



SKLZ®

**PRODUCT
CATALOGUE**

BREAK YOUR LIMITS

MFP
MEFITPRO

WORLD CLASS FITNESS SOLUTIONS: MIDDLE EAST DISTRIBUTOR

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BASEBALL

HITTING



HIT-A-WAY® BASEBALL

HIGH-REPETITION SOLO BATTING TRAINER

- Develops better swing and stance mechanics
- Improves timing and confidence
- Get up to 500 swings per hour without ever chasing a ball

0959



QUICK STICK

UNDERLOAD SPEED-TRAINING BAT

- Narrow barrel builds more accurate contact
- Lightweight bat allows for more swings and less fatigue and improves rotation speed
- Improve hand-eye coordination

0011



**QUICKSTER[™]
SPORT NET**

ULTRA-PORTABLE QUICK SETUP NET

- Sets up and breaks down in under 90 seconds
- Ultra-durable design for high-intensity training
- Includes removable pitching target and carry bag
- Available in 5' x 5' (00cm x 00cm)

0109 5' x 5' (00 x 00cm)



FIELDING



FIELDING TRAINER

GROUND, LINE DRIVE AND FLY BALL RETURN NET

- Three hit-like returns—grounders, line drives and fly balls
- Settings switch easily for more dynamic practices and training
- Simple setup and breakdown for convenient travel and storage

2960



YOUTH PITCHBACK

THROWING, PITCHING AND FIELDING TRAINER

- Great trainer for beginners
- Returns balls at a variety of angles for throwing, pitching and fielding practice
- Durable construction with a sturdy metal frame and tough netting material

0002



IMPACT BASEBALLS

HEAVY-DUTY LIMITED-FLIGHT BASEBALLS

- Provides hitters instant feedback on contact
- Extremely durable and built to last thousands of hits
- Proprietary pop-back technology that collapses on contact without cracking
- Includes 12 balls, standard baseball size (9 inches)

1723 (12-pack)



PREMIUM IMPACT BASEBALLS 6 PACK

- High visibility color for tracking ball flight and hand-eye coordination
- Official baseball size with exterior texture for more accurate throwing
 - Ball weight and density provide instant feedback on contact
 - Limited flight for easy retrieval
- Durable, long lasting composite construction for seasons of training

Available Q2 2020

212684



CONTACT BALL

15OZ CONTACT TRAINING BALL

- Instantly shows when hitters make solid contact
- Develops proper follow-through and a stronger swing
- Built to last with solid, durable materials

3434

SAFETY BALL

Helps youth players build proper fielding & batting skills
Builds player confidence by reducing the fear of impact
Same size & look as standard baseballs for effective training

Available in a 2 pack

1212



BASKETBALL



DRIBBLING



DRIBBLE STICK

BASKETBALL DRIBBLING AND AGILITY TRAINER

- Improve hand positioning, stance and speed with the ball
- Mimics on-court dynamics against defender
- Use for plyometric training and conditioning

0801



LIGHTWEIGHT CONTROL BASKETBALL UNDERSIZED

LIGHTWEIGHT TRAINING BASKETBALL

- Lightweight ball increases dribbling speed by forcing quicker responses between bounces
- Builds awareness and control while improving feel for the ball
- Increases effectiveness of dribbling drills

2738

OFFICIAL WEIGHT CONTROL BASKETBALL

UNDERSIZED REGULATION-WEIGHT TRAINING BASKETBALL

- Official weight forces player to pound the ball and builds muscle memory
- Improves handling through ball awareness and control
- Increases effectiveness of dribbling drills

2737

HEAVY WEIGHT CONTROL BASKETBALL

REGULATION-SIZE WEIGHTED TRAINING BASKETBALL

- Weighted, regulation-size ball strengthens fingers, wrists and forearms
- Improves dribbling, passing and rebounding
- Bounces and reacts the same as regulation ball for more effective training

2736



**HOT
ITEM**

D-MAN

HANDS-UP DEFENSIVE MANNEQUIN

- Ideal for solo practice or team settings
- Portable, lightweight, sets up and breaks down easily
- Adjustable telescoping pole (6.5' to 8' / 198 cm jusqu'à 244 cm) gives various height options

0415 (Orange)



SOLO ASSIST

BASKETBALL REBOUNDER

- Trains players to set their feet, square up and shoot the ball off a true pass
- Designed for hardwood, outdoor courts and driveways
- Perfect for individual practice or team drills

2305





BASKETBALL MAGNACOACH

MAGNETIC DRY-ERASE COACHING TOOL

- Magnetic player tiles allow easy play diagramming and lineup adjustment
- Stat area for team and personal fouls
- Dry-erase surface on front and back for notes and diagramming plays

0796



SHOT SPOTZ

NON-SLIP AGILITY MARKERS

- Allows for a variety of drills and games all over the court – find your spot and take the shot
- Comes with five, durable, high-density ground discs numbered 1 through 5
- Develops good court sense and positioning
- Includes all-weather digital timer that attaches to poles for timed shootouts or drills
- Can be used on any indoor or outdoor basketball court

Available Q1 2020

3471



SQUARE UP

VISUAL SHOOTING MECHANICS TRAINER

- A visual aid to teach improve the correct ball rotation and alignment
- Encourages correct hand placement while shooting
- Gives players instant visual feedback

0830



COURT VISION

DRIBBLE GOGGLES

- Forces players to handle the ball with their head up to survey the court
- Improves reaction time against defenders
- Increases confidence on the court

0799

KICK-OUT

360° BALL RETURN SYSTEM

- Rotating chute returns from shots made anywhere on the court
 - Quick and easy assembly
- Easy twist adjustment with integrated handle

2304



SHOOTING TARGET

OPTICAL SHOOTING AID

- Gives players a true visual target in the center of the rim
 - Attaches easily to the net hooks
 - Doesn't alter the flight of the ball

0797





SOCCER

FINISHING



GOALSHOT®

SHOOTING & FINISHING TRAINER

Backed by research showing where top league goalies are scored on, the Goalshot helps players build the muscle memory and vision involved in scoring. Goalshot does things cones, targets and stand-in goalies can't do: it creates visual focus on the specific zones where players are four times more likely to score.

- Focus on the top four scoring zones, where you're four times more likely to score
- Built to last multiple seasons
- Easily attaches to any regulation goal

24' x 8' / 7,32 m x 2,44 m 2786
5m x 2m 3272

POP UP GOALS



PRECISION POP UP GOALS

- Super fast setup, goals set up in seconds so you have more time training or playing.
- One side is an open goal the other is a small precision target to work on accuracy
- Durable soccer goals intended for small sided games and 1v1 play.
- Spikes attached to goal for easy setup and anchor for both sides of the net.

