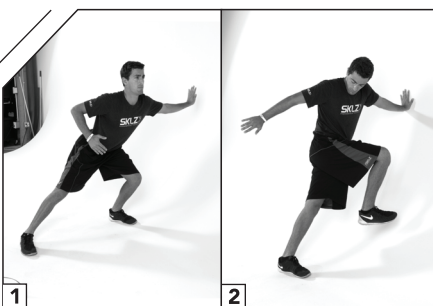
- Stand perpendicular to a wall with your inside hand on the wall and your weight on your inside foot.
- Dip at the inside knee and hip driving your outside knee up and across your body. Hold for 15 seconds.
- Reset to the starting position and repeat.
- Complete set on one side before repeating on the opposite side.

COACHING TIP:

Square your hips to the wall as you lift your knee up and across your body.

FEEL IT:

Working your hips, legs, and torso.



2 3 HURDLE DRILL STABILIZE

STEPS:

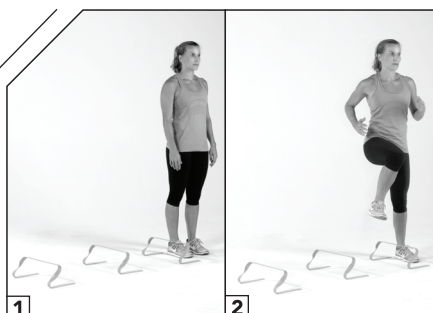
- Stand to the side of a line of three 6X Hurdles on your outside leg.
- Shuffle laterally through 6X Hurdles.
- Once completely through, pause on your outside leg for two seconds.
- Repeat in the opposite direction to complete the rep.

COACHING TIP:

Keep your feet apart and push with your trailing leg.

FEEL IT:

Working your entire body.



3 3 HURDLE DRILL QUICK / STABILIZE

STEPS:

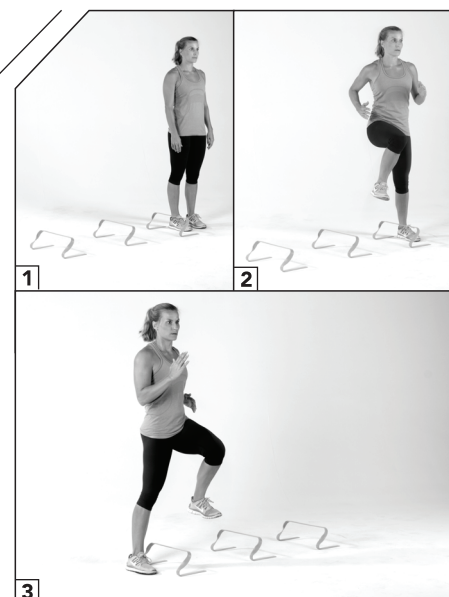
- Stand to the side of a line of three 6X Hurdles on your outside leg.
- Shuffle laterally through your 6X Hurdles.
- Once completely through, cut back with your outside leg and repeat in the opposite direction.
- At the start, pause on your outside leg for two seconds.
- Complete set on one side before repeating in opposite direction.

COACHING TIP:

Keep your feet apart and push with your trailing leg.

FEEL IT:

Working your entire body.



MOVEMENT PROGRESSION 2

CATEGORY	MOVEMENT	SETS	REPS
Movement	1. Acceleration Wall Drill - Singles	2-3	8 ea
Movement	2. 3 Hurdle Drill - Continuous	2-3	3 ea
Movement	3. 3 Hurdle Drill To 45 Degree Acceleration	2-3	3 ea

1 ACCELERATION WALL DRILL SINGLES

STEPS:

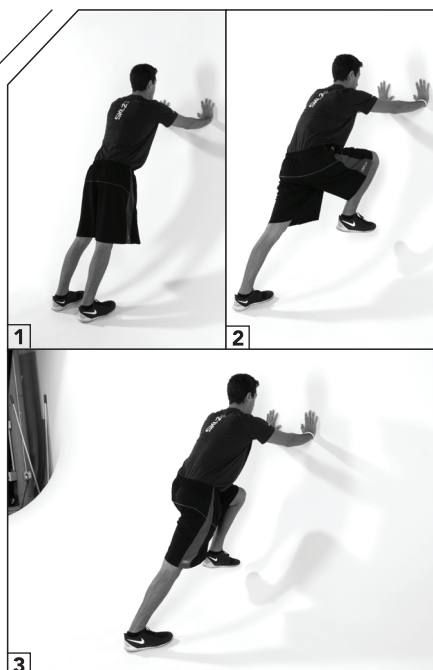
- Stand leaning forward with your hands on a wall and your ears, shoulders, hips, knees, and ankles in a straight line.
- Lift one knee and foot toward the wall and pause.
- Quickly drive this foot back to the starting position as you lift the other knee toward the wall and then pause.
- Continue alternating for the remainder of the set.

