

## AGILITY LADDER

TD-AGL

Agility Ladder mat constructed of premium black recycled rubber with boxes printed every 18 inches. The mat size is 15 ft long X 16 in wide. The printed mat design minimizes tripping risk associated with cloth rung ladders.

### PRODUCT SPECIFICATIONS

**Dimensions:** 180.00 in X 16.00 (457.2 cm X 40.6 cm)

**Weight:** 15.4 lbs (7 kg)

**Weight Capacity:** N/A

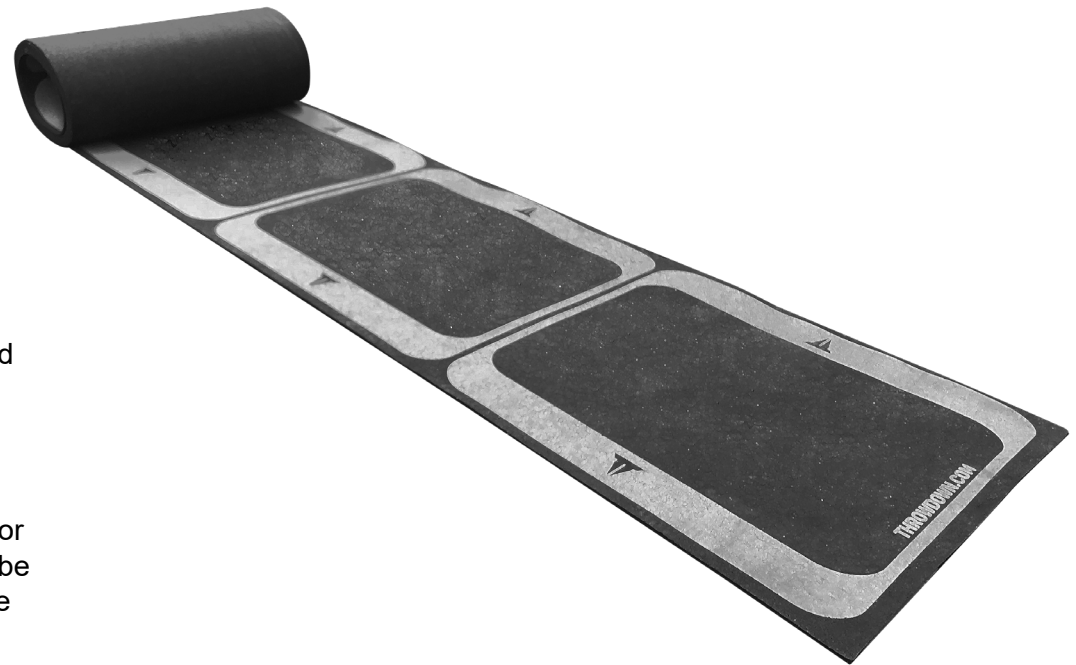
**Color:** Black rubber with grey printing

### USE

The Agility Ladder is used to improve foot speed, coordination, and overall agility. Variations and modifications to the exercises allow the Agility Ladder to be used by beginner to advanced users.

### CARE

Clean surfaces with a neutral pH cleaner. Avoid contact with rigid or sharp edges. To store roll the agility ladder around the supplied tube or other tube with a diameter larger than 3 inches. Do not fold. Store in a dry environment. Inspect before use to ensure there is no damage.



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