

SKLZ»

SPEED ROPE

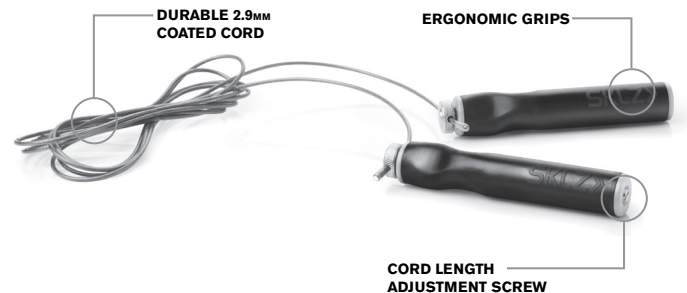
TRAINING GUIDE



⚠️ 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.



Thank you for choosing the SKLZ Speed Rope. 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 customerservice@sklz.com or give us a call at **1-877-225-7275**.

BEFORE YOU BEGIN:

- Read all setup and usage instructions carefully.
- If you are missing any Speed Rope components, please contact SKLZ customer service toll free at **1-877-225-7275**.
- This product is not suitable for children under 3 years
- Exercise in open area free of hazards.

⚠️ 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.

- Always check equipment for worn or damaged parts before use. If any defects are found, do not use product.
- To avoid cord entanglement, ensure any children under the age of 12 are under close adult supervision. Store out of reach of children under 12 years of age.

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 customerservice@sklz.com or call toll free **1-877-225-7275**.

Made in China. ©2017 Pro Performance Sports, LLC. All rights reserved. Manufactured and distributed by SKLZ/Pro Performance Sports: 2081 Faraday Avenue, Carlsbad, CA 92008 USA. SKLZ is a registered trademark of Pro Performance Sports, LLC, its subsidiaries and affiliates. Product features, appearance and specifications may be subject to change without notice. Unauthorized duplication is a violation of applicable local and international laws.

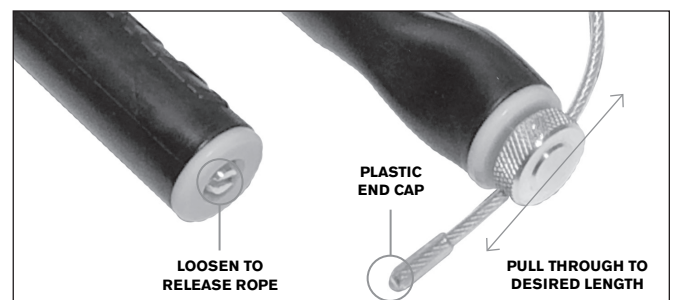
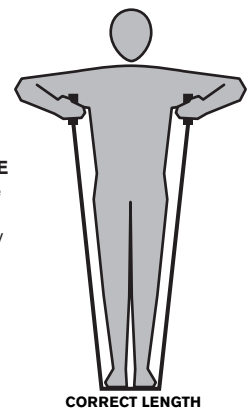
SET UP

DETERMINE PROPER LENGTH

- 1 Stand in the middle of the Speed Rope with both feet together. (see diagram to the right)
- 2 Bring both handles up toward your shoulders. Handles should reach your armpits.

TO ADJUST THE LENGTH OF THE SPEED ROPE

- 1 Use a flat head screwdriver or a coin to loosen the screw on the bottom of the Speed Rope handle. This will loosen the top nut of the handle and allow you to lengthen your rope.
- 2 Once the rope is at the desired length, tighten the screw. Do not over tighten.
- 3 The Speed Rope can be used with the excess cord still attached or it can be removed. The plastic end caps should be removed, then cut the excess rope off, and reposition the caps.



Share your experience. Tag @SKLZ with #BEREADY for a chance to be featured.



EXERCISE DRILLS

HOW DO I INCORPORATE THE SKLZ SPEED ROPE INTO MY WORKOUT?