- Travel bag included
- AVAILABLE Q1 2020

235853 - 3x2 (91.44cm X 60.96cm)
 235854 - 4x3 (121.92 X 91.44cm)
 235855 - 6x4 (182.88cm X 121.92cm)



POP-UP GOALS



QUICKSTER® SOCCER GOAL

ULTRA-PORTABLE QUICK-SETUP SOCCER GOAL

- Sets up and breaks down in under 2 minutes
- Ultra-durable design for high-intensity training
 - Utilizes Tension-Tite™ Frame Technology

Soccer	
6'x4' / 1,83 m x 1,22 m	3295
8'x5' / 2,44 m x 1,53 m	3297
12'x6' / 3,66 m x 1,83 m	3299

YOUTH SOCCER NET

QUICK SET-UP SOCCER GOAL

- Quick set-up for indoor and outdoor pickup games or practice drills
- Authentic goal shape with durable net and fiberglass frame
- Lightweight, portable and easy to carry

3424

PLAYMAKER SOCCER GOAL SET

2.5' / 0,61 M POP-UP SOCCER GOALS

- Two durable soccer goals for pickup games or practice drills
- Instant pop open design and attached ground stakes for easy setup
- Easy twist close design and carry bag for quick breakdown and storage

3425



**QUICKSTER®
SOCCER TRAINER**

MULTI-TOUCH SKILL REBOUNDER

- Provides a true roll that helps master passing and receiving on ground
- Maximize reps by settling the ball out of the air with your feet, thighs and chest
- Work on volleys and half-volleys with instep and laces

2312



SOCCER TRAINER

- Patent pending design receives passes on the ground and returns them at any angle for unlimited training capabilities.
- High tension rebounder, provides a true-roll that helps master passing and receiving on ground.
- Tension tightening system allows the user to set tension as well as release tension to collapse and store.
- Collapsible, for easy transportation to and from the training grounds
- Ultra durable frame when set up is 5.5'x 2'

AVAILABLE Q1 2020

235849



SOCCER TRAINER SOLO

- Instant setup defender that can be bumped or hit by a ball with no issues.
 - Stores in small storage space so you can bring multiple
 - Optional weight bag to hold it in place in the wind
- Safe for all athletes to fall on or bump into during practice.

0338



PASSING, RECEIVING & BALL CONTROL



PRO TRAINING SOCCER DEFENDER

- Improve passing, dribbling and shooting with 6' mannequin
- Wide base and rotational tension design help mannequin stay up right
- Mannequin easily breaks down to 3.5' for convenient transportation
- Multi material construction make deflections more realistic and authentic
- Silhouette more accurately mimics real defender for better visual training
- Aluminum center spine makes it durable yet lightweight
- Sturdy base with 4" spikes for use on grass only

AVAILABLE Q3 2020

YELLOW	212691
RED	212690

POP UP DEFENDER

- Instant setup defender that can be bumped or hit by a ball with no issues.
- Stores in small storage space so you can bring multiple
- Optional weight bag to hold it in place in the wind
- Safe for all athletes to fall on or bump into during practice.

94954



PASSING, RECEIVING & BALL CONTROL

GOLDEN TOUCH

TECHNIQUE TRAINING BALL

- Develops technique and ball control by focusing on smaller target during training
- Official size three ball with official size five weight mimics the bounce, roll and reaction of a match ball
- Improve all phases of the game, dribbling, shooting, passing and receiving both short passes and driven balls

3406



STAR-KICK® TOUCH TRAINER

BALL CONTROL, RHYTHM AND TECHNIQUE TRAINER

- Helps players improve ball control, passing and shooting, and receiving
- Maximizes touches and minimizes time spent chasing the ball
- Helps improve goalie skills through punting, reflexes, and more
- Adjustable neoprene ball glove fits ball sizes 3, 4, and 5
- High quality adjustable cord stretches up to 18 feet (5.5 meters); durable tethered waistband (fits most waist sizes)

AVAILABLE Q1 2020

212694 (VOLT)

212695 (COBALT)





STAR-KICK®
SOLO SOCCER TRAINER

- Helps players improve ball control, passing and shooting, and receiving
- Maximizes touches and minimizes time spent chasing the ball
- Helps improve goalie skills through punting, reflexes, and more
- High quality adjustable cord stretches up to 18 feet (5.5 meters); durable tethered waistband (fits most waist sizes)

AVAILABLE Q1 2020

0404 (ORIGINAL)

212692 (VOLT)

212693 (COBALT)





PRO TRAINING UTILITY WEIGHT

AGILITY POLE, ARC AND SOCCER GOAL WEIGHT

- Holds up the Pro Training Agility Poles and Arcs for use on any surface
- Adds stability to Quickster Soccer Trainer and Pro Training Goals for better balance on all surfaces
- Four pounds each of durable rubber
- Set of 2
- No retail packaging

2322



SOCCER VOLLEY NET

ADJUSTABLE HEIGHT TRAINING NET

- A fun and effective training tool to improve real world soccer skills to make you an overall better player
- 12 foot / 3,66 m wide net has two height settings for skill level and to create more variation in training (2' and 3' / 61 cm x 91,5 cm)
- High visibility net trim helps players read height and accurately return serves and volleys.
- Stable base with non-marking feet for use in outdoor and indoor games, ground spikes included

3407



SOCCER MAGNACOACH

MAGNETIC, DRY-ERASE COACHING BOARD

- Versatile magnetic/dry-erase board combo for more organized coaching
- Clearly communicates lineups, player formations and tactics
- Board identifies players' set piece responsibilities

2326



PRO TRAINING AGILITY POLES

TELESCOPING AGILITY TRAINER

- Unique design works on grass, turf and courts with Pro Training Utility Weights
- Multiple training options with reversible spike
- Telescope to three different heights for different phases of training
- Set of 8

2321





FOOTBALL

PASSING



QUICKSTER® QB TRAINER

7' ULTRA-PORTABLE PASSING TRAINER

- Pro-style training with total portability
- Three QB targets assist in throwing accuracy
- Utilizes Tension-Tite™ frame technology

3412





STEP OVER DUMMY

- Helps improve acceleration, lateral speed and change of direction
- Doubles as a tackling and blocking dummy to build proper technique without physical contact
- Built with a durable PVC, nylon-reinforced cover and high-density foam core to withstand seasons of use
- 2 reinforced heavy duty handles for improved control during training
- Product Dimensions: 49" in height/length, 10 1/4" in width and 10 1/2" in depth
- Product weight: 6.6 lbs

Available Q3 2020

212455

BLOCKING DUMMY

- Designed to mimic an opponent to develop proper tackling and blocking without physical contact
- Built with a durable PVC, nylon-reinforced cover and high-density foam core to withstand seasons of use
 - 2 reinforced heavy duty handles for improved control during training
- Product Dimensions: 51 1/2" in height and 45 3/4" in circumference

▪ Product Weight: 9.5 lbs.

