



# XLR8® HURDLE VALUE PACKS

Includes 6 x Hurdles, Carry Strap, Instruction Manual and Fastfoot Ladder and Hurdle DVD Instruction.

**15cm MICRO HURDLE SET**  
SA6S **\$75.00**

**30cm MINI HURDLE SET**  
SA5S **\$79.00**



**HURDLES ONLY**  
SA6 **\$10.00** each

**HURDLES ONLY**  
SA5 **\$11.00** each



## XLR8 HEAVY DUTY ROUND RUNG LADDER™

**8M SA4 LADDER \$75.00**

**4M SA17 LADDER \$45.00**

The original hard wearing yellow tubular rung ladder. Includes waterproof carry bag with instruction manual. Available both 8m and 4m lengths.



## XLR8 AGILITY CROSS LADDER™

- Innovative new training system that will literally add hundreds of new and challenging running patterns to your training armoury.
  - Constructed of red, blue, yellow and green 2m lengths. Includes carry bag and instruction manual.
  - Permanently set in cross formation.
  - It offers unlimited combinations of sports specific direction change, side stepping, forward to lateral movement or jumping with exploding left or right – the options are endless!
- LADDER SEPARATELY SA4AC \$95.00**



## XLR8® AGILITY CROSS LADDER™

# VALUE PACK

SA4ACK  
**\$119.00**

Includes Ladder, DVD, Instruction Manual and Exercise Card and Set.

## XLR8 SUPER REACTABALL™ VALUE SET

**TKRB3 \$115**

- Hand eye co-ordination, agility, footspeed, reactive speed.
- Pyramid shaped sft inflatable ball (20cm diameter) that bounces in unpredictable directions forcing you to react to the direction and using a combination of hand and footspeed to retrieve the ball.
- Excellent for sports that require ball tracking and reacting to an unpredictable environment - Netball, Basketball, Rugby.
- Includes 5x Reacta Balls, Set of 8 x A4 Drill Cards, and hardwearing XLR8 folder for ease of storage.



**SUPER REACTABALL™ INDIVIDUALLY SA11 \$17.00**



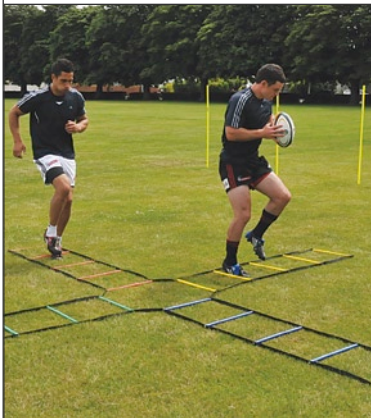
## FLAT FASTFOOT LADDER VALUE PACK

**SA4 FD \$79 8metre**

**SA17 FD \$55 4metre**

At last an adjustable ladder! You set the distance!

- Heavy duty flat PVC ladder suitable for training on flat surfaces. Separates into 2 x 4m ladders.
- Includes carry bag, instruction manual and instruction DVD



## REVERSIBLE MESH TRAINING BIB

**LGE TB8 \$13.50**

**XL TB7 \$15.00**

Quality reversible mesh bib with reinforced hems. Size: L = 70cm (L) 60cm (W) Colour: Red/Green



## XLR8 DOME BASE AND POLE SET

**SA55 \$85.00**

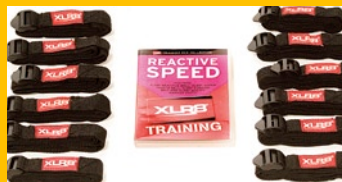
- Use indoors or out as agility poles or use 360° Post Clips to connect poles as cross bars.
- Great for plyometrics and agility pole drills.
- Post Clips allow cross bars to be set poles at any height.
- Includes 6 x Two Piece Agility Poles, 4 x Dome Bases and 4 x 360° Post Clips.



## XLR8® EVASION BELT VALUE PACK

**SA8S \$79.00**

Includes 6 x Evasion Belts, 1 x Instruction Manual, 1 x Reactive Speed DVD Instruction.



**EVASION BELT SEPARATELY SA8 \$12.50**

## XLR8 EVASION BELT

**VALUE PACK SA8S \$79 - BELT ONLY SA8 \$12.50**

- Unmatched for one on one evasion, reactive speed, agility and fun fitness training!
- Short space quickness and agility skills are targeted as one person leads trying to lose the chaser or defender and cause the tear away connection to come apart in the middle.
- With three space settings, simply change the connecting point on the belt to easily control the distance between players.
- A great innovation in rugby agility training.

