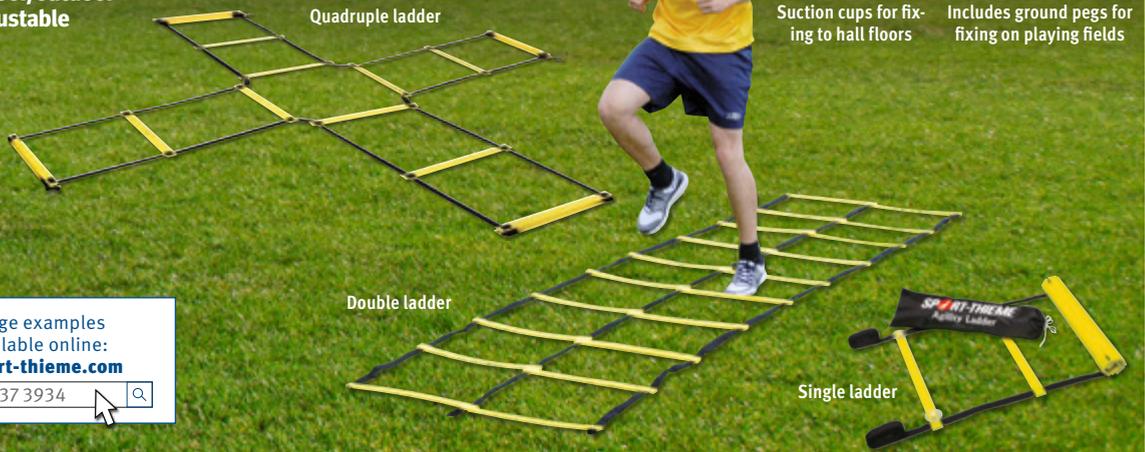


## Coordination ladders

- 1 | ✓ Rounded rungs
- ✓ Indoor/outdoor
- ✓ Adjustable



Usage examples available online: [sport-thieme.com](http://sport-thieme.com)  
71 137 3934

### 1 | Sport-Thieme 'Agility' Coordination Ladder

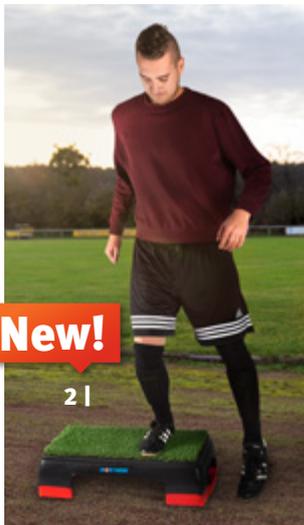
The training of coordination and fitness skills is an essential part of all modern and performance-oriented training. The 'Agility' coordination ladder provides you with a training aid that can help you practise and improve your footwork, coordination and speed, using different types of exercises. The 'Agility' coordination ladder is available in 2 lengths and 3 designs

and is made from high-quality materials. The approx. 40-cm-wide, flexible rungs are made from unbreakable plastic and the width between them can be adjusted. There are suction cups on the underside for fixing to hall floors. Ground pegs are included for securing the ladder to playing fields. The quadruple ladder consists of 4 separate 2-m-long sections that can be attached to each other. All ladders come with a practical carrying bag.

<b>Single ladder</b>		
71 137 3934	4 m	Each
71 137 3921	8 m	Each
<b>Double ladder</b>		
71 137 3963	4 m	Each
71 137 3976	8 m	Each
<b>Quadruple ladder</b>		
71 137 3989	4x2 m	Each

**New!**

2 |



### 2 | New! Sport-Thieme 'Football' Step

A step with an artificial grass cover for an authentic feel – can even be used when wearing studded boots. The step height can be set to 14 or 19 cm depending on ability level. Max. load 110 kg. Plastic, LxWxH: 75x40x14 cm, grey.

71 291 5207 Each



### 3 | New! Sport-Thieme Height-Adjustable Hurdles and Coordination Ladder

6 hurdles for customised training. The hurdles can be set to 2 heights (22 or 31 cm) and the distances between them can be adjusted to suit you. Folding mechanism, allowing the hurdles to be converted into a coordination ladder. With practical handles for ease of transport. Incl. nylon bag. ABS plastic hurdles. Polypropylene rope. Ladder is 5 m long and 51.5 cm wide. Approx. 3.3 kg. Black/red.

71 286 1005 Each

- ✓ Flexible hurdles and coordination ladder
- ✓ Height and width can be adjusted



- ✓ Hurdles fold down, converting into a coordination ladder

**New!**

3 |



### 4 | 'Multifunctional' Agility Ladder

An innovative training aid for coordination and speed training made from durable plastic. Using plastic connectors, the 6 hexagonal elements (ø 60 cm) can be assembled as a coordination ladder (L: 3.6 m). Using the 12 connectors, the hexagons can also be made into 6 training hurdles (H: 23 cm). After use, simply fold the hexagons in the middle and store them in the practical bag to save space.

71 275 8901 Each