Available Q3 2020

212456



BLOCKING SHIELD

- Helps develop proper blocking and hitting techniques and in game scenarios without physical contact
- Built with a durable PVC, nylon-reinforced cover and 4" high-density foam core to withstand seasons of use
- 2 reinforced heavy duty handles for improved control during training
- Product dimensions: 24" x 16 3/4"
- Product Weight: 3.6 lbs.

Available Q3 2020

212457





GOLF

DISTANCE



TEMPO AND GRIP TRAINER

STRENGTH AND TEMPO TRAINER

- Training grip provides the correct hand position for the right golf grip
- Great for indoor and outdoor training sessions
- Two weight adjustments for iron and wood practice
- Improves a golfer's swing tempo and plane
- For right-handed golfers only

0057



DISTANCE



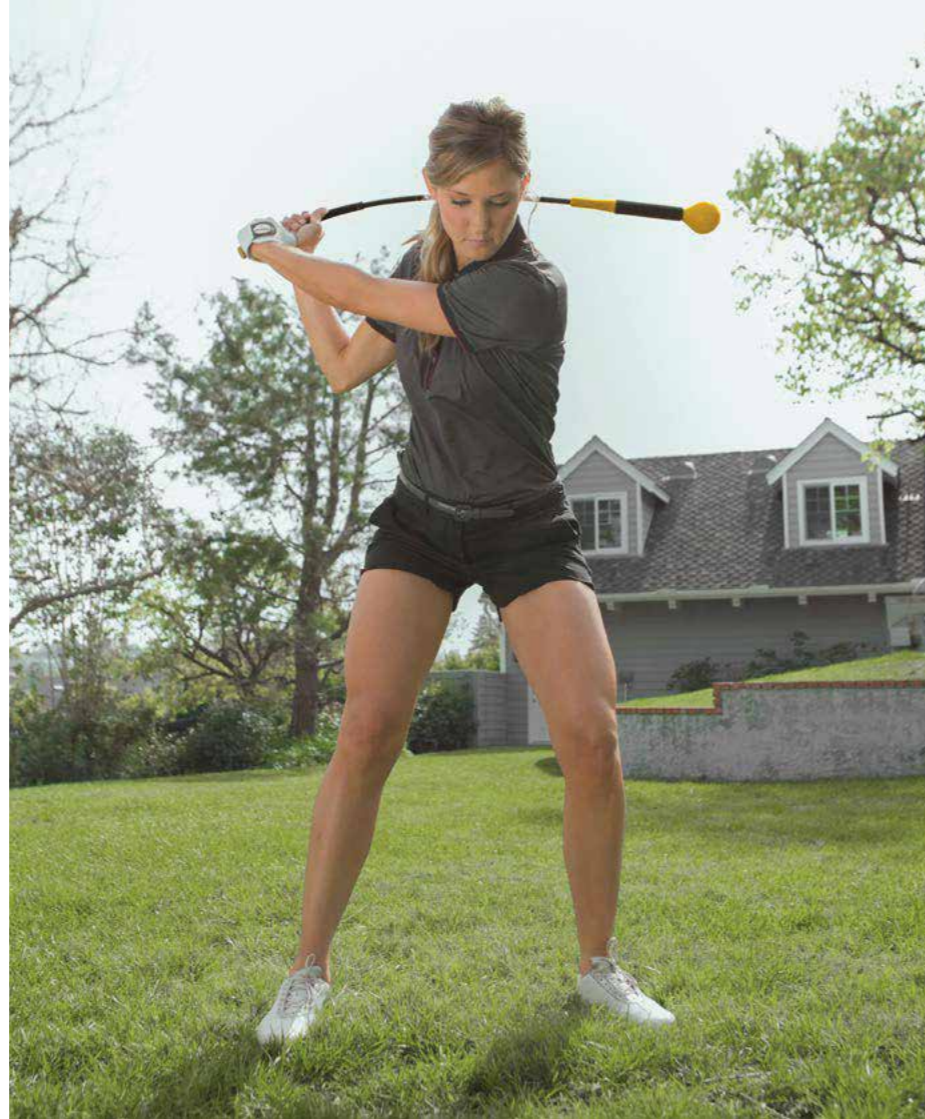
Gold Flex 48" Gold Flex 40"

GOLD FLEX™

STRENGTH AND TEMPO TRAINER

- Strengthens core golf muscles and promotes flexibility
- Weighted head and extra flex develops the correct lag feeling, promotes proper swing plane and improves tempo
- Fights slices and flattens swing

48" 0367
40" 0467



PUTTING



ACCELERATOR PRO®

PUTTING MAT WITH BALL RETURN

- Develops precise accuracy and distance control with squaring and alignment guides at 3', 5' and 7'
- Train without interruption using the continuous ball return that adjusts to match each distance
- Upslope at the cup and speed of the true-roll surface are both set to emulate putts found on actual greens

2687

PUTT POCKET

PUTTING ACCURACY TRAINER

- Shrinks practice cups to promote on-course putting skills
- Helps you quickly improve reads, putt speeds and accuracy
- Trains you to hit the high side of the hole where more putts get made
 - Easily fits into your bag for practice at the course or home on mats

0050



PUTTING



**SKLZA
NEW+**



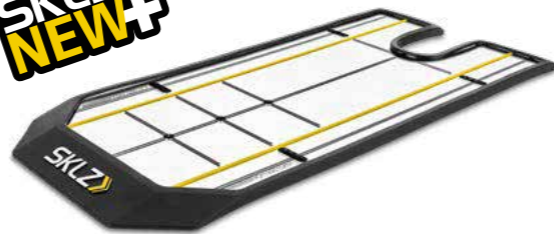
PURE PRACTICE MAT

- Practice almost any shot from tee to green with this three-surface hitting mat
- Tee Turf holds real tees for more accurate practice shots found on the course
- Fairway cut simulates long and short iron shots from the middle of the fairway with a tight lie
- 1st cut rough helps you practice ball striking in deeper lies and improve recovery shots
- Durable hitting mat built to last through multiple seasons of use
- Tri-fold turf mat measures 25" x 16"

0325



**SKLZA
NEW+**

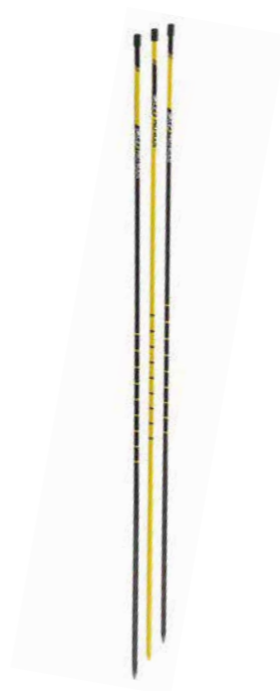


TRUE LINE PUTTING MIRROR

- Premium putting mirror with cutout to putt ball directly from on the green
- Alignment markers and mirror to practice proper head and eye alignment
- Slots to create putt gates with tees for any putter head
- Putter path lines for square takeback and follow through
- Convenient size for throwing in golf bag to take to the practice green
- Non-slip base mirror measures 6½" x 12"

