

Agility Ladder Indoor Outdoor Fitness

RRP: \$194.95

If you want to get in shape or cross-train for your next competition, this indoor agility ladder from Randy & Travis Machinery ticks off every box. With 16-inch openings, it allows you room to touch own, while its rubber construction keeps the ladder in place for safety. The soft rubber does double duty, providing a soft surface to protect your floors.

If your sport involves quick footwork, agility training is a must. Football, soccer, basketball, hockey, track, figure skating athletes and more can benefit from this training tool. For general fitness, it serves as an excellent warm-up drill to help you avoid injuries, as well as a fun way to build cardiovascular endurance.

Take your agility ladder anywhere you want to train. With a transport bag and a spool to roll it up for easy storage, this portable agility ladder can go with you anywhere to give you the edge over your competition. At home, simply stash it in your wardrobe until your next training session. Get in shape, starting now. Order yours today.

Features and specifications:

- Length: 15 ft (approx 4.5m)
- Weight: 2.1kg
- Material: Top-quality rubber
- Ladder openings: Every 40.6cm
- Accessories: Transport bag, removable spool
- Rolls up on a spool for easy storage
- High-quality construction to hold up under heavy use
- Protects the floor
- Stays in place