COACHING TIP:

Maintain your posture and keep your toes pulled toward your shin.

FEEL IT:

Working your shoulders, torso, and hips.



2 3 HURDLE DRILL CONTINUOUS

STEPS:

- Stand to the side of a line of three 6X Hurdles on your outside leg.
- Shuffle laterally through your 6X Hurdles.
- Once completely through, cut back with your outside leg and repeat in the opposite direction.
- Without pausing, continue to shuffle back and forth for the remainder of the set.

COACHING TIP:

Keep your feet apart and push with your trailing leg.

FEEL IT:

Working your entire body.



3 3 HURDLE DRILL TO 45° ACCELERATION

STEPS:

- Stand to the side of a line of three 6X Hurdles on your outside leg.
- Shuffle laterally through your 6X Hurdles.
- Once completely through, cut back with your outside leg and repeat in the opposite direction.
- At the start, sprint at a 45-degree angle for 10 yards.
- Repeat in the opposite direction with the opposite leg.

COACHING TIP:

Step over each 6X Hurdle by driving off of your trailing leg and accelerate by driving your feet down and back.

FEEL IT:

Working your entire body.



MOVEMENT PROGRESSION 3

CATEGORY	MOVEMENT	SETS	REPS
Movement	1. Crossover Drill - Quick And Stabilize	2-3	3 ea
Movement	2. Dropstep Skip	2-3	8 ea

CATEGORY	MOVEMENT	SETS	REPS
Movement	3. 3 Hurdle Drill Quick To Dropstep To 135 Degree Acceleration	2-3	3 ea
Movement	4. 3 Hurdle Drill To Crossover To 8Yd Acceleration	2-3	3 ea

1 CROSSOVER DRILL QUICK AND STABILIZE

STEPS:

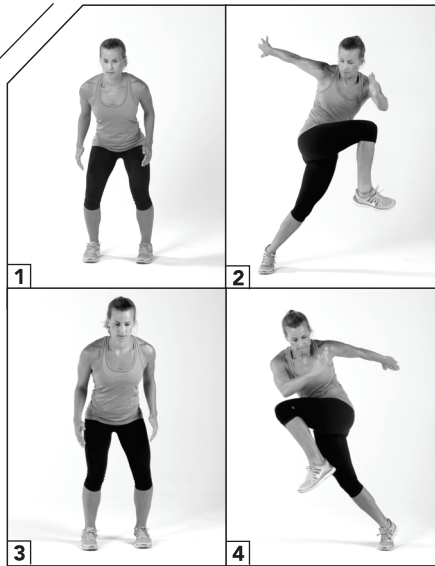
- Place two cones about three yards apart. Stand at one cone with the other out to your side, starting in an athletic base position with your knees slightly bent, hips back, and arms bent in front of you.
- Drive one knee up and across your body and plant your foot outside your opposite leg.
- Snap your hips open to bring the opposite foot back to a base position at the other cone.
- Immediately reverse direction, repeat the movement, and pause at the starting position.
- Complete the set on one side before repeating on the opposite side.

COACHING TIP:

Keep your chest up and shoulders forward.

FEEL IT:

Working your hips, legs, and torso.



2 DROPSTEP SKIP

STEPS:

- Stand tall with your feet hip-width apart, knees slightly bent, hips back, and arms bent and in front of you.
- Lift one knee in the air as you open up your hips, countering the movement by swinging your opposite arm forward and same-side arm back.
- Plant your foot behind you and generate a double contact as you lift your opposite leg.
- Continue this skipping pattern for 10 meters to complete one rep.
- Continue for the remainder the set.

COACHING TIP:

Maintain your posture and keep your shoulders forward.

FEEL IT:

Stretching your hips and challenging your coordination.



3 3 HURDLE DRILL QUICK TO DROPSTEP TO 135° ACCELERATION

STEPS:

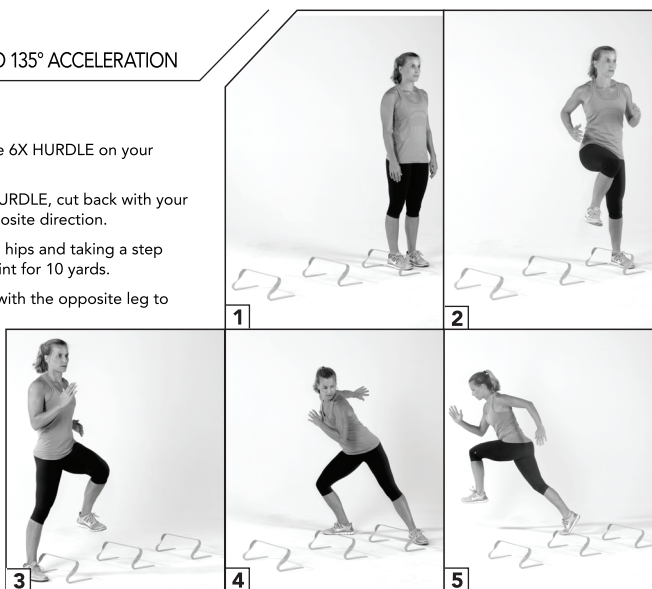
- Stand to the side of a line of three 6X HURDLE on your outside leg.
- Shuffle laterally through the 6X HURDLE, cut back with your outside leg and repeat in the opposite direction.
- At the start, dropstep by opening hips and taking a step behind you with one foot and sprint for 10 yards.
- Repeat in the opposite direction with the opposite leg to complete the set.

COACHING TIP:

As you dropstep with one foot, punch the same side elbow back and accelerate by driving feet back and down.

FEEL IT:

Working your entire body.



4 3 HURDLE DRILL TO CROSSOVER TO 8-YARD ACCELERATION

STEPS:

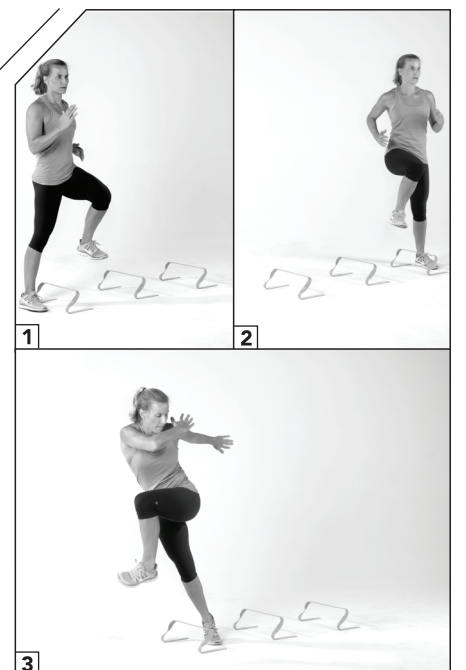
- Stand to the side of a line of 3 hurdles, balancing on your outside leg with your hips back and down in a quarter squat position.
- Shuffle laterally through the hurdles, keeping your feet apart and pushing off with your trailing leg.
- Once through the hurdles, cut back with the outside leg and continue the movement in the opposite direction.
- As the first foot lands outside the middle hurdle, crossover with your trailing leg and accelerate in the same direction for 4 to 6 steps, leaning forward and driving your feet down and back.
- Repeat the drill, starting in the opposite direction.
- Continue alternating to complete the set.

COACHING TIP:

During the crossover, drive your inside knee up and tight across your body, using your arms to help quickly open your hips.

FEEL IT:

Working your entire body.



RECOVERY EXERCISES

1 FOAM ROLL - CALF 1-2 SETS 45 SEC

STEPS:

- Sit on the ground with your legs straight, one crossed over the other, and a Barrel Roller under bottom leg calf.
- Lift your butt off the ground so your weight is supported by your hands and the Barrel Roller.
- Keeping hands still, roll back and forth over your calf.
- Complete set on one leg before repeating on opposite.

COACHING TIP:

Place as much weight on the Barrel Roller as you can tolerate. Spend more time rolling on sore spots you find.

FEEL IT:

As if you were getting a deep massage.



2 FOAM ROLL - QUADRICEPS 1-2 SETS 45 SEC

STEPS:

- Lie facedown supporting weight on forearms with a Barrel Roller under one thigh and the other leg crossed at the ankles.
- Roll along quads from hip to just above the knee.
- Spend more time rolling on any sore spots you find.
- Complete set on one leg before repeating on opposite.

COACHING TIP:

Place as much weight on the Barrel Roller as you can tolerate

FEEL IT:

As if you were getting a deep massage.



3 FOAM ROLL - GLUTES 1-2 SETS 45 SEC

STEPS:

- Sit on a Barrel Roller with your weight shifted to one side and your hands and feet on the floor for support.
- Roll from the top of the back of your thigh to your lower back.
- Spend more time rolling on any sore spots you find.
- Complete the set on one side before repeating on the opposite side.

COACHING TIP:

Place as much weight on the Barrel Roller as you can tolerate.

FEEL IT:

As if you were getting a deep massage.



PATENT PENDING

SKLZ offers a limited 1-Year warranty for this product, visit SKLZ.com for full warranty details and to register your product.

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