0326

ACCURACY



PRO RODS

3-ROD ALIGNMENT SET

- Three durable, 48" fiberglass rods for developing consistent alignment and proper swing mechanics
- Creates a consistent alignment routine during pre-swing setup
- Each rod features nine markings for precise setup, ball position and foot alignment

0526



PURE PATH

SWING PATH FEEDBACK TRAINER

- Helps correct pushes, pulls, slices and hooks
- Gives immediate feedback on swing path
- Sets up quickly and easily - stakes into the ground to eliminate the need for a practice net

0661



SMASH BAG

IMPACT TRAINER

- Teaches the feeling of correct impact, eliminates fat and thin shots and helps cure slices
- Proprietary target map provides visual feedback on the quality and accuracy of impact
- Can quickly be filled with towels or clothes

0043



GRIP TRAINER

PROPER GRIP CLUB ATTACHMENT

- Creates muscle memory for proper hand positioning and grip
- Attaches to most clubs from driver through wedge
- Fits standard-size grips

2692



QUICKSTER® CHIPPING NET

MULTI-TARGET TRAINER

- Sets up and breaks down in 30 seconds
- Three different-sized targets for varied accuracy practice
- Use with regular and practice golf balls

1493





HOME DRIVING RANGE KIT

- Everything you need to work on your swing at home from driver to wedge
- Includes 7' Practice Net, 12 Impact Golf Balls, Launch Pad and two rubber tees (1" and 2")
- 7' Practice net utilizes tent technology for quick assembly and take down
- Limited flight Impact Golf Balls are durable, dent resistant, and allow you to train in small spaces
- Launch Pad dual surface hitting mat allows you to practice hitting off fairways and out of the rough

1438



HOME RANGE NET

- Perfect net to work through every club in your bag from the convenience of your home
- Easy to setup net collects and returns the biggest drives and softest irons
- 10' wide x 7' wide
- Durable net for seasons of use

0815



UNIVERSAL GOLF TARGET

- Adjustable swing target provides instant feedback on where you're starting your shot without lifting your head early
- Designed with three deep pockets to work on controlling ball flight
- Can be attached to most golf nets with two adjustable straps
- Three pockets allow you to work on different chip shots around the green
- Target measures 2.5' x 2.5'

0327





IMPACT GOLF BALL

LIMITED-FLIGHT GOLF PRACTICE BALL

- Regulation size, stronger alternative to weaker plastic training golf balls
- Indestructible and impervious to dents so they last forever
- Train in small spaces with limited-flight balls

2763 (12-pack)



LAUNCH PAD

HITTING MAT: TEE, FAIRWAY, ROUGH

- Heavy-duty, nonslip rubber hitting mat with realistic grass
- Practice driving, iron and short game shots
- Two tee heights for a full range of clubs

0053





ATHLETIC INTELLIGENCE

ATHLETIC INTELLIGENCE

**SPORT IS PLAYED
WITH YOUR HEAD, YOUR BODY
IS JUST THE TOOL**

SKLZ HAS ALWAYS GIVEN ATHLETES THE TOOLS TO IMPROVE SPORT SPECIFIC SKILLS AND PERFORMANCE TRAINING THROUGH SPEED, AGILITY, STRENGTH, AND POWER.

Now we have taken our knowledge to give athletes the tools and programming needed to improve their physical and mental performance. Our Athletic Intelligence platform is designed to work your brain and body together to perceive what's happening around you, process the incoming information, and perform the task at hand. This new line is meant to help athletes elevate their confidence and abilities to get to where they want to be on the field.

TRAIN SMART



SKLZ»

ATHLETIC INTELLIGENCE

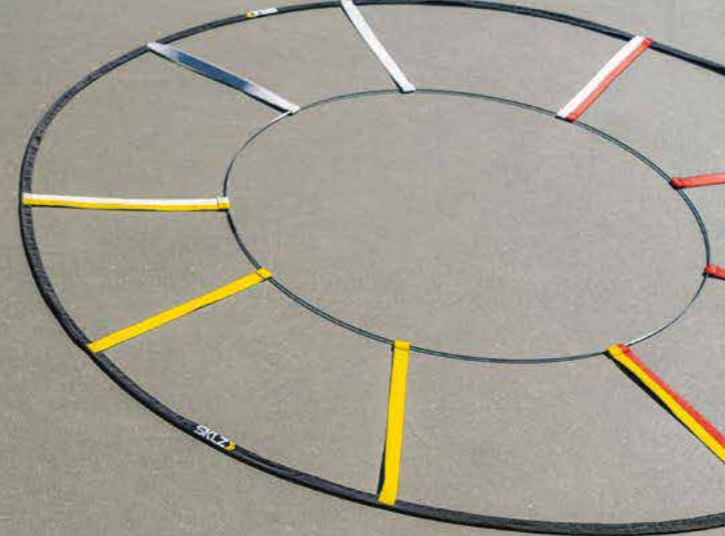


REACTIVE CATCH

- Reactive agility device to improve hand eye coordination
- Played with friends to challenge each other reach to the color and make the catch quickly.
- Prepare for your sport with quick decision-making exercises.
- Four color options to catch including the middle.
- Round ends intended to enhance ball catching skills.

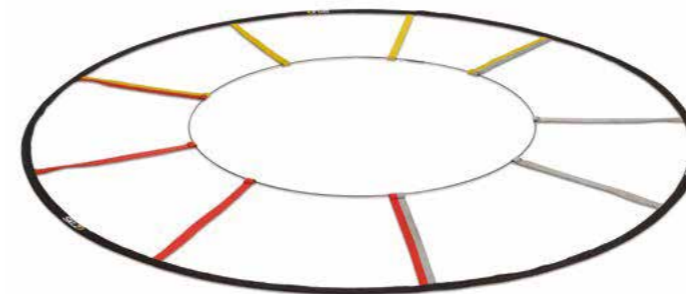
94955





MOVE SMART

ATHLETIC INTELLIGENCE



REACTIVE AGILITY LADDER

- Quick setup agility ring
- Color coordinated to use in coach drills for reactive agility
- Color matching cones included for sprint gates or directional reaction.
- The ultimate in easy-setup, easy-carry training ladders
- Durable construction with professional grade materials

94956





PERFORMANCE

PERFORMANCE COLOR GUIDE



Less Resistance ←

→ More Resistance

PROGRESSIVE RESISTANCE COLOR GUIDE

- An easy to understand, consistent color guide helps you choose your resistance level.
- Maximize your training time by quickly choosing the right resistance level.
- Increase your strength by increasing your workload.

