

# Training Items & Cleat Cleaners

## A. Adjustable Agility Ladder



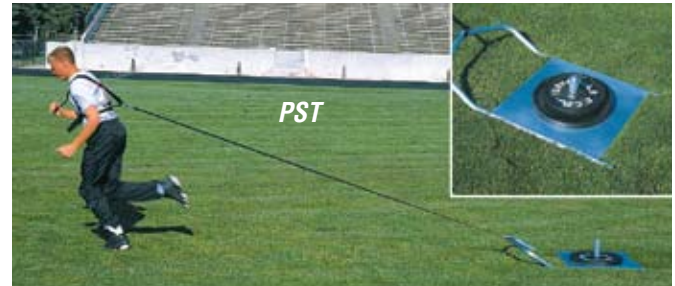
AAL

## B. Economy Agility Ladder



AAL27

## C. Power Sled Trainer



PST

## E. Power Systems® VersaFit® Vest



VEST

## D.



Step Hurdles

SH6  
SH12

## F. Cleat Cleaners - Made in USA

### TCC

Travel  
Cleat  
Cleaner



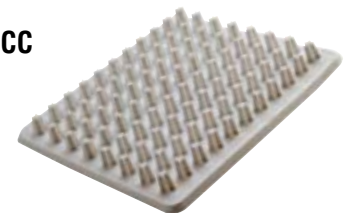
15" x 12"

### LCC



23" x 24"

### RCC



12" x 11"

### A. Adjustable Agility Ladder.

**AAL** - Two 15' ladders with 11 adjustable flat slats each. Two ladders can be combined with buckle to make a 30' ladder. Slats are slotted in center to slide on handy carry handle for easy storage. **Includes carrying bag.** 5 lbs. Pat. No. 224,090.

### B. Economy Agility Ladder.

**AAL27** - Economy priced for all ages and skill levels. Comes in two sections that measures 27 feet when connected. Rungs are 16" wide and 16" apart. Includes carrying bag.

### C. Power Sled Trainer.

**PST** - For power this is the one! Comes with adjustable resistance harness (fits small to XXL). Sled constructed of heavy galvanized steel. Will fit standard or olympic plates - weights not included. UPS. 38 lbs.

### D. Step Hurdles.

Helps improve step quickness and agility. Position for plyometric jumps or running drills. Constructed of durable lightweight PVC tubing. Sold in sets of 6. 18" width. **SH6** - 6" H Step Hurdles. **SH12** - 12" H Step Hurdles.

### E. Power Systems® VersaFit® 20 LB. Vest.

**VEST** - This padded nylon vest comes with **removable sand-filled weight bags**, so you can quickly customize resistance. Slide it over the head to position the weight evenly around the torso and then secure it with the Velcro straps. Easily add or remove bags to customize overall weight to suit specific training needs. Fits chest sizes 32" to 56". Vest includes 20 - 1 lbs. weights. **Black** only.

### F. Cleat Cleaners. Made in USA.

**TCC** - Travel cleat cleaner with molded-in carrying handle. 15" x 12" with 88 tough rubber bristles to quickly remove debris from bottom of shoes. **Orange.**

**LCC** - Extra large size 23" x 24" square molded board with built-in carrying handle. 100 heavy-duty plastic pegs allow 2-3 players to use at same time. Easy clean up.

**RCC** - Heavy duty throw-down pad has 88 tough rubber bristles to quickly remove debris from bottom of shoes. 12" x 11". Has a hole on each corner for stake-down option.