EXOS broke down which specific movements will allow you to become more proficient with Speed Rope and reach new levels of conditioning. Each recommended movement is listed and explained so you can easily get started and begin to incorporate the SKLZ Speed Rope into your conditioning.

The training guide has recommended movements for the conditioning portion of a training session. These focus on movement variations that will target an athlete's cardiovascular fitness and coordination.

The recommended sets and reps are based on your current training season. The season dictates how much work you should be doing with the Speed Rope. Preseason consists of the six to eight weeks prior to a competitive season; in-season is when you are actively playing or practicing; the off-season is when you have no competitions in the near future.

Now you're ready to start training. Use the above information to improve your conditioning with the SKLZ Speed Rope.

MOVEMENT	SETS	TIME
Jump Rope	2-3	1-2 min
Jump Rope - Alternating High Knees	2-3	:30-60 sec
Jump Rope - Lateral Hop	2-3	:30-60 sec
Jump Rope - Alternate Feet	2-3	1-2 min
Jump Rope - Double Under	2-3	:30-60 sec

JUMP ROPE

- 1 Stand with your feet 1 to 2 inches apart, with the Speed Rope handles in both hands, the rope resting on the ground behind you.
- 2 Starting with your hands just above your waist, swing the rope over your head from behind you.
- 3 Jump over the rope as it continues to swing forward and then under your feet.
- 4 Repeat for the recommended duration to complete the set.

COACHING TIP: Jump just high enough to let the rope pass under your feet, landing and holding on the balls of your feet.

FEEL IT: Working your calves, thighs, hips, and shoulders.



ALTERNATE FEET

- 1 Starting with your hands just above your waist, swing the rope over your head from behind you.
- 2 Shift your weight to one side and jump over the rope with one foot, as it continues to swing forward and then under your feet.
- 3 Alternate your jumping foot.
- 4 Repeat for the recommended duration to complete the set.

COACHING TIP: Jump just high enough to let the rope pass under your foot, landing and holding on the balls of your feet.

FEEL IT: Working your calves, thighs, hips, and shoulders.



ALTERNATING HIGH KNEES

- 1 Starting with your hands just above your waist and your forearms parallel to the ground.
- 2 Raise your left foot off the ground slightly.
- 3 Swing the rope over your head from behind you.
- 4 Jump with your right foot over the rope as it continues to swing forward and then under your feet.
- 5 Landing on your left foot, drive your right knee up.
- 6 Continue alternating your feet for the recommended duration to complete the set.

COACHING TIP: Jump just high enough to let the rope pass under your foot, landing and holding on the balls of your feet. Remember to drive your knees up 90 degrees during each rep.

FEEL IT: Working your calves, thighs, hips, and shoulders.



DOUBLE UNDER

- 1 Starting with your hands just above your waist, swing the rope over your head from behind you.
- 2 Jump over the rope as it continues to swing forward and then under your feet.
- 3 Repeat this until you are in a comfortable rhythm.
- 4 When ready, swing the rope forward quickly and jump slightly higher than before.
- 5 At the peak of your jump, the rope should be starting its second pass.
- 6 Finish the second pass, landing on the balls of your feet.
- 7 Repeat for the recommended duration to complete the set.

COACHING TIP: Keep your upper body vertical and eyes looking straight ahead, your arms still and your legs stiff, letting your calves propel you as you swing the rope from your wrist. Land and hold on the balls of your feet.

FEEL IT: Working your calves, thighs, hips, and shoulders.



LATERAL HOP

- 1 Starting with your hands just above your waist, swing the rope over your head from behind you.
- 2 Jump over the rope as it continues to swing forward and then under your feet.
- 3 Land to the left of where you started and continue on to the next swing jump, propelling yourself to the right.
- 4 Continue jumping side to side.
- 5 Repeat for the recommended duration to complete the set.

COACHING TIP: Jump just high enough to let the rope pass under your foot, landing and holding on the balls of your feet.

FEEL IT: Working your calves, thighs, hips, and shoulders.