WARM UP RECOVER



SKLZ
NEW+



PRO KNIT MINI BANDS

MULTI-RESISTANCE TRAINING BAND SET

- Durable, anti-slip bands for upper and lower body resistance training to increase difficulty
- Comfortable fabric that stays in place during training and won't pinch or pull skin
- Can be used to add resistance during warmup and stretching
- Strong, durable fabric available in light medium and heavy resistances
- Machine washable and easy to clean
- Bands measure 2.5'x13'

Also available in bulk

0357 (LIGHT);
0358 (MEDIUM);
0359 (HEAVY)

SKLZ
NEW+



PRO KNIT HIP BANDS

MULTI-RESISTANCE TRAINING BAND SET

- Durable, anti-slip bands for upper and lower body resistance training to increase difficulty
- Comfortable fabric that stays in place during training and won't pinch or pull skin
- Can be used to add resistance during warmup and stretching Strong, durable fabric available in light, medium and heavy resistances
- Machine washable and easy to clean
- Bands measure 4'x13'

Also available in bulk

0357 (LIGHT);
0358 (MEDIUM);
0359 (HEAVY)

WARM UP RECOVER



MINI BANDS

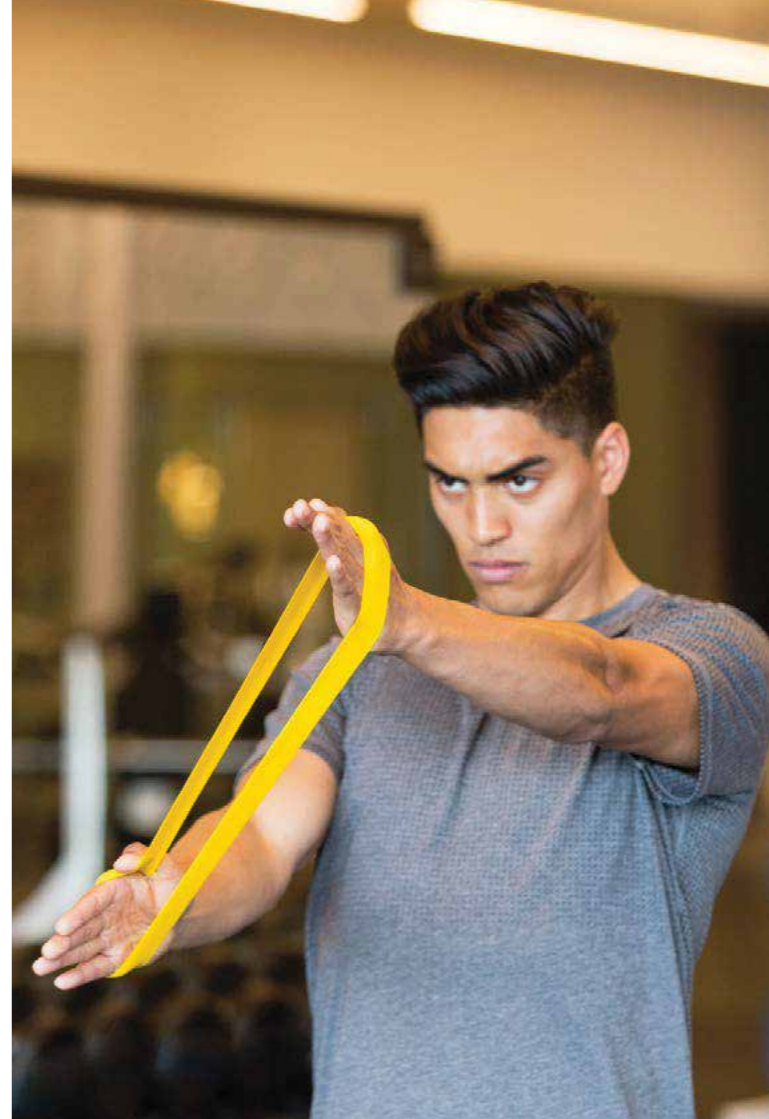
MULTI-RESISTANCE TRAINING BAND SET

- Effective and versatile training tool that can be used anywhere
- Use for upper and lower body resistance training
- Ideal for lateral movement and stabilization exercises

0500 (Retail Packaging)

Also available in bulk

Yellow (10 pk) 1489
Red (10pk) 1488
Black (10pk) 2194



WARM UP RECOVER



HYDRO-ROLLER (6PK PDQ)

- Stay hydrated to maximize sport performance
- Foam roll to maintain flexible, healthy tissue
- High-density foam for more efficient massage and trigger point release
- Stainless steel bottle that won't dent or crush
- Convenient design cuts waste and the amount of items in your gear bag
- Holds 828 ml of fluid

2910

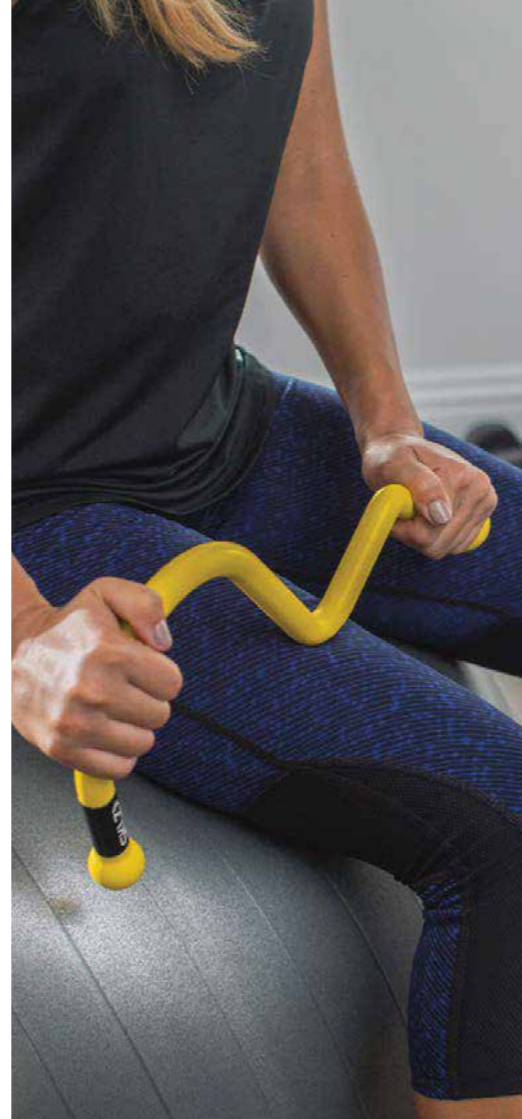


ACCUSTICK®

TENSION RELIEF MASSAGE TOOL

- Recover faster with massage and trigger point release
- Target all muscle groups with curves, corners and points
- Lightweight and portable to use anywhere you train or play

2725



WARM UP RECOVER

UNIVERSAL ANCHOR

- Turns doors and poles into an anchor point for training
- 360° rotation allows for full range of movement
- Compatible and easily interchangeable with Slide-Lock components
- Pair with Training Cables and Dual Handles, Universal Cuff or Chop Bar for optimal training

2783



MOBILITY BAR

STRENGTH, STABILITY AND MOBILITY TRAINER

- Increases shoulder range-of-motion and flexibility
- Helps improve shoulder strength and reduce the chance of injury
- Ideal warm-up and recovery tool for overhead athletes

2780



MASSAGE BAR

SOFT-TISSUE MASSAGE TOOL

- Massage muscles following any activity
- Accelerate active recovery
- Handles inspired by mountain biking for even pressure and comfort

• 20" / 51 cm in length

1688



TRAVEL MASSAGE BAR

PORTABLE SOFT-TISSUE MASSAGE TOOL

- Provides massage therapy to help sore muscles recover faster
 - Lightweight and fits easily into almost any bag
- Ergonomically designed handles for maximum comfort

• 15" / 38 cm in length

3239





TARGETED MASSAGE BALL

5" DEEP TISSUE THERAPY BALL

- Distinct texture stimulates circulation and relieves pain associated with tension
- 5" / 12,7 cm ball ideal for targeting large muscles through deep tissue compression massage
- Firm durometer creates optimal pressure to break up knots and restore mobility

3227



FOOT MASSAGE BALL

2.5" DEEP TISSUE THERAPY BALL

- Designed to relieve minor aches and pains associated with the foot
- Distinct texture stimulates circulation and increases mobility, aiding recovery
- 2.5" / 6,4 cm ball is ideal for targeting small muscles through deep tissue compression massage

3226

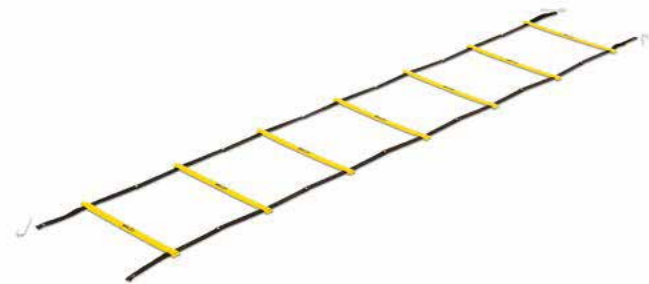
UNIVERSAL MASSAGE ROLLER

DEEP TISSUE THERAPY ROLLER

- Ergonomic design relieves joint and muscle tension from head-to-toe to help reduce chances of injury and recovery times
- Unique shape and size allows you to target hard to reach muscles such as the neck and the back
- Distinct texture stimulates circulation and increases mobility aiding recovery

3228





QUICK LADDER

15" / 38 CM FLAT-RUNG AGILITY LADDER

- Improves acceleration, lateral speed and change of direction
- Improves quickness through accelerated foot strike and lift frequency
- Develops the core skills necessary to enhance balance, rhythm and body control

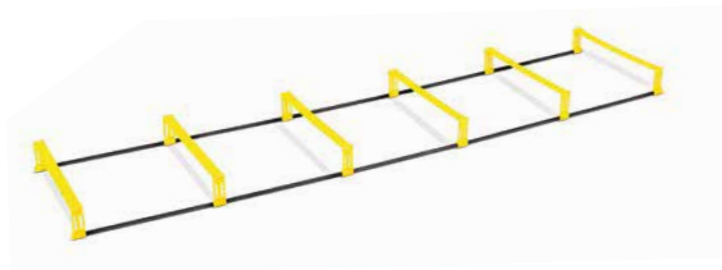
1124

ELEVATION LADDER

2-IN-1 SPEED HURDLES AND LADDER

- Switch between a flat ladder and 4" / 10,2 cm hurdles in seconds
 - 7-foot / 2,14 m, 6-rung long ladder
- Each ladder rung measures 26" / 66 cm wide and 15" / 38 cm long

0940

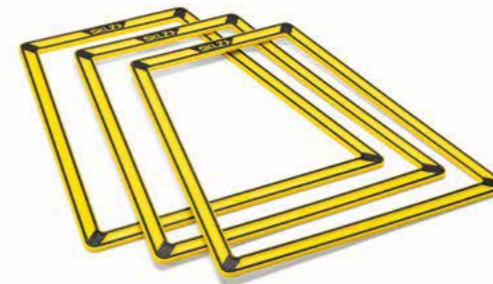
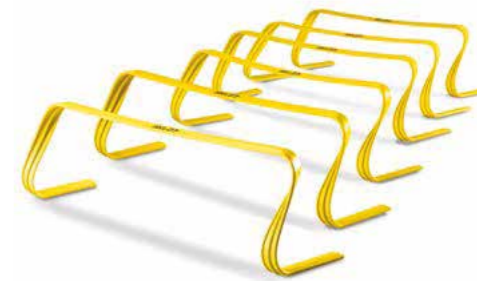


6X HURDLES

FOOTWORK AND AGILITY TRAINING HURDLE

- Highly durable, multi-directional speed, agility and plyometric hurdles
 - Bounce-back construction
- Superior, one-piece twist design
 - Set of 6

1860



AGILITY TRAINER PRO

CUSTOMIZABLE FOOTWORK AND AGILITY TRAINER

- Train footwork and agility patterns in game-like situations
- Designed for curvilinear and customizable training patterns
- Cut your reaction time while adding speed in all directions
- Set of 10 with a carry handle

2915





QUICK LADDER PRO

TANGLE-FREE AGILITY AND FOOTWORK TRAINER

- Tangle-free fold means no time spent untangling and more time training
- Low-profile edges minimize chance of catching cleats
- Ends and sides are extensible for attaching more ladders

1861



SPEED WEB

CUSTOMIZABLE FOOTWORK AND AGILITY TRAINER

- Improve footwork, agility and explosive movement in game like patterns
- Hexagonal rings with easy connect clips for customizable training layouts
- Rings can be used as a speed ladder or stand up together to create a hurdle
- Durable build to use on any surface, including grass, tracks and courts
- Set includes 6 hexagonal rings and 4 connect clips

0347





SPEED CHUTE
RESISTANCE SPRINT TRAINER

- Maximizes acceleration and top running speed through resistance and overspeed training
- 360° rotation belt with free-motion ring allows for movement in any direction
- Quick-release belt buckle allows training with acceleration bursts

2125



ACCELERATION TRAINER
DYNAMIC OVERLOAD AND RELEASE SYSTEM

- Add the speed that adds up to victories
- Build new speed, power from the start, during acceleration and at the top-end
- Use the dynamic load and release method proven in research
- Train for speed in every direction

2961





SPEEDSAC™
VARIABLE-WEIGHT SPRINT TRAINER

- Improves 40-yard / 36,5 m dash times, overall speed and explosiveness
- Boost acceleration and stride length
- Strengthens lower-body muscle groups
- Adjust weight options for variable resistance
- Simple construction makes it portable and versatile to use anywhere

3417



MINI CONES

2" / 5 CM HIGH-VISIBILITY MARKER SET

- Square-base design for better balance
- Carry strap and compact cone size for easy transport and storage
- Built to work on turf, courts, grass and any other surface

50pk 3362

20pk 3426

AGILITY CONES

20 CONES IN 4 COLORS

- Multiple high-visibility colors for marking training areas
- Durable, will not break when stepped on
- Set of 20, 2" / 5 cm tall cones

0127



REACTION BALL

- Six-sided high-bounce rubber design causes the ball to leap and hop randomly
- Use solo on hard surfaces or walls or in a team setting
- Sharpens depth perception while making training fun and effective
- Great training tool for all sports

3508

STRENGTH / POWER



HOT
ITEM



PRO BANDS

MULTI-EXERCISE RESISTANCE BAND

- Builds upper and lower body strength safely and effectively
- Improves flexibility and recovery with restorative exercises
- Develops lateral speed and forward acceleration



Light 1678
Medium 1679
Heavy 1680

Extra Heavy 1681 While Supplies Last



STRENGTH / POWER



SUPER SANDBAG

HEAVY-DUTY TRAINING BAG

- Develops power and explosiveness
 - Great for building strength throughout body
 - Four weight bags included – must be filled with a high-density material, like sand
- 0308

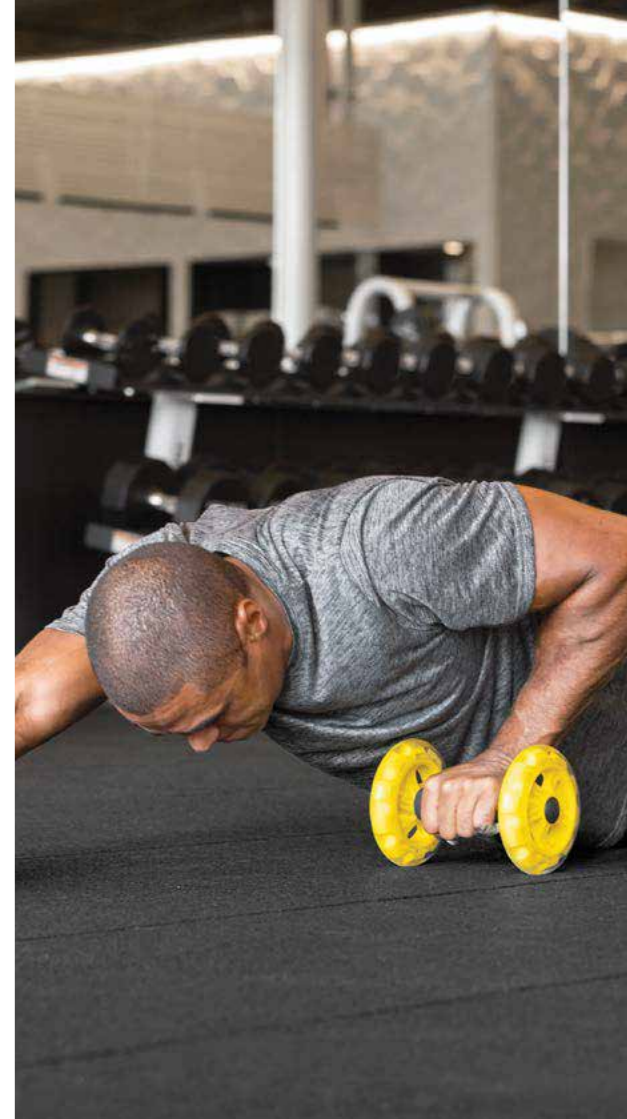


COREWHEELS™

DYNAMIC CORE STRENGTH TRAINER

- Enhances traditional plank and push-up exercises
- Develops pillar strength (shoulders, torso and hips) through a variety of exercises
- Wheels on each axle move together for safety and comfort

0665





COURT SLIDEZ

NON-MARKING CORE STABILITY DISCS

- Use your body weight for low-impact, high-results training
- Safe to use on any smooth surface—hardwood, tile, courts and more
- A full-body workout in two convenient discs that fit easily into bag

2914

SLIDEZ

FUNCTIONAL CORE STABILITY DISCS

- Use-anywhere training aid that builds core strength and increases flexibility
- Low-friction, durable material slides smoothly on virtually any surface
- Large surface area with ergonomic tread provides a comfortable, non-slip grip for hands and feet

1862



BALANCE PODS

- Add to work out to increase difficulty and strengthen core muscles
- Can be used for a variety of static and dynamic movements on hands, knees, and feet
- Can help improve posture and stability through low-impact, body weight strength training
- Dual-textured, slip-resistant surface provides grip
- Inflatable, light weight and portable for use anywhere
- Pods measure 6"x4,5"

0346





RECOIL 360°
DYNAMIC RESISTANCE/ASSISTANCE TRAINER

- Maximizes power, speed and vertical jump
- Engineered with a "free-floating" ring for 360 degrees of movement
- Designed for solo use or for training with a partner

0132



HOPZ™
VERTICAL JUMP TRAINER

- Builds explosive leg power and strengthens jumping muscles
- Move resistance cables on belt to target specific muscles
- Change resistance cable quickly with patented Slide-Lock™ on belt and ankle straps

1694



LATERAL RESISTOR PRO
STRENGTH AND SPEED TRAINER

- Develops first-step quickness and lateral speed
- Strengthens key muscles for fluid movement and proper body positioning
- Patented Slide-Lock™ system for quick, safe switching of resistance cables

1695



GRIP STRENGTH TRAINER
ADJUSTABLE RESISTANCE HAND GRIP

- Increase grip strength and endurance by training fingers, wrists and forearms
- Easily adjust resistance from 20 lb / 9 kg. to 90 lb / 40,8 kg. to fit any training level, beginners to advanced
- Great for rehabilitation, increasing hand and forearm circulation and stress relief

3408

FUNCTIONAL TRAINING SYSTEM



TRAINING CABLE STRENGTH TRAINER

- Builds strength, stability and power
- Compatible and interchangeable with all Slide-Lock™ components
- Essential for your home gym

Light 30-40 lb / 13,6-18,1 kg	2716 (with out handles)
Medium 50-60 lb / 22,7-27,2 kg	2717 (with out handles)
Heavy 70-80 lb / 31,8-36,3 kg	2718 (with out handles)



FLEX QUICK CHANGE HANDLE FLEXIBLE SINGLE-CABLE RESISTANCE TRAINER

- Patented Slide-Lock™ system for quick and safe cable changes
- Flexible strap and movable handle allows for a variety of grips
- Use with Training Cables for variable resistance

0790

SELF GUIDED



TRAINER BALL

65 CM SELF-GUIDED STABILITY BALL

- 16 essential exercises printed on the ball to engage core stabilizers, maximize flexibility and improve muscle regeneration
- Portable and convenient for training anywhere
- Designed by professional trainers

0509

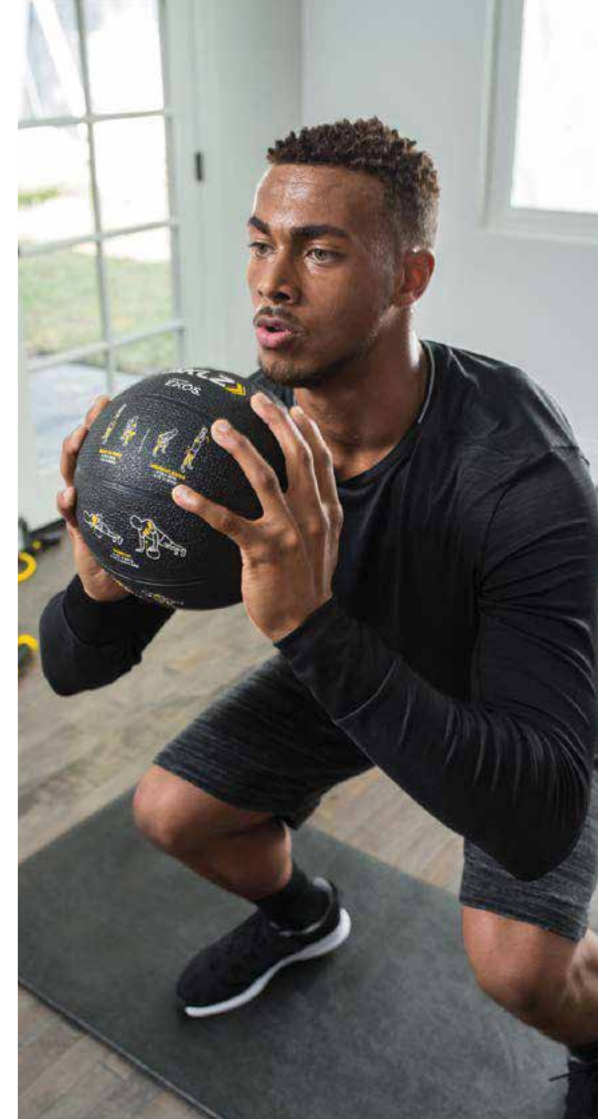


TRAINER MED BALL

8 LB / 3,63 KG SELF-GUIDED MEDICINE BALL

- Illustrates exercises with clear visuals printed directly on it
- Shows muscles being targeted to add strength and build muscle
- Includes recommended sets and reps

2881





TRAINER ROLLER

SELF-GUIDED FOAM ROLLER

- 12 essential exercises printed on the roller to relieve soreness, improve circulation and increase muscle elasticity
- High-density foam construction efficiently massages muscle and connective tissue
- Designed by professional trainers

2894

TRAINER MAT

SELF-GUIDED EXERCISE MAT

- 24 essential exercises printed on the mat to build muscle strength and elasticity; key elements for developing speed, agility and quickness
- Integrate into training routine for efficient recovery and to reduce injury risk
- Designed by professional trainers

0488



RESISTANCE CABLE SET

INTERCHANGEABLE STRENGTH TRAINER

- Simple system, total body workout
- Functional training with multiple resistance levels
- Work on strength and power, anytime anywhere

Light 15lb / 6,8 kg with handles	2721
Medium 20lb / 9 kg with handles	2722
Extra 30lb / 13,5 kg with handles	2723



SPEED ROPE

SPEED AND CONDITIONING TRAINER

- Speed rope with dual ball bearings and steel rod for faster rotation
- Coated low-kink cord
- Slim, comfortable handle with 90-degree cord angle

3318



JUMP ROPE

CONDITIONING TRAINER

- Great tool for improving coordination, footwork and quickness
- Exceptional value, durable jump rope
- Ergonomic, padded grips

1858





SKLZ **PRO MINI™**

PRO MINI HOOP



PRO MINI HOOP®

PRO-GRADE BACKBOARD AND BREAK-AWAY STEEL RIM

- Look, function and durability of a professional-grade hoop
- 18" x 12" / 45,7 x 30,5 cm polycarbonate backboard
- 9" / 22,9 cm steel breakaway rim

0401

PRO MINI HOOP



PRO MINI HOOP® XL

PRO-GRADE BACKBOARD AND BREAKAWAY STEEL RIM

- 23" x 16" / 58,4 x 40,6 cm clear polycarbonate shatterproof backboard
- 9.5" / 24,1 cm diameter spring-action "breakaway" steel rim
- Foam-padded, slide-on door mounts

0450



PRO MINI HOOP® MIDNIGHT

GLOW-IN-THE-DARK FUN

- Glow-in-the-dark parts: ball, backboard and net
- 18" x 12" / 45,7 x 30,5 cm glow-in-the-dark polycarbonate backboard
- 9" / 22,9 cm steel breakaway rim

1715



PRO MINI HOOP® MICRO

COMPACT PRO-GRADE BACKBOARD, BREAK AWAY STEEL RIM AND FOAM BALL

- Clear polycarbonate easy-mounting shatterproof backboard assembles quickly
- Ball safely with break-away steel rim and 4" / 10,2 cm foam mini-ball
- Padded backing protects the mounting door

2732

2779 : PMH Micro Ball 4" While Supplies Last

PRO MINI HOOP



PRO MINI HOOP® SYSTEM

ADJUSTABLE MOBILE HOOP

- Adjustable mini-basketball system (3.5"-7" / 8,9-17,8 cm)
- 33" x 23" / 83,8 x 58,4 cm polycarbonate backboard
- 14" / 35,6 cm steel breakaway rim

0433



SWISH BALL

- 5" / 12,7 cm mini foam basketball
- Available in a 12 pack PDQ



Original 1721

Green 2888

Blue 2906



SKLZ
NEW+

PRO MINI SOCCER

- Mini soccer goal for hours of fun
- Includes 5" soft and safe foam soccer ball
- Durable construction to withstand long hours of play
- Easy to assemble frame
- Goal measures 22" x 15 3/4" x 16"

0328



SKLZ

MFP
MEFITPRO

WORLD CLASS FITNESS SOLUTIONS: MIDDLE EAST DISTRIBUTOR

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🌐 WWW.MEFITPRO.